

## Year 1 Spring 2 PSHCE – Feeling Sad and Making Choices

### Key facts

- We all have feelings and emotions.
- It is normal to feel upset or sad sometimes.
- When we feel down, some things may help to cheer us up.
- There are ways to cope with our emotions.
- As we get older, we learn better ways to deal with our emotions,



upset



sad



happy

### Vocabulary

- emotions
- feelings
- upset
- happy
- sad
- glad
- cheerful
- unhappy
- overwhelmed

Keep looking UP...  
THERE MAY BE A  
**RAINBOW**  
waiting FOR you.

