

Nurturing Our Minds: A Class 4 Mental Health Word Mat

Learning objective: To develop a rich vocabulary for identifying, expressing, and managing our emotions to support positive mental wellbeing.

Key Vocabulary

Use this vocabulary mat to help you describe your feelings and understand how to support yourself and others. The words are grouped into categories: 'Understanding Emotions', 'Developing Resilience', and 'Wellbeing Strategies'.

Resilience The ability to bounce back or rec...	Empathy The capacity to understand and sh...	Mindfulness The practice of focusing your at...
Wellbeing The state of feeling comfortable, ...	Optimism Having a hopeful and positive out...	Self-esteem How you value and perceive yo...
Anxiety A feeling of worry, nervousness, or ...	Strategy A planned action or method used to...	Perseverance Continuing to try to do someth...
Compassion A feeling of deep sympathy for...	Reflection Thinking deeply about your own t...	Support Giving help, encouragement, or co...
Balance Keeping different parts of your life, l...	Regulation Managing your emotions so they...	Perspective A particular way of considering ...
Explain why havi...	Compare and con...	Justify why 'refle...
What might happ...	If a friend was str...	Create a scenario...