

Understanding Our Minds: A PSHE Assessment

Learning objective: To demonstrate an understanding of mental health, emotional wellbeing, the importance of positive self-talk, and identifying support networks.

Read each question carefully. Use the word bank to support your answers where appropriate. Write clearly and ensure your explanations are justified.

Nova the owl often spends her nights stargazing. She explains to her friends that just as the stars have different brightnesses, our moods and feelings change too. Some nights are clear and bright, while others may be obscured by clouds. Max the monkey reminds everyone that it is perfectly normal to feel 'cloudy' sometimes, and that talking about these feelings is the first step toward clearing the sky.

Word bank: Resilience · Wellbeing · Empathy · Support network · Self-regulation · Mindfulness · Positive self-talk · Perspective

1. Define the term 'mental health' in your own words. Why is it important to look after our mental health just as we look after our physical health? (2 marks)

2. Identify two strategies that could help someone who is feeling overwhelmed or anxious. Explain how these strategies might improve their wellbeing. (2 marks)

3. What is a 'support network'? List three different people or groups you could turn to if you were struggling with a difficult emotion. (3 marks)

4. Explain why 'positive self-talk' is a powerful tool for building resilience. Provide an example of how you could change a negative thought into a constructive one. (3 marks)

5. Compare and contrast how different people might react to the same stressful situation (e.g., failing a maths test). Justify why their reactions might differ. (4 marks)

6. What might happen if someone keeps their worries hidden for a long time instead of sharing them? What is the potential impact on their daily life? (3 marks)

7. Extended Response: Imagine a friend is going through a difficult time and is feeling very low. Write a letter or a script explaining how you would show empathy, what advice you would give, and why it is essential to encourage them to seek help from a trusted adult. Use at least three terms from the word bank. (8 marks)

Draw: Draw a 'Wellbeing Garden'. In the garden, label the flowers or trees with things that help you feel calm, happy, or supported (e.g., reading a book, talking to a friend, or playing a sport).



Extension challenge: Total: /25. Challenge: Research the concept of 'growth mindset'. Write a persuasive paragraph explaining how adopting a growth mindset can protect our mental health when we face challenges that seem impossible to solve.