

Pirton Hill Primary School: Emotion Curriculum Overview (Reception)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Happy	<i>Feeling good and smiley inside</i> Feeling full of joy	<ul style="list-style-type: none"> Smiling Laughing Heart feels light 	Antonym: Sad	1. I was happy playing with my friend. 2. She felt happy at her party. 3. He was happy when he finished his drawing.	I cried because I didn't want to share.
Sad	Feeling unhappy <i>Feeling down or like you want to cry</i>	<ul style="list-style-type: none"> Crying Quiet voice Heavy heart 	Antonym: Happy	1. I felt sad when my toy broke. 2. He was sad when his friend left. 3. She felt sad when it rained.	I jumped up and down with joy.
Excited	<i>Feeling very happy and bouncy</i> Feeling a lot of energy and enthusiasm	<ul style="list-style-type: none"> Jumping Smiling Can't sit still 	Antonym: Tired	1. I was excited before the trip. 2. She was excited to open her present. 3. He felt excited to see his grandma.	I sat still and didn't want to go.
Scared	Feeling frightened or afraid <i>Feeling afraid or unsure</i>	<ul style="list-style-type: none"> Hiding Holding someone Fast heartbeat 	–	1. I was scared of the loud noise. 2. She felt scared in the dark. 3. He was scared to try the slide.	I ran up to it with no fear.
Sorry	Feeling sad about what you did	<ul style="list-style-type: none"> Looking down Quiet voice Saying sorry 	–	1. I felt sorry for pushing. 2. He was sorry for shouting. 3. She said sorry for breaking the crayon.	I laughed when I hurt someone.

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Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Angry	<i>Feeling cross or mad</i> Feeling very annoyed and upset about something	<ul style="list-style-type: none"> Red face Loud voice Stomping feet 	Antonym: Calm	1. I was angry when I lost my turn. 2. She felt angry when her tower fell. 3. He shouted because he was angry.	I smiled and said "That's OK."
Upset	Feeling sad or worried about something <i>Feeling not happy or bothered</i>	<ul style="list-style-type: none"> Crying Frowning Saying "I don't like it" 	Synonym: Sad	1. I was upset when my milk spilled. 2. She felt upset when her drawing ripped. 3. He was upset when he was left out.	I giggled when it spilled.
Tired	Feeling like you haven't got any energy left <i>Wanting to rest or sleep</i>	<ul style="list-style-type: none"> Yawning Slow moving Rubbing eyes 	Antonym: Excited	1. I was tired after running. 2. He felt tired at story time. 3. She was tired after lunch.	I jumped around full of energy.
Proud	Feeling pleased with yourself <i>Feeling good about what you did</i>	<ul style="list-style-type: none"> Smiling Chest out Showing work 	–	1. I felt proud of my painting. 2. She was proud to write her name. 3. He was proud to help his friend.	I hid my work and looked sad.
Calm	<i>Feeling quiet and peaceful</i> Feeling still and relaxed	<ul style="list-style-type: none"> Deep breaths Still body Soft voice 	Antonym: Angry	1. I was calm after sitting quietly. 2. She felt calm with music. 3. He stayed calm during tidy-up time.	I shouted and ran around.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 1)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Brave	Feeling ready to do something that scares you	<ul style="list-style-type: none"> Heart beats fast Shaky legs Deep breaths 	Antonym: Scared (Reception)	1. I was brave and went on the big slide. 2. She was brave and told the truth. 3. He was brave at the dentist.	I didn't try because I was too scared.
Confused	Feels like nothing makes sense	<ul style="list-style-type: none"> Scratching head Frowning Looking around 		1. I felt confused by the game rules. 2. She was confused by the puzzle. 3. He looked confused in the lesson.	I knew exactly what to do.
Cross	Feeling annoyed and showing it	<ul style="list-style-type: none"> Frowning Loud voice Crossed arms 	Synonyms: Angry (Reception); Frustrated (Y1) Antonym: Calm (Reception)	1. I felt cross when someone took my turn. 2. She was cross when her tower fell. 3. He was cross when he had to stop playing.	I didn't mind and just smiled.
Embarrassed	Feeling ashamed and shy	<ul style="list-style-type: none"> Red cheeks Looking down Hiding face 	Antonym: Proud (Reception)	1. I felt embarrassed when I dropped my tray. 2. She was embarrassed to sing in front of the class. 3. He was embarrassed when everyone looked at him.	I stood tall and smiled at everyone.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 1)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Fair	When something feels right and equal <i>When everyone is treated the same</i>	<ul style="list-style-type: none"> • Calm voice • Smiling • Feeling included 		1. We took turns to be fair. 2. It was fair to let everyone have a go. 3. She shared her snack to be fair.	He kept everything to himself.
Frustrated	Feeling so annoyed that you can't stand it anymore <i>Feeling upset because something is hard</i>	<ul style="list-style-type: none"> • Groaning • Clenching fists • Saying "this is too hard!" 	Synonyms: Angry (Reception); Cross (Y1) Antonym: Calm (Reception)	1. I was frustrated trying to do my zip. 2. She was frustrated with the puzzle. 3. He felt frustrated when he couldn't tie his laces.	I found it easy and did it quickly.
Honest	Being truthful and not telling lies	<ul style="list-style-type: none"> • Calm face • Kind voice • Feeling proud 	Antonym: Dishonest	1. I was honest and said I broke it. 2. She was honest about what happened. 3. He felt honest when he told the truth.	I said nothing even though I knew.
Jealous	Feeling like you want something that someone else has	<ul style="list-style-type: none"> • Frowning • Folding arms • Looking sad 	Antonym: Proud (Reception)	1. I felt jealous when she got a sticker. 2. He was jealous of her new toy. 3. She felt jealous when he got a turn first.	I clapped for her and smiled.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 1)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Patient	Being able to wait calmly for something	<ul style="list-style-type: none"> • Deep breaths • Quiet hands • Smiling 		1. I was patient in the queue. 2. She was patient while I spoke. 3. He waited patiently for his turn.	I shouted, "Hurry up!" and pushed in.
Worried	Feeling afraid (<i>scared</i>) that something will go wrong	<ul style="list-style-type: none"> • Tummy ache • Biting nails • Can't stop thinking 	Antonym: Selfish (Y2)	1. I was worried about my first day. 2. He felt worried when Mum was late. 3. She looked worried before her turn.	I didn't mind and felt relaxed.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 2)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Annoyed	Feeling a little bit angry	<ul style="list-style-type: none"> • Tight lips • Eye-rolling • Short replies 	Synonym: Angry (Reception); Cross (Y1)	1. I felt annoyed when someone kept tapping me. 2. He was annoyed when he lost the game. 3. She got annoyed when her pencil broke.	I laughed and didn't mind.
Apologetic	Feeling very, very sorry about what you did	<ul style="list-style-type: none"> • Quiet voice • Gentle eyes • Saying "sorry" 	Synonym: Sorry (Reception)	1. I felt apologetic for being late. 2. She was apologetic when she spilt the juice. 3. He looked apologetic after bumping into me.	I ran away and said nothing.
Cheerful	Feeling full of happiness and smiles	<ul style="list-style-type: none"> • Big smile • Bright eyes • Skipping 	Synonym: Happy (Reception)	1. I felt cheerful on a sunny day. 2. She looked cheerful at playtime. 3. He sounded cheerful when singing.	I sat sadly on the bench.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 2)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Curious	Felling like you really want to find out more	<ul style="list-style-type: none"> • Wide eyes • Asking questions • Looking closely 	–	1. I was curious about how plants grow. 2. He felt curious when he saw a new animal. 3. She was curious about the story ending.	I didn't care what happened.
Determined	Wanting to do something and not letting anything stop you	<ul style="list-style-type: none"> • Steady breathing • Clenched fists • Strong voice 	Antonym: Frustrated (Y1)	1. I was determined to finish my drawing. 2. She was determined to learn her spellings. 3. He felt determined to beat his score.	I gave up straight away.
Disappointed	Felling like something isn't as good as you expected	<ul style="list-style-type: none"> • Drooped shoulders • Sighing • Slow steps 	Synonym: Sad (Reception) Antonym: Excited (Reception)	1. I was disappointed when it rained. 2. She felt disappointed when the toy broke. 3. He looked disappointed when he didn't win.	I cheered even when I lost.
Guilty	Feeling bad about something that you did	<ul style="list-style-type: none"> • Looking down • Quiet voice • Heart feels heavy 	Synonym: Sorry (Reception)	1. I felt guilty for not telling the truth. 2. She felt guilty after taking a toy. 3. He was guilty for breaking the rule.	I laughed after I broke the rule.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 2)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Heartbroken	Feeling very upset and sad about something	<ul style="list-style-type: none"> • Crying • Heavy chest • Lying still 	Synonym: Sad (Reception)	1. I felt heartbroken when my pet died. 2. She was heartbroken when her friend moved. 3. He was heartbroken when his picture ripped.	I just laughed and threw it away.
Nervous	Feeling scared or worried about something	<ul style="list-style-type: none"> • Shaky voice • Butterflies in tummy • Sweaty hands 	Synonym: Scared (Reception); Worried (Y1)	1. I felt nervous on stage. 2. She was nervous before her test. 3. He looked nervous meeting someone new.	I was calm and didn't think about it.
Selfish	Only caring about yourself <i>Only thinking about yourself, not others</i>	<ul style="list-style-type: none"> • Grabbing • Not sharing • Ignoring others 	Antonym: Fair (Y1)	1. I was selfish and took all the pens. 2. He was selfish during the game. 3. She acted selfishly at snack time.	I shared the toys with everyone.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 3)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Competitive	Wanting to win or be the best	<ul style="list-style-type: none"> Fast heartbeat Focused eyes Extra energy 	–	1. I felt competitive during the race. 2. She felt competitive playing board games. 3. He was competitive when we did maths quizzes.	I didn't try because it didn't matter to me.
Enthusiastic	Feeling very excited to do something	<ul style="list-style-type: none"> Jumping in Big smile Loud voice 	Synonym: Excited (Reception)	1. I was enthusiastic about drama club. 2. She was enthusiastic to read her book. 3. He felt enthusiastic about painting.	I said I didn't want to take part.
Grateful	Feeling thankful	<ul style="list-style-type: none"> Smiling Saying thank you Warm feeling inside 	Antonym: Selfish (Y2)	1. I felt grateful for my birthday present. 2. She was grateful when a friend helped her. 3. He said thank you and felt grateful.	I didn't say thank you and turned away.
Grumpy	Feeling stuck in a bad mood	<ul style="list-style-type: none"> Frowning Crossed arms Short words 	Synonyms: Sad (Reception); Annoyed (Y2) Antonym: Happy (Reception)	1. I felt grumpy when I was tired. 2. He was grumpy after a rainy day. 3. She felt grumpy when she didn't win.	I smiled and played happily.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 3)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Muddled	Feeling confused or jumbled up	<ul style="list-style-type: none"> Looking puzzled Saying "I don't know" Mixing up ideas 	Synonym: Confused (Y1)	1. I felt muddled in the maths lesson. 2. She was muddled about the homework. 3. He felt muddled with the new words.	I understood everything clearly.
Relaxed	Feeling free from worries <i>Feeling calm and not worried</i>	<ul style="list-style-type: none"> Deep breaths Lying down Smiling 	Antonym: Worried (Y1); Nervous (Y2)	1. I felt relaxed reading a book. 2. She felt relaxed on the bean bag. 3. He felt relaxed listening to music.	I was pacing and biting my nails.
Sensitive	Feelings things very deeply <i>Getting feelings hurt easily</i>	<ul style="list-style-type: none"> Crying quickly Worried face Careful listening 	–	1. I felt sensitive when someone laughed at me. 2. She is sensitive to loud noises. 3. He is sensitive and kind to others.	I didn't care when they shouted.
Shy	Feeling nervous around other people	<ul style="list-style-type: none"> Looking down Small voice Staying back 	Synonym: Embarrassed (Y1) Antonym: Brave (Y1)	1. I felt shy on my first day. 2. She was shy to ask a question. 3. He felt shy at the party.	I walked up and spoke to everyone.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 3)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Sulky	Being quiet and grumpy and moping about	<ul style="list-style-type: none">Looking awayArms foldedNot talking	Synonym: Upset (Reception); Grumpy (Y3)	<ol style="list-style-type: none">I felt sulky when I couldn't go outside.She was sulky when she didn't win.He sat sulky during the lesson.	I joined in and smiled.
Surprised	Feeling shocked by something that you didn't expect	<ul style="list-style-type: none">Raised eyebrowsWide eyesSaying "wow!"	–	<ol style="list-style-type: none">I was surprised when I saw the cake.She was surprised by the new pet.He looked surprised at the magic trick.	I already knew it was going to happen.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 4)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Aggressive	Feeling full of anger and ready to attack	<ul style="list-style-type: none"> • Clenched fists • Raised voice • Pushing or shouting 	Synonyms: Angry (Reception); Cross (Y1) Antonym: Calm (Reception), Fair (Y1)	1. He was aggressive and pushed in line. 2. She sounded aggressive when she shouted. 3. I was aggressive in the game and didn't let others play.	I spoke kindly and took turns.
Cheeky	Being a little bit naughty and playful	<ul style="list-style-type: none"> • Smirking • Giggling • Playful eyes 	–	1. He gave a cheeky grin after hiding my pencil. 2. She was cheeky when she told a silly joke. 3. I was cheeky when I answered with a rhyme.	I sat quietly and didn't say a word.
Impatient	Feeling like you just can't wait for something to happen <i>Not wanting to wait or take turns</i>	<ul style="list-style-type: none"> • Tapping feet • Sighing • Interrupting 	Antonym: Patient (Y1)	1. I was impatient waiting for my turn. 2. She felt impatient in the long queue. 3. He was impatient and shouted, "Hurry up!"	I waited quietly with a smile.
Mean	Being unkind or unfair to other people (<i>on purpose</i>)	<ul style="list-style-type: none"> • Cold voice • Not sharing • Teasing others 	Antonym: Fair (Y1), Kind (Implied)	1. She was mean and called me names. 2. He was mean and didn't let me play. 3. I was mean and hid someone's toy.	I helped her and said something nice.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 4)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Miserable	Feeling very unhappy or uncomfortable	<ul style="list-style-type: none"> Downcast eyes Quiet voice Slow steps 	Synonym: Sad (Reception), Heartbroken (Y2); Grumpy Y3) Antonym: Happy (Reception); Cheerful (Y2)	1. I felt miserable when my trip was cancelled. 2. He looked miserable at break time. 3. She was miserable when it rained all day.	I skipped outside happily.
Panicked	Feeling very nervous, worried or scared <i>Feeling scared and rushing without thinking</i>	<ul style="list-style-type: none"> Fast breathing Wide eyes Running around 	Synonym: Scared (Reception), Antonym: Calm (Reception); Relaxed (Y3)	1. I panicked when I lost my bag. 2. She panicked during the fire drill. 3. He panicked when he forgot his lines.	I stayed calm and remembered what to do.
Puzzled	Feeling confused and unable to work out what is going on	<ul style="list-style-type: none"> Tilting head Furrowed brow Looking again and again 	Synonym: Confused (Y1), Muddled (Y3)	1. I was puzzled by the clues. 2. He looked puzzled at the riddle. 3. She was puzzled when the sum didn't work.	I knew the answer right away.
Regretful	Feeling very sorry about something that happened (<i>or you did</i>)	<ul style="list-style-type: none"> Looking back Sad eyes Saying sorry 	Synonym: Apologetic (Y2), Sorry (Reception)	1. I was regretful after I shouted. 2. She felt regretful when she lost her toy. 3. He was regretful about not sharing.	I didn't care and walked away.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 4)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Sympathetic	Understanding how someone else feels and comforting them	<ul style="list-style-type: none"> Nodding Soft voice Giving a hug 	Antonym: Selfish (Y2)	1. I felt sympathetic when he was hurt. 2. She was sympathetic when I was sad. 3. He gave a sympathetic smile.	I ignored him and walked away.
Tense	Feeling unable to relax	<ul style="list-style-type: none"> Tight shoulders Short breaths No smile 	Synonym: Worried (Y1) Antonym: Relaxed (Y3), Calm (Reception)	1. I felt tense before the test. 2. She was tense when the teacher called her. 3. He looked tense when playing the game.	I was laughing and lying back.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 5)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Disgusted	When you think something is really gross (<i>unpleasant</i>)	<ul style="list-style-type: none"> Wrinkled nose Turned head Saying “yuck!” 	–	1. I felt disgusted by the smell. 2. She was disgusted when she saw the mess. 3. He looked disgusted at the sight of the mouldy food.	I said, “That looks tasty!” and ate it.
Distressed	Feeling extreme worry or sadness	<ul style="list-style-type: none"> Crying Tight chest Fast breathing 	Synonym: Upset (Reception); Sad (Reception); Heartbroken (Y2); Nervous (Y2)	1. I was distressed when I lost my dog. 2. She felt distressed about her missing book. 3. He was distressed when he got lost.	I smiled and said, “It’s fine.”
Forgiving	Being able to let go of anger <i>Letting go of being upset with someone</i>	<ul style="list-style-type: none"> Soft voice Warm heart Saying “That’s okay” 	Antonym: Mean (Y4), Selfish (Y2)	1. I was forgiving when my friend said sorry. 2. She was forgiving after the accident. 3. He felt forgiving when they made up.	I stayed angry and didn’t talk to them.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 5)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Fuming	Feeling lots of anger building up inside	<ul style="list-style-type: none"> Red face Clenched fists Shouting or stomping 	Synonym: Angry (Reception), Cross (Y1); Frustrated (Y1); Aggressive (Y4)	1. I was fuming when someone broke my model. 2. She was fuming and shouted loudly. 3. He looked fuming when he didn't get picked.	I stayed calm and just watched.
Mesmerised	Feeling like all your attention is totally held by one thing	<ul style="list-style-type: none"> Wide eyes Still body Quiet voice 	Synonym: Surprised (Y3)	1. I was mesmerised by the fireworks. 2. He was mesmerised by the magician. 3. She looked mesmerised by the dancers.	I was bored and looked away.
Mischievous	Feeling like you want to cause some playful trouble	<ul style="list-style-type: none"> Sneaky smile Quiet giggle Hiding hands 	Synonym: Cheeky (Y4)	1. He was mischievous and hid my shoes. 2. She was mischievous during tidy-up. 3. I was mischievous and swapped the name tags.	I sat still and followed all the rules.
Passionate	Feeling a strong love or enthusiasm for something	<ul style="list-style-type: none"> Loud voice Waving hands Standing tall 	Antonym: Uninterested (Implied)	1. I was passionate about saving animals. 2. She spoke passionately about her project. 3. He felt passionate about art.	I didn't really care and said nothing.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 5)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Relieved	No longer feeling stressed or worried	<ul style="list-style-type: none"> • Big breath out • Soft smile • Shoulders drop 	Antonym: Worried (Y1), Distressed (Y5)	1. I was relieved when I found my bag. 2. She felt relieved after the test. 3. He looked relieved when it was over.	I was still tense and biting my nails.
Threatened	Feeling scared or intimidated by something	<ul style="list-style-type: none"> • Looking over shoulder • Tense shoulders • Backing away 	Synonym: Scared (Reception); Panicked (Y4)	1. I felt threatened by the loud voices. 2. He felt threatened by the big dog. 3. She looked threatened when the group shouted.	I felt safe and joined in.
Timid	Feeling shy or fearful <i>(especially in new places)</i>	<ul style="list-style-type: none"> • Small voice • Still body • Hiding behind someone 	Synonym: Shy (Y3); Nervous (Y2)	1. I felt timid on my first day. 2. He looked timid at the party. 3. She was timid during the game.	I stood up and led the group.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 6)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Blissful	Feeling completely happy in every way	<ul style="list-style-type: none"> Smiling Relaxed body Quiet sigh 	Synonym: Calm (Reception), Happy (Reception)	1. I felt blissful lying in the sun. 2. She was blissful on the last day of school. 3. He felt blissful during the quiet walk.	I was angry and couldn't stop fidgeting.
Elated	Feeling so happy you could almost fly <i>Feeling very, very happy and proud</i>	<ul style="list-style-type: none"> Jumping Smiling Fast talking 	Synonym: Proud (Reception), Excited (Reception)	1. I was elated when I got my results. 2. He was elated after winning. 3. She felt elated when she was chosen.	I felt sad and sat down quietly.
Euphoric	Feeling extreme happiness and joy	<ul style="list-style-type: none"> Heart racing Smiling Full of energy 	Synonym: Happy (Reception), Elated (Y6)	1. I felt euphoric on the rollercoaster. 2. She was euphoric when the show began. 3. He was euphoric after scoring the goal.	I looked bored and yawned.
Mortified	Feeling very embarrassed (<i>or ashamed</i>)	<ul style="list-style-type: none"> Red face Looking down Wanting to hide 	Synonym: Embarrassed (Y1)	1. I was mortified when I fell on stage. 2. She was mortified by the mistake. 3. He looked mortified after the loud noise.	I laughed and waved to the crowd.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 6)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Optimistic	Feeling positive, like good things will happen	<ul style="list-style-type: none"> Smiling Bright eyes Standing tall 	Antonym: Worried (Y1)	1. I felt optimistic about our trip. 2. She stayed optimistic during the test. 3. He was optimistic that the rain would stop.	I said, "It's going to go wrong," and frowned.
Overwhelmed	Feeling like there is too much going on all at once	<ul style="list-style-type: none"> Head in hands Fast breathing Tears 	Synonym: Distressed (Y5), Tense (Y4)	1. I felt overwhelmed with homework. 2. She looked overwhelmed in the crowd. 3. He felt overwhelmed with all the noise.	I smiled and stayed calm through it all.
Pensive	Thinking deeply about things	<ul style="list-style-type: none"> Still body Soft face Looking into space 	—	1. I was pensive during the assembly. 2. He felt pensive about his choices. 3. She was pensive while looking at the sky.	I jumped up and ran about.
Sincere	Show your true (<i>real</i>) feelings	<ul style="list-style-type: none"> Steady eyes Soft voice Calm body 	Antonym: Dishonest (Implied), Mean (Y4)	1. I gave a sincere apology. 2. He sounded sincere when he said thank you. 3. She gave a sincere compliment.	I said sorry but didn't mean it.

Pirton Hill Primary School: Emotion Curriculum Overview (Year 6)

Emotion	Definition	How to recognise the emotion	Related Emotions	Examples	Non-Example
Smug	Feeling pleased with yourself... maybe a little too pleased with yourself	<ul style="list-style-type: none"> • Raised eyebrows • Tilted head • Half-smile 	Antonym: Modest (Implied), Embarrassed (Y1)	1. I felt smug after finishing first. 2. She looked smug when praised. 3. He sounded smug about his score.	I blushed and said, "I was lucky."
Whimsical	Feeling playful, silly and imaginative (<i>and a little bit dreamy</i>)	<ul style="list-style-type: none"> • Spinning • Smiling • Talking with imagination 	Synonym: Cheerful (Y2), Enthusiastic (Y3)	1. I was whimsical in our make-believe game. 2. He wrote a whimsical story about a flying frog. 3. She wore a whimsical hat to school.	I said, "That's silly," and walked away.