



RSHE: Mental Wellbeing

Year 5: Autumn 1

Key Vocabulary

anxious	Feeling or showing worry, nervousness or unease about something with an uncertain outcome.
worried	Anxious or troubled about actual or potential problems.
frustrated	Feeling or expressing distress and annoyance resulting from an inability to change or achieve something.
confused	Unable to think clearly; bewildered.
emotional	Relating to a person's emotions.
reaction	Something done, felt or thought in response to a situation or event.
loss	The fact or process of losing something or someone.
separation	The action of being moved apart from something or someone.
divorce	The legal dissolution of a marriage by a court or other competent body.
impulsive	Acting or done without forethought.
restraint	A measure or condition that keeps someone or something under control.
self-control	The ability to control oneself, in particular, one's emotions and desires, especially in difficult situations.

Website Links

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-growth-mindset-how-to-develop-a-positive-mindset/z6gb2sg>

Concepts

Respect – learning to value and honour 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

- *Does everybody have the same feelings?
- *What are the negative emotions? Why do we have them?
- *If something does trigger our negative emotions, what strategies could we use to prevent us reacting badly?
- *Should we be happy all the time?