My Mental Health Word Mat

Learning objective: To learn and understand key vocabulary related to feelings, mental health, and wellbeing.

Key Vocabulary

Read these words to help you talk about your feelings. Use them to help you explain how you are doing today. Group 1: How we feel. Group 2: Looking after ourselves. Group 3: Asking for help.

Which word descr… It starts with C)	**If you are feeling…**	**Why is it importa…**
What does 'Empa…		