

Assessment for PSHCE

Year 4 - Health and Wellbeing 2



How can we manage our feelings?

Learning Objectives	Self	Teacher Assessment	
	√√√	Towards	Expected
I can discuss what feelings and emotions are and how they arise.			
I can develop strategies for expressing feelings.			
I can use appropriate vocabulary to describe feelings.			
I recognise that feelings and emotions change.			
I can develop strategies for coping with loss and change.			
I can manage everyday feelings.			
Higher Standard	Self	Teacher Assessment	
I know what emotional intelligence is and how to practise it.			

Useful Vocabulary

change
emotional intelligence
emotions
expression
feelings

grief
loss
mind-set
reaction
resilience

response
self esteem
strategies