

Year 5 PSHE: Understanding Mental Health and Wellbeing

Learning objective: To understand the importance of mental health, recognise positive coping strategies, and identify how to seek support.

Read each flashcard to learn key concepts about mental health. Use these to test your knowledge or match the term to the definition.

What is Mental Health?

Mental health is how we think, feel, and act. Just like our physical health, it is something we need to look after every day.

What does Wellbeing mean?

Wellbeing is a state of feeling comfortable, healthy, and happy. It includes both our physical and mental health.

Define Resilience.

Resilience is the ability to 'bounce back' or recover quickly from difficulties, challenges, or setbacks.

What is Empathy?

Empathy is the ability to understand and share the feelings of another person. It helps us build kind and supportive friendships.

What is a Support Network?

A group of trusted people—such as family, friends, or teachers—that you can talk to when you are feeling worried or sad.

Define Self-esteem.

Self-esteem is how much you value yourself and how you feel about your own abilities and worth.

What is Mindfulness?

A practice of focusing on the present moment, often using breathing or sensory exercises to feel calm and grounded.

What is a Coping Strategy?

A healthy way of managing difficult emotions, such as talking to someone, drawing, playing sport, or taking deep breaths.

Why is it important to talk about our feelings?

Bottling up feelings can make them feel bigger. Sharing them with a trusted adult helps us find solutions and feel less alone.

True or False: Mental health is only about when people are feeling unwell.

False. Everyone has mental health, and we should look after it even when we are feeling happy and healthy.

How can Pip the bookworm caterpillar help?

By reading stories about different characters, Pip helps us learn about many perspectives and feelings, which builds our empathy.

What should you do if a worry feels too big to handle?

Always speak to a trusted adult, such as a parent, carer, or teacher, who can listen and help you find the right support.