

Understanding Mental Health and Wellbeing: Assessment Paper

Learning objective: To identify strategies for maintaining positive mental health, understand the importance of seeking help, and recognise that mental wellbeing is as important as physical health.

Read each question carefully. Write your answers clearly in the spaces provided. Remember that there are no 'wrong' feelings, but it is important to know how to manage them safely.

Leo the Lion often leads his friends on long adventures through the savannah. Sometimes, the journey feels tiring, and Leo feels overwhelmed by the noise and the heat. When this happens, he knows it is okay to stop, take deep breaths, and talk to his friends about how he feels. Just as Leo needs rest to stay strong for his pride, he knows that looking after his mind is just as important as looking after his body.

Word bank: Resilience · Wellbeing · Self-care · Empathy · Support network · Communication · Mindfulness

1. Using the example of Leo the Lion, explain why it is important to look after our mental health as well as our physical health. (2 marks)

2. List two healthy 'self-care' activities that a person could do if they are feeling stressed or worried. (2 marks)

3. Why is it important to have a 'support network' (people you trust) when you are facing a difficult challenge? (3 marks)

4. If a friend is acting differently and seems unhappy, what is one kind way you could show empathy and offer support? (3 marks)

5. Define the word 'resilience' in your own words. How can being resilient help someone when they make a mistake in their maths work? (4 marks)

6. Imagine a situation where a child feels overwhelmed by a large project at school. Write a short plan (4-5 sentences) explaining how they could manage their feelings, break the task down, and who they could ask for help. (5 marks)

7. Identify two physical signs that someone might be feeling worried or anxious. (2 marks)

8. True or False: Mental health only affects adults. Explain your answer briefly. (4 marks)

Draw: Draw a 'Wellbeing Tree'. On the roots, draw things that make you feel grounded and safe. On the leaves, write or draw things that make you feel happy and positive.



Extension challenge: Total: /25. Imagine you are an agony aunt or uncle. Write a 50-word response to a student who is nervous about moving to a new school, using one of the strategies from our word bank.