

Understanding Our Minds: A PSHE Assessment

Learning objective: To identify, express, and manage emotions while developing strategies for mental wellbeing and resilience.

Read each question carefully. Use the word bank to help you express your thoughts clearly. Ensure your answers are thoughtful and reflect your understanding of emotional health.

Pip the caterpillar has been feeling a bit overwhelmed lately. There are so many books to read and new words to learn that Pip feels like their brain is full. Sometimes, Pip feels frustrated when a word is hard to spell, or a bit lonely when reading alone for too long. However, Pip knows that taking deep breaths, talking to friends, and getting enough rest helps them feel ready for the next adventure. Everyone experiences these feelings, and finding ways to look after our minds is just as important as looking after our bodies.

Word bank: Resilience · Empathy · Wellbeing · Strategy · Mindfulness · Perspective · Regulation · Support · Positive · Confidence

1. Identify two healthy strategies Pip could use when they feel overwhelmed by their work. Explain why these strategies are helpful. (2 marks)

2. What does the term 'mental wellbeing' mean to you? Why is it important to talk about our feelings rather than keeping them inside? (3 marks)

3. Describe a time when you felt a strong emotion, such as frustration or excitement. How did you manage that emotion, and what did you learn about yourself? (4 marks)

4. If a friend was struggling with a difficult task and felt like giving up, how could you show empathy and offer support? Justify your approach. (4 marks)

5. Compare and contrast the feeling of 'temporary sadness' with 'long-term unhappiness'. Why is it important to know the difference? (3 marks)

6. What might happen if someone ignores their mental health and never asks for help? Discuss the potential impact on their daily life. (4 marks)

7. Create a short 'mental health manifesto' for our classroom. Write 5 bullet points outlining how we can support one another's wellbeing each day. (Total: 5 marks) (5 marks)

Draw: Draw a 'Calm Corner' for our classroom. Include items or activities that would help someone feel safe, relaxed, and ready to learn when they are feeling big emotions.



Extension challenge: Total: /25. Extension Task: Write a persuasive letter to a younger student explaining that 'it is okay not to be okay'. Include three pieces of advice for how they can build resilience when they face a challenge.