



Year 6: Mental Health and Wellbeing



Key Vocabulary	
wellbeing	being comfortable, healthy or happy
anxiety	a feeling of worry, nervousness or unease about something with an uncertain outcome
advice	guidance or recommendations offered from someone about something that might happen in the future
transition	the process or a period of changing from one thing to another
affirmation	emotional support or encouragement
change	an act or process through which something becomes different
strategies	a plan of action designed to achieve a long-term or overall aim
hopes	a feeling of expectation and desire for a particular thing to happen
balanced lifestyle	a good balance between time and effort spent working, spent with family, spent at home or pursuing personal hobbies and interests

Activities that support mental health

Eating a balanced diet that includes plenty of fruit and vegetables and drinking water

Going outside for some fresh air and doing something physically active

Taking deep breaths

Getting enough sleep

Listening to music or reading a book

Spending time with friends and family

Being honest about your feelings and talking to someone trusted about them

Taking a rest, relax and have some quiet time

Writing a diary or a journal of feelings

Squeezing a stress ball or hugging/punching a pillow

Being kind to others and helping someone else

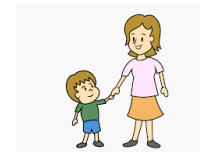
Accepting that change happens to everyone

Where to get support



Doctor

From a trusted adult



Parent



Teacher

From phone/text helpline

YOUNGminds
Crisis Messenger



childline

ONLINE, ON THE PHONE, ANYTIME



Improving children's mental health