

Class 5 Mental Health Word Mat: Understanding Our Feelings

Learning objective: To develop a shared vocabulary for discussing mental health and emotional well-being.

Key Vocabulary

Use this word mat to help you express your thoughts and feelings. The terms are grouped into 'Emotional Vocabulary', 'Well-being Strategies', and 'Healthy Relationships'.

If Pip the caterpill...	Explain the differ...	Why is it importa...
Which word from ...	Write down two th...	