

A stylized landscape illustration featuring rolling green hills in the foreground and background. On the left, there is a green tree and a purple flower. A small red bird is flying in the sky. The sky is composed of horizontal bands of blue and white. The text 'PSHE' is written in a large, brown, serif font in the center of the image.

PSHE

We are thinking about two different feelings today. You will need to work with a grown-up so that you can talk about these feelings.

Read this short story with an adult.

Amy's bad day

It was nearly Christmas. When Amy came into school she was feeling bad. She had had a row with her little sister and her mum had been cross with her. She had gone to sit with Dad. She asked him what she was going to get for Christmas. He was in a bad mood and said, 'We can't afford much this year. If I don't get to work you'll get nothing.' He sounded really serious.

Amy walked to school with Madge who lived next door. Madge said, 'It's going to be the best Christmas ever. My dad says he's getting me a computer and a new dress and a ...' She went on and on. Amy burst out, 'Shut up, I hate you.' She ran off.

Why did Amy run off?

Amy was feeling jealous.

- What might make you feel jealous like Amy?
- How does it feel when you are jealous?



Read this next part of the story

Amy went to recorder group at school. Madge wanted to come too but you had to be able to blow a note. Madge had tried really hard but each time her note had come out like a screech. She was really upset.

Amy said that she would teach Madge to play a tune and not just a note. She showed her what to do and each day she helped her. It took a week for Madge to learn to play 'Three Blind Mice'. Amy took Madge to the recorder group. Miss Potts, the teacher, said, 'What now, Madge? I told you that you can only join once you can play a proper note.' Madge put the recorder to her lips and played 'Three Blind Mice' absolutely perfectly.

Miss Potts just looked at Madge. 'Wow!' she said.

How does this make Amy feel?

Amy is proud of her friend and proud of herself for helping her.

- What have you done in the past that has made you feel proud?
- How does it feel when you are proud?



Task – read each statement with a grown-up.
Would it make you feel jealous or proud? Try
to explain why you would feel that way.

Your mum comes second in a Marathon.

Your brother wins a prize in a painting competition.

The boy who sits next to you in class gets more marks than you in the spelling test.

Your friend wins a prize for the best dancing at the school disco.

Your mum and dad are always saying how much cleverer and more beautiful your sister is than you.

Your sister gets a more expensive present for Christmas.