

Year 5 PSHE Assessment: Understanding Mental Health and Wellbeing

Learning objective: To identify strategies for maintaining good mental health, recognise the importance of emotional expression, and understand when to seek support.

Read each question carefully. Use the word bank to help you express your ideas clearly. Write your answers in full sentences where requested.

Nova the owl often stays up late gazing at the stars. Sometimes, she feels overwhelmed by how vast the universe is, and her feathers feel a bit ruffled. When this happens, she talks to her friend Pip the caterpillar. Pip listens patiently while Nova describes her feelings. They practise deep breathing together until Nova feels calm again. They know that just like looking after our bodies with healthy food, we must also look after our minds by sharing how we feel and taking time to rest.

Word bank: resilience · mindfulness · wellbeing · emotions · support · strategy · communication · perspective

1. Based on the passage, why is it important for Nova to talk to Pip when she feels overwhelmed? (2 marks) (2 marks)

2. Name two healthy strategies you can use if you are feeling worried or sad. (2 marks) (2 marks)

3. What does the term 'mental health' mean to you? (3 marks) (3 marks)

4. If a friend tells you they have been feeling low for a long time, what is the best thing you could do to help them? (4 marks) (4 marks)

5. Explain how physical health (such as exercise and sleep) can impact your mental wellbeing. Give two examples. (4 marks) (4 marks)

6. Extended Writing: Describe a time when you felt a strong emotion (such as excitement, worry, or frustration). Explain what caused this feeling, how your body reacted, and what you did to help yourself feel better. (5 marks) (5 marks)

Draw: Draw a 'Wellbeing Garden'. In each flower or plant, draw or label one activity, person, or habit that helps you feel happy and calm.



Extension challenge: Total: /25. Write a short poem or a positive affirmation that you could say to yourself when you are facing a difficult challenge.