

Key Learning

- How everyday things can affect feelings.
- How feelings change over time and can be experienced at different levels of intensity.
- The importance of expressing feelings and how they can be expressed in different ways.
- How to respond proportionately to, and manage, feelings in different circumstances.
- Ways of managing feelings at times of loss, grief and change.
- How to access advice and support to help manage their own or others' feelings.



PSHE – Y4

How can we manage our feelings?

Knowledge Organiser

Key vocabulary

Feelings

Express

Emotions

Loss

Grief

Change

Advice