

# Health and Wellbeing: How can we manage our feelings?

PSHE

Year 4: Autumn 1

## Sticky Knowledge

What can affect your feelings?

**A: Everything! Anything! It's OK to have feelings - it's how you react that counts. Remember that others are also affected by feelings every day!**

What can we do to help ourselves during change?

**A: Connect with others, talk about your feelings, arrange meetings and take small steps to make changes.**

How can we express/diffuse our feelings safely?

**A: Be creative! Art, Sing, poetry, stories, sport, walking, friends, solitude... whatever works for you!**

What do we do if we need help?

**A: Talk to a trusted adult.**



## Key Vocabulary

Vocabulary	Definition
feelings	an emotional state or reaction
change	make (someone or something) different; alter or modify
intensity	the quality of having or showing strong feelings or opinions
loss	the fact or process of losing something or someone
grief	intense sorrow, especially caused by someone's death
advice	guidance or recommendations offered
support	give assistance to
express	reveal a thought or feeling
self-regulate	the ability to understand and manage your own behaviour and reactions