Healthy Minds Flashcards with Nova and Leo

Learning objective: To understand and identify ways to look after our mental health and recognise that everyone has feelings.

Read the front of the card to see the question or term. Then, look at the back to see the answer. You can work with a partner to test your knowledge. Use the word bank to help you understand the meanings.

What is Mental Health?	**True or False: Everyone has mental health, just like everyone has physical health.**
It is how we think and feel inside. It is our emotional and social well-being.	True. We all have mental health every day.
Name one way to feel calm when you are worried.	**What does 'Resilience' mean?**
You can take deep breaths, count to ten, or talk to a trusted adult.	It means being able to bounce back when things feel difficult or go wrong.
If you are feeling sad, who can you talk to?	**What is an emotion?**
A parent, a teacher, a friend, or another trusted adult.	An emotion is a feeling, such as happy, sad, angry, or excited.
How can showing kindness help your mental health?	**Why is it important to talk about our feelings?**
It makes you and others feel good and builds strong friendships.	Talking helps us feel less alone and helps us find solutions to our problems.
What does it mean to be a good listener?	**What can you do if you see a friend looking sad?**
It means giving someone your full attention and showing you care about what they say.	You can ask them if they are okay or just sit with them to show support.
Is it okay to have 'big' feelings like anger?	**What is self-care?**
Yes, all feelings are okay, but it is important to find safe ways to express them.	Doing things that make you feel happy and healthy, like reading, playing, or resting.