

# Wellbeing Word Mat: Finding Your Balance

Learning objective: To develop a sophisticated vocabulary for expressing emotions and understanding the components of mental and physical wellbeing.

Key Vocabulary

Use this reference mat to help you articulate your feelings and understand how to look after your health. The terms are grouped into three categories: Emotional Intelligence, Social Wellbeing, and Personal Growth.

|                       |                      |                       |
|-----------------------|----------------------|-----------------------|
| Explain why 'resil... | Compare and con...   | Justify why 'grati... |
| What might happ...    | Define 'mindfulne... | Create a scenario...  |