

PSHE Knowledge Map - Spring 1 - Dealing with Feelings



Vocabulary

1	Anger	A strong feeling of annoyance, displeasure, or hostility.
2	Anxiety	Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.
3	Jealousy	The state or feeling of being jealous. Wanting what someone else has.
4	Pride	Pride is a feeling of satisfaction that you have because you or people close to you have done something good or possess something good.
5	Proud	Being very happy and pleased because of something you have done.
6	Motivation	Motivation is the force to keep going even when things are tough.
7	Worries	To feel or show fear and concern because you think that something bad has happened or could happen.

How do you feel?