

PSHE- Year 6- Mental health and wellbeing – healthy minds



Key Vocabulary

1. Emotion - a strong feeling based on your mood, circumstances or relationship with others
2. Mental health - your state of emotional well-being
3. Mental health difficulty - when a person is having a hard time keeping a balanced emotional well-being
4. Mental health illness - when someone has been diagnosed by a medical practitioner as having a mental health difficulty
5. Stigma - a mark of disgrace associated with something e.g. mental health problems

Important Questions

What things do you do, or could you do, to help to lift your mood?

Who can you speak to if you are feeling down or anxious? What could you do to help you cope with stress?



Key Points I will learn

1. Understand that mental health is about emotions, moods and feelings.
2. That everyone has a state of mental health that changes frequently and that any one state is not permanent.
3. That there is advice and support available for mental health.
4. What things can affect a person's mental health.
5. How to deal with stress.
6. That anyone can be affected by mental ill health.
7. How we can look after our mental health daily.
8. Recognise that stigma and discrimination of people living with mental health problems can and does exist.