

Nurturing Our Minds: A Year 5 Wellbeing Word Mat

Learning objective: To develop a sophisticated vocabulary for identifying, expressing, and managing emotional wellbeing and mental health.

Key Vocabulary

Explore this word mat with Nova the Owl. The vocabulary is divided into three categories: 'Understanding Emotions', 'Building Resilience', and 'Supportive Connections'. Use these terms to articulate your feelings and support your peers.

Explain why 'resil...	Compare and con...	Justify your ans... Why is it important to ha...
What might happ...	How can practici...	Describe a scenar...