

# PSHE Assessment Grid : Managing Emotions : Year 5

Managing Emotions													
<div>Group:</div> <div>Year:</div> <div>Term:</div>													
PSHE													
Lesson 1	Do children have an understanding of what personal identity is?												
	Can children explain what self-esteem is, and how to raise low self-esteem?												
	Can children identify and understand the different aspects of themselves?												
Lesson 2	Do children understand what mental and physical health are?												
	Can children identify a range of coping strategies?												
	Can children look critically at which coping strategies are healthy and unhealthy?												
Lesson 3	Do children understand that emotions can range in intensity?												
	Do children know a range of different strategies they can use to support their mental health and deal with challenging emotions?												
	Can children identify a regulation strategy that would help them when experiencing a specific emotion?												
Lesson 4	Do children understand what 'flipping your lid' means, what it looks like and what causes it?												
	Can children identify trusted adults that they can seek support from?												
	Do children know how to ask for help and support?												
Lesson 5	Do children understand the difference between temporary and permanent loss?												
	Do children know that there are different stages of grief?												
	Can children identify some of the ways in which grief can affect our feelings, thoughts and physical self?												