

PSHE Assessment: Growing Well and Feeling Good

Learning objective: To evaluate understanding of emotional wellbeing, healthy lifestyle choices, and building positive relationships.

Read each question carefully. Use the word bank to help you express your ideas clearly. Write your answers in the spaces provided.

Max the monkey has been working hard on his maths puzzles all week. He feels a bit overwhelmed and tired, but he knows that taking a break and talking to his friend Leo the lion helps him feel calm again. Just like Max, everyone experiences different emotions, and learning how to look after our minds is just as important as looking after our bodies.

Word bank: Resilience · Empathy · Wellbeing · Self-esteem · Balance · Strategy · Support · Perspective

1. Define the term 'wellbeing' in your own words. Why is it important to have a balance between physical activity and mental rest? (3 marks)

2. Identify two healthy strategies you can use when you feel frustrated or overwhelmed, similar to how Max takes a break. (2 marks)

3. Explain why 'empathy' is a vital skill when building and maintaining positive friendships. (3 marks)

4. If a friend is struggling with their self-esteem, what kind and encouraging actions could you take to support them? (3 marks)

5. Compare and contrast how we might react to a 'small' problem versus a 'big' problem. Why is it useful to gain perspective before reacting? (4 marks)

6. Max feels anxious about a difficult challenge. Justify why speaking to a trusted adult or peer is a better strategy than keeping these feelings to yourself. (3 marks)

7. Extended Writing: Imagine you are a mentor like Leo the lion. Write a short letter (approx. 80-100 words) to a younger student explaining why it is okay to make mistakes and how 'resilience' helps us grow. Include how they can look after their mental health during a tough day. (7 marks)

Draw: Draw a 'Wellbeing Tree'. On the roots, draw things that make you feel grounded and safe. On the leaves, draw activities that help you feel happy and healthy.



Extension challenge: Total: /25. Challenge: What might happen to a community if no one practised empathy? Write a short prediction describing the impact on social wellbeing.