



**Vocabulary you will know...**

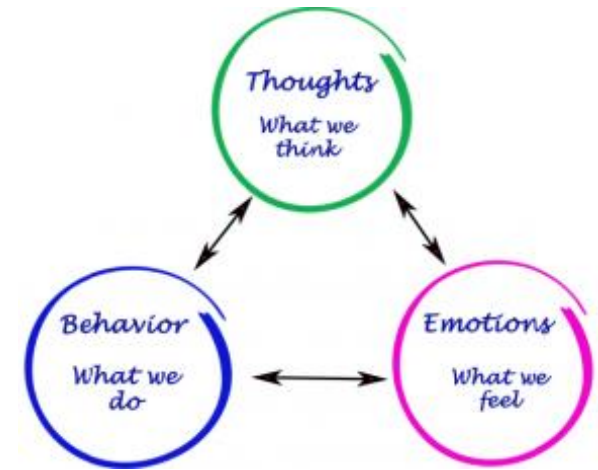
<b>Mental Health</b>	Mental health is <b>the way children think and feel about themselves and the world around them.</b>
<b>Feelings</b>	<b>Feelings</b> are something that we feel from within or inside ourselves.
<b>Emotions</b>	An emotion is <b>a person's inner feeling.</b>
<b>Comfortable</b>	Free from stress or tension.
<b>Uncomfortable</b>	<b>Feeling</b> uneasy.
<b>Intensity</b>	Strength of <b>feeling.</b>
<b>Positive</b>	Having a mind-set that things will go well. – Glass half full!
<b>Negative</b>	Having a mind-set that things will go badly. – Glass half empty!
<b>Conflicting</b>	Opposite <b>feelings</b> or points of view.
<b>Embarrassment</b>	To make <b>uncomfortable</b> or ill at ease.
<b>Thoughts</b>	The act, process, or power of thinking.
<b>Behaviours</b>	The way a person acts or behaves.



**Key Learning**

- Recognising the importance of taking care of **mental health.**
- Identifying strategies and behaviours that support **mental health.**
- Recognising **feelings** can change over time and range in **intensity.**
- Identifying the everyday things that affect **feelings** and the importance of expressing how we feel.
- Using a varied vocabulary when talking about **feelings**, and how we can express **feelings** in different ways.
- Identifying strategies that they could use to respond to **feelings.**
- Identifying how to seek support for themselves and others.
- Identifying strategies for **feeling** with emotions.

**The links between...**



**Different Emotions**



**Feelings** never remain the same for too long, they keep changing.

