

Think Positive: Keep Calm and Relax!

Emotions

happiness

sadness

excitement

jealousy

anger

nervous

confused

frightened

joy

anxious

scared

annoyed

Weather

snow

sunshine

rainy

stormy

windy

tornado

hurricane

rainbow

cloudy

foggy

hail stones

showery

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).