

Developing confidence and responsibility and making the most of their abilities

FACING CHALLENGES – YEAR 5/6

STICKY KNOWLEDGE

Know that bodily changes occur during

stressful situations:

Heart pounds faster

Muscles tightens

Blood pressure rises

Breathe quickens

Senses become sharper

Skin becomes clammy

Coping strategies for stressful situations:

Ask for help or assistance

Maintain composure through relaxation exercises, breathing and music

Challenge your inner voice

Take small steps to solve the problem

Have positive and inspirational ideas

VOCABULARY

When you feel clammy, you have sweaty skin even though you haven't been exercising.

When your heart pounds, it beats very fast and you might be able to feel it beating.

When your muscles tighten, they tense up all at once.

Composure is the state of feeling calm and in control of yourself.

Doubt is a feeling of uncertainty – you have less self-belief.

Relaxation is a process which decreases the effects of stress on your body and mind.

Anxiety is a feeling of unease, worry or fear.

Coping involves using a range of strategies to cope with negative emotions.

When a situation is stressful, it causes pressure or worry.