

PSHE Assessment Grid : How Do I Feel? : Year 1

How Do I Feel?																			
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Lesson 1	Can children name a range of different feelings or emotions?																		
	Can children give examples of when they might feel these different emotions?																		
	Do children know some different words for each feeling or emotion?																		
Lesson 2	Do children understand that feelings can affect our faces, bodies and behaviour?																		
	Can children name/describe/act out some of the expressions and actions related to different emotions?																		
	Can children recognise a range of feelings in other people based on their expressions and actions?																		
Lesson 3	Do children understand that not everyone feels the same at the same time?																		
	Do children understand that not everyone feels the same about the same things?																		
	Do children understand that all feelings are OK?																		
Lesson 4	Do children understand that people might not always be able to tell how they are feeling?																		
	Do children know who they can share their feelings with?																		
	Do children know how to ask for help with their feelings?																		
Lesson 5	Do children know that everyone experiences change?																		
	Do children understand that changes can cause a range of feelings?																		
	Can children say how a given change might make them feel?																		