

Wellbeing Word Mat: Taking Care of Me

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

Key Vocabulary

Explore these terms grouped by category. Use these definitions to help you discuss feelings and healthy habits with your classmates. Categories: Emotional Health, Resilience, and Healthy Relationships.

If Max the monke...	Explain the differ...	Why is it importa...
Nova the owl like...	Choose one word...	