

Understanding Our Emotions: A PSHE Word Mat

Learning objective: To develop a vocabulary for expressing mental health, emotional wellbeing, and personal resilience.

Key Vocabulary

Use this word mat to help you identify and describe your feelings. The terms are grouped into three categories: 'Recognising Feelings', 'Building Resilience', and 'Support and Wellbeing'.

If you are struggl...	Why is 'Empathy'...	Nova the owl is f...
Explain the differ...	How can practisi...	