

Wellbeing and Emotional Balance: A Class 4 Guide

Learning objective: To understand the importance of physical and mental wellbeing, identify strategies for emotional regulation, and recognise how to maintain healthy personal habits.

Read each flashcard to learn about different aspects of wellbeing. Test yourself by covering the answer side to see if you can define the term or explain the strategy.

Wellbeing

The state of being comfortable, healthy, or happy in both our bodies and our minds.

Resilience

The ability to bounce back or recover quickly from difficulties or setbacks.

Mindfulness

The practice of focusing our full attention on the present moment, helping us feel calm and centred.

Empathy

The ability to understand and share the feelings of another person by imagining how they might feel.

Self-regulation

The ability to manage our emotions and behaviour in a way that is helpful, such as taking deep breaths when feeling frustrated.

Gratitude

The quality of being thankful and showing appreciation for the good things in our lives.

Healthy Sleep Routine

Following a consistent pattern of going to bed and waking up, which helps our brains rest and our bodies grow.

Balanced Lifestyle

Making sure we have a healthy mix of physical activity, restful downtime, social interaction, and nutritious food.

Positive Self-Talk

Using kind and encouraging words towards ourselves, which helps build confidence and self-esteem.

Social Wellbeing

The quality of our relationships with friends and family, built on kindness, listening, and honesty.

Growth Mindset

The belief that our abilities can be developed through hard work, practice, and learning from our mistakes.

Emotional Trigger

A situation or thought that causes us to feel a strong emotion, like anger or sadness, which we then need to manage healthily.