



## Year 1: Mental Health and Wellbeing

Key Vocabulary	
worried	feeling troubled by an actual problem or a future problem
nervous	having or showing feelings of worry and fear
calm	not feeling worried, nervous or any other strong emotion
scared	to feel frightened about something
overjoyed	very happy
lonely	sad because you don't have friends or company
bored	feeling unhappy because something is not interesting or because you have nothing to do
embarrassment	A feeling of shame or awkwardness
confidence	the feeling that you have faith or can rely on someone or something
jealous	afraid of losing someone's love or attention to another person
furious	very angry
confused	unable to think clearly

### Recognising Feelings

	A happy face - Good feeling
	A sad face - Bad feeling
	An angry face - Bad Feeling
	A nervous face - Good and bad feeling

Asking  
for help

"I need some quiet time because I feel exhausted, who should I tell?"

"It is often a good idea to talk to an adult that you trust."