



# RSHE: Mental Wellbeing

## Year 1: Autumn 1

### Key Vocabulary

angry	Feeling or showing great annoyance or displeasure.
happy	Someone who is happy has feelings of pleasure, usually because something nice has happened or because they feel satisfied with their life.
nervous	Having or showing feelings of worry, fear, or anxiety.
scared	Thrown into or being in a state of fear, fright or panic.
sad	Feeling or showing sorrow or unhappiness.
calm	To make or become less active or disturbed.
surprised	To catch (someone or something) off guard; act upon without giving any warning.
pride	A reasonable and justifiable feeling of being worthwhile.
unique	Being the only one of its kind.

### **Concepts**

**Respect** – This is a concept that refers to the ability to value and honour another person, both his or her words and actions, even if we do not approve or share everything he or she does. It is accepting the other person and not trying to change them. Respecting another person is not judging them by their attitudes, behaviors or thoughts. It is not expecting for someone to be otherwise.

**Safety**– The concept of safety is the condition of being safe; freedom from danger, risk, or injury. These include being physically and emotionally safe, as well as online safety.

### **Key Questions**

- \*Where do our feelings come from?
- \*How many feelings have you come across?
- \*Why did you have these emotions?
- \*What should I do when I have strong emotions?

### **Website Links**

<https://www.bbc.co.uk/teach/growth-mindset-and-wellbeing-lesson/z4g4382>