

Year 4 PSHE: Understanding Our Mental Health Word Mat

Learning objective: To identify and define key vocabulary related to mental health and emotional wellbeing.

Key Vocabulary

Use this word mat to help you understand how we feel and how to look after our minds. The terms are grouped into three categories: Feelings & Emotions, Looking After Yourself, and Seeking Support.

Pip the caterpillar...	Why is it importa...	Explain what 'Em...
Max the monkey i...	Think of one 'stra...	