



# RSHE: Mental Wellbeing

## Year 2: Autumn 1

### Key Vocabulary

<b>feelings</b>	Something that we feel from within or inside ourselves.
<b>online</b>	Connected to a computer or under computer control.
<b>offline</b>	Not controlled by or directly connected to a computer or the Internet.
<b>activities</b>	A thing that a person or group does or has done.
<b>hobbies</b>	An activity done regularly during leisure time for pleasure.
<b>sleep</b>	To rest with eyes closed in a temporary state of inactivity.
<b>physical exercise</b>	Physical activity that is planned, structured and repetitive for the purpose of conditioning the body.
<b>indoors</b>	Done, used or belonging within a building.
<b>outdoors</b>	Outside a building; in or into the open air.

### Website Links

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

### 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

\*Who am I?

\*What are feelings?

\*Do we all feel the same?

\*What helps me to be happy?