

Knowledge Organiser — Emotions: How Can I Manage My Emotions?

RSHE Year 3

What We Are Learning

We are learning to recognise different emotions, understand that feelings are normal, and use safe strategies to manage strong emotions. We are also learning when to talk to a trusted adult and how to solve small disagreements peacefully.

Prior Knowledge

What I already know	What this helps me with now
I can name basic feelings.	I can learn more exact feeling words.
I know I can talk to a trusted adult.	I know where to go for help.
I know sharing feelings can help.	I can ask for support.
I have learned some calm-down strategies.	I can use them when feelings are big.

Key Vocabulary

Word	Meaning
Emotion	A feeling inside us.
Calm	Relaxed and settled.
Worried	Uneasy about something.
Frustrated	Annoyed because something is difficult.
Trusted adult	A grown-up who helps and keeps children safe.
Strategy	A helpful action to manage a feeling.
Conflict	A disagreement or argument.
Resolve	To sort out a problem.

Did You Know?

- Feelings can show in the body, like a fast heartbeat or hot cheeks.
- People can feel differently in the same situation.
- Saying how you feel can help others understand you.

Key Ideas

- Feelings are normal** - everyone has them.
- Strong emotions are common** - they do not mean you are bad.
- Feelings can change** - they do not last forever.
- Feelings and behaviour are different** - we must still act safely.
- Talking helps** - trusted adults can listen and support.
- Calm choices help** - they help learning and friendships.

How My Body Might Feel

- Fast heartbeat
- Hot cheeks
- Butterflies in the tummy
- Tense shoulders
- Shaky hands

When I Need Help

- I cannot calm down by myself.
- I feel angry, scared or upset for a long time.
- If someone is unkind or unsafe.
- I need help to solve a problem.

Reliable Resources

- BBC Bitesize - Feelings and emotions
- NSPCC - Talking about feelings
- YoungMinds - Feelings and emotions
- MindEd for families
- The Children's Society - Wellbeing resources

Simple Strategies

Strategy	How to do it
Stop and breathe	Take slow breaths before reacting.
Count to ten	Count slowly to help calm down.
Use kind words	Say what is wrong without shouting.
Move to a calm space	Go somewhere quiet for a moment.
Ask a trusted adult	Tell a grown-up when feelings feel too strong.
Listen first	Hear the other person before replying.

Learning Outcomes

- I can name different emotions.
- I can explain that feelings are normal and can change.
- I can use simple ways to manage strong emotions.
- I can identify a trusted adult to talk to.
- I can suggest a peaceful way to solve a disagreement.

