**PSHE**

1. Watch the video.
2. Complete the worksheet.

Below are the learning objectives to work towards.

**M9**

To be aware of events that affect their moods and feelings and seek favoured activities and people to create positive emotions.

**M10**

To use a wider breadth of vocabulary to describe their feelings and emotions

**M11**

To identify experiences which make them feel anxious and consider the consequences of these emotions.