

Class 4 PSHE: Understanding Mental Health

Learning objective: To identify ways to look after our mental wellbeing and recognise that everyone experiences a range of emotions.

Read the front of each flashcard carefully. Think about how you would describe the term or answer the question before reading the answer on the back.

What is 'Mental Health'?

Mental health is how we think, feel, and act. Just like our physical health, it is something we need to look after every day.

True or False: Only some people have mental health.

False. Everyone has mental health, just as everyone has physical health.

Name one 'Strategy' you can use when you feel overwhelmed.

Examples include taking deep breaths, counting to ten, talking to a trusted adult, or drawing a picture.

What does 'Resilience' mean?

Resilience is the ability to bounce back or keep trying when things get difficult or do not go as planned.

If you are feeling sad or worried, who should you talk to?

You should talk to a trusted adult, such as a teacher, parent, carer, or a family member who listens to you.

How can Pip the caterpillar show kindness to a friend who is having a bad day?

Pip can listen carefully, offer a kind word, or share a favourite book to cheer them up.

Why is it important to get enough sleep for our mental health?

Sleep helps our brains rest and recover, which helps us manage our emotions and concentrate better at school.

What are 'Emotions'?

Emotions are the feelings we have, such as happiness, sadness, anger, fear, or surprise. It is normal to feel all of these at different times.

How can physical activity help our mental wellbeing?

Being active releases chemicals in our brain that can help us feel happier and less stressed.

What does it mean to be a 'Good Listener'?

It means giving someone your full attention, not interrupting, and showing that you care about what they are saying.

Max the monkey wants to solve a 'maths puzzle' of emotions. Why is it okay to feel frustrated?

Frustration is a natural feeling when a task is tricky. It shows that you are trying hard, and it is okay to take a break and try again later.

What is a 'Wellbeing Toolkit'?

A mental collection of activities or people that help you feel calm, happy, and safe when you are having a difficult day.