



# RSHE: Mental Wellbeing

## Year 4: Autumn 1

### Key Vocabulary

<b>feelings</b>	An emotional state or reaction.
<b>emotions</b>	A strong feeling deriving from a person's circumstances, mood or relationships with others.
<b>sadness</b>	The condition or quality of being sad.
<b>depression</b>	Feelings of severe despondency and dejection.
<b>anger</b>	A strong feeling of annoyance, displeasure or hostility.
<b>happiness</b>	The state of being happy.
<b>love</b>	An intense feeling of deep affection.
<b>self-esteem</b>	Confidence in one's own worth or abilities; self-respect.

### Website Links

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-growth-mindset-how-your-mindset-can-affect-approach-to-challenges/zrjwf4j>

### Concepts

**Respect** – learning to value and honor another person even if we do not share or approve of everything they do.

**Safety** – the condition of being safe; freedom from danger, risk, or injury. This includes physical and emotional safety, as well as online safety.

### Key Questions

- \* Are we happy all the time?
- \* What is self-esteem?
- \* Why is self-esteem important?
- \* What can we do to help ourselves if we feel sad?