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