

Class 4 PSHE Assessment: Understanding Our Wellbeing

Learning objective: To identify, express, and manage feelings, and to understand the importance of positive mental health and seeking support.

Read each question carefully. Use your best handwriting and full sentences where required. Think about how you feel and how you can support others.

Pip the caterpillar is feeling a bit overwhelmed because there are so many new books to read and organise in the library. Max the monkey notices that Pip is quiet and isn't eating his leaf snack. Max stops his maths puzzles and asks, 'Pip, you seem a bit worried today. Would you like to talk about it or take a short break with me?'

Word bank: Resilience · Empathy · Wellbeing · Support · Strategies · Healthy · Emotions · Mindfulness

1. Identify two physical signs that might show someone is feeling worried or stressed, like Pip in the story. (2 marks)

2. Why was it helpful for Max to notice Pip's change in behaviour? Explain your answer using the word 'empathy'. (3 marks)

3. List two healthy strategies you can use when you feel frustrated or sad to help you feel calm again. (2 marks)

4. If a friend at school is having a difficult time, who are the three trusted adults you could speak to for advice or support? (3 marks)

5. Explain what 'mental health' means in your own words. Why is it just as important as keeping our bodies physically healthy? (4 marks)

6. Max suggests taking a break. Why is it important to balance our work and play? Give an example of a time you felt better after taking a break. (3 marks)

7. Extended Writing: Imagine you are writing a letter to a friend who is feeling lonely. Explain what wellbeing is, why it is okay to have 'big feelings', and suggest two ways they can look after their mental health this week. (8 marks)

Draw: Draw a 'Calm Corner' for your classroom. Include at least three items that could help a child feel peaceful and happy when they are having a difficult day.



Extension challenge: Total: /25