

Year 5 PSHE Assessment: Understanding Wellbeing and Emotional Balance

Learning objective: To identify strategies for maintaining positive mental health, recognising personal triggers, and evaluating the importance of resilience and self-care.

Read each question carefully. Use the word bank to support your answers where appropriate. Ensure your responses are detailed and reflect your understanding of how to maintain a healthy mind.

Nova the owl often spends her nights stargazing. She notices that sometimes the brightest stars are surrounded by darkness, yet they still shine. Nova believes that our wellbeing is like those stars; even when we feel 'dark' emotions, we can develop the skills to shine brightly again. Whether it is talking to a friend, taking time to breathe, or finding a hobby that brings joy, everyone has the power to look after their mental health.

Word bank: Resilience · Mindfulness · Strategies · Self-regulation · Empathy · Wellbeing · Perspective · Support network

1. Define the term 'wellbeing' in your own words. Why is it important for a Year 5 pupil to maintain a balanced lifestyle? (2 marks)

2. Max the monkey is feeling overwhelmed by a difficult maths problem. Suggest two specific 'self-regulation' strategies he could use to calm down before trying again. (2 marks)

3. Explain why having a 'support network' (people you trust) is essential when facing challenging emotions or difficult life events. (3 marks)

4. Compare and contrast 'temporary sadness' with 'long-term poor mental health'. How do the ways we seek help differ between these two states? (4 marks)

5. Justify your answer: Is resilience something we are born with, or is it a skill we can develop? Give an example of how someone might demonstrate resilience in school. (3 marks)

6. Scenario: Your friend is struggling with their confidence after failing a test. Write a short, supportive response (using empathetic language) that you would say to them to help improve their perspective. (3 marks)

7. Extended Writing Task: Create a personal 'Wellbeing Action Plan'. Describe three habits you will implement to look after your own mental health and explain how these habits contribute to your long-term success and happiness. Use at least four words from the word bank in your response. (5 marks)

Draw: Draw a 'Wellbeing Tree'. On the roots, label the things that keep you grounded (e.g., family, hobbies). On the branches, draw the positive emotions or goals you hope to grow this year.



Extension challenge: What might happen to an individual's wellbeing if they ignored their emotions for a long period? Evaluate the consequences of 'bottling up' feelings versus expressing them in a healthy environment. Total: /25