

## **Emotions & Feelings**

- ***Gain an understanding of a variety of emotions***
- ***Recognise different emotions in themselves, and n others.***
- ***Be able to talk about their emotions and feelings.***

I can...	Emerging	Developing	Secure	Excelling
Identify different emotions				
Recognise different emotions, in myself and in others				
Identify what makes me feel certain emotions.				
Explain what a variety of emotions may look like in myself.				
Talk about times when I have felt different emotions				
Identify positive & negative emotions and understand how they can help us.				
Feel open & comfortable expressing my emotions.				
Identify people who I feel comfortable sharing my thoughts and feelings with.				
Identify ways that I can communicate my thoughts, feelings and emotions.				