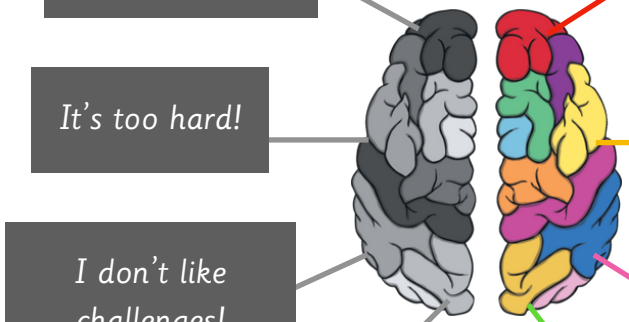
Year 4: Mental Health and Wellbeing

Key Vocabulary	
reflect	to think deeply or carefully about something
expression	the action of making known your thoughts and feelings
positive	being happy, confident and constructive
resilient	being able to withstand or recover quickly from difficult situations
confidence	the feeling or belief that you can rely on someone of something
stress	mental or emotional strain resulting from difficult circumstances
mental health	A person's condition with regard to their emotional well-being
feeling down	to feel unhappy

How to become resilient

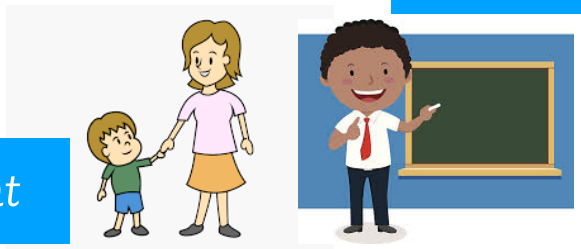
Instead of thinking this….	Think this…
I can't do this!	I'm still learning. I'll keep trying!
It's too hard!	With more practice it will get easier.
I don't like challenges!	Challenges make me better!
I give up!	I'll try a different way!



Who can you ask for help?

Teacher

Parent



Text/phone helpline

YOUNGMiNDS Crisis Messenger

childline
ONLINE, ON THE PHONE, ANYTIME

Websites

Place 2Be – Improving children's mental health

Mental Health Foundation

mind for better mental health

The Children's Society