

Wellbeing Word Mat: Nurturing Our Minds and Hearts

Learning objective: To understand and apply key vocabulary related to emotional health, resilience, and positive relationships in line with Class 4 PSHE curriculum standards.

Key Vocabulary

This word mat is divided into three categories to help you articulate your feelings and build positive connections. 'Understanding Emotions', 'Building Resilience', and 'Healthy Relationships'. Use these terms to describe your experiences and support your peers.

Resilience The ability to bounce back or rec...	Empathy The capacity to understand and sh...	Wellbeing The state of being comfortable, h...
Mindfulness A practice of focusing on the p...	Perspective A particular attitude towards or...	Self-esteem Confidence in one's own worth,...
Cooperation The process of working togeth...	Optimism Hopefulness and confidence abou...	Constructive Serving a useful purpose; help...
Boundaries Limits we set to protect our own...	Gratitude The quality of being thankful and ...	Assertiveness Expressing your needs or op...
Regulation Managing your thoughts and feel...	Conflict A serious disagreement or argumen...	Supportive Providing encouragement, help,...
Explain why havi...	Compare and con...	Justify your ans... Why is 'resilience' consi...
What might happ...	Think of a time y...	If a friend is being...