

My Wellbeing Word Mat

Learning objective: To understand and express emotions, develop social skills, and identify ways to look after our physical and mental health.

Key Vocabulary

Use this word mat to help you talk about your feelings and how to be a kind friend. The words are grouped into categories: 'My Feelings', 'Being Kind', and 'Staying Healthy'.

How does Max th...	If Pip the caterpill...	Why is it importa...
Can you name on...	If a friend is feeli...	