Understanding Your Wellbeing: A Guide to Feeling Your Best

Learning objective: I can identify and describe strategies that support my physical and mental wellbeing.

About 15 minutes. Grown-up tip: Ask your child which word from the list they think is the most important for a happy school life and why.

Key Vocabulary

Use this vocabulary mat to help you understand what wellbeing means. Read through the terms below to build your confidence in discussing your emotions and health. Example: 'Resilience: The ability to recover quickly from difficulties or setbacks.'

Define 'Resilience…	**Why is 'Balance' …**	**If you are feeling …**
Explain the differ…	**Choose one strat…**	