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| **Year 3 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, | children  happy  upset  sad | |
| **Vocabulary**   * emotions * feelings * upset * happy * sad * glad * cheerful * unhappy * overwhelmed | Image result for quotes for kids |