

Wellbeing Word Mat: Being the Best You

Learning objective: To understand and use vocabulary related to mental health, emotional wellbeing, and positive relationships.

Key Vocabulary

Use this word mat to help you talk about your feelings and understand how to look after your mental health. The terms are grouped into categories: 'Understanding Emotions', 'Looking After Yourself', and 'Building Friendships'.

Max is feeling fru...	If a friend is feeli...	Why is it importa...
Nova the owl is s...	In your own word...	