

WALT: recognise and manage
uncomfortable feelings.

PSHE

What are
uncomfortable feelings?

Positive Mind.
Positive Vibes.
Positive Life.



What can we do to manage
uncomfortable feelings?

Positive Mind.
Positive Vibes.
Positive Life.



How do these uncomfortable
feelings affect our thoughts
and actions?

Positive Mind.
Positive Vibes.
Positive Life.



ANGRY

When was the last time that
you felt this way and what
caused it?

Positive Mind.
Positive Vibes.
Positive Life.



LONELY

When was the last time that
you felt this way and what
caused it?

Positive Mind.
Positive Vibes.
Positive Life.



EMBARRASSED

When was the last time that
you felt this way and what
caused it?

Positive Mind.
Positive Vibes.
Positive Life.



PSHE

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uncomfortable feelings.

These feelings can make us feel
unpleasant about ourselves,
especially if we do not have much
experience of feeling them.
BUT... we can cope better with them
if we try and understand them!



Think Positive

WALT: recognise and manage
uncomfortable feelings.



Answer these questions...

1. What does sadness feel like?
2. How do you feel inside when you are nervous?
3. What kind of thoughts go through your mind when you are embarrassed?
4. Where about in your body do you feel anger?



Self Comment!

My favourite positive emotion is

This is because

