

My Wellbeing Word Mat with Leo the Lion

Learning objective: To understand and use vocabulary related to mental health and personal wellbeing.

Key Vocabulary

Leo the Lion wants to help you understand your feelings. Use this mat to learn new words about how we feel and how we stay healthy. Read the words in each category. You can use these words to talk about your day.

How do you feel ...	What does it mea...	Name one person...
Why is it importa...		