

# Grade 4 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...  |                      |