

# PSHE Knowledge Map - Autumn 1 – Back to school



Bilston C of E Primary School



Feelings

Vocabulary

1	Feelings	An emotional state or reaction.
2	Friendship	A relationship between people who are friends.
3	Problem Solving	The process of finding solutions to difficult issues.
4	Worry	Feeling anxious or troubled about actual or potential problems.
5	Nervous	Easily agitated or alarmed. Not wanting to do something for fear of the outcome.
6	Anxious	Feeling or showing worry, nervousness, or unease about something with an uncertain outcome.
7	Weary	Feeling or showing extreme tiredness, especially as a result of excessive exertion.