

In PSICHE, we will be addressing the following learning aims:

- Unpick what is meant by the term "emotions"
- Recognise a wide range of emotions in ourselves and others
- Recognise outward clues in the way someone is feeling
- How to respond appropriately to a wide range of emotions
- Develop strategies to manage our emotions
- Explain the range and intensity of feelings
- Identify the importance of mental health

