

Class 4 PSHE: Wellbeing and Healthy Minds

Learning objective: To understand the importance of mental health, emotional wellbeing, and strategies for managing feelings.

Read the front of the flashcard, think about the answer, then check the back to see if you are correct. Use these cards to help you identify healthy habits for your mind and body.

What is 'Wellbeing'?

Wellbeing is a state of being comfortable, healthy, and happy. It includes looking after both your body and your mind.

What does 'Resilience' mean?

Resilience is the ability to bounce back or recover quickly from difficulties or setbacks.

How can Max the monkey use 'Mindfulness' to help his wellbeing?

By focusing on the present moment, such as taking deep breaths or noticing what he can see, hear, and feel to stay calm.

Why is 'Empathy' important for our wellbeing?

Empathy helps us understand how others feel, which builds stronger friendships and a kinder community.

What is 'Self-esteem'?

Self-esteem is how you feel about yourself and how much you value your own abilities and personality.

If Pip the caterpillar feels overwhelmed by a difficult book, what is a healthy strategy to use?

Take a break, practise deep breathing, or talk to a trusted adult about how he feels.

What does it mean to have a 'balanced' lifestyle?

Finding a good mix of school work, physical activity, hobbies, rest, and time spent with friends or family.

Who is a 'Trusted Adult'?

A person you can talk to when you are worried or upset, such as a parent, carer, teacher, or family member.

Why is getting enough sleep important for wellbeing?

Sleep helps your brain process the day, improves your mood, and gives you energy to concentrate the next day.

What is a positive way to handle a mistake?

Recognise that everyone makes mistakes, learn from what happened, and try again without being too hard on yourself.

How does physical activity help mental wellbeing?

Moving your body releases feel-good chemicals in the brain and can help clear your mind after a busy day.

True or False: It is normal to have a wide range of emotions every day.

True. Everyone experiences different feelings like happiness, sadness, frustration, or excitement.