Mickleover Primary School – PSHE Knowledge Organiser			
Title:		Year Group: 2	Term: Summer 2
Vocabulary you will know		CHANGE	Key Learning
behaviour	The way you act.	Feelings Chart	I know that feelings can affect the way we think, feel and <b>behave.</b>
emotions	The way you feel.		I know how I can share <b>feelings</b> . I know ways to <b>manage</b> big <b>emotions</b>
managing emotions	Keeping something to yourself.	happy angry excited embarrassed	I know when I need help and understand how to ask for help.
positive	A good emotion	cold hot surprised tired	I can explore ways to manage difficult situations.
changes	Some that becomes different.	astonished upset worried nervous	I can explain how people's needs change as they grow from young to old.
health	How well your body and mind are.		I can explain <b>positive</b> ways of preparing to move to a new class/year group
wellbeing	Feeling happy and positive.	proud sad confused scared scared for the second scared scare	I know how to look after my <b>health</b> and <b>wellbeing</b> when things change.

