







# Year 2: Mental Health and Wellbeing

## Key Vocabulary

worried	feeling troubled by an actual problem or a future problem
nervous	having or showing feelings of worry and fear
emotion	a strong feeling that comes from something, someone or the mood you are in
resilient	to be able to stand up to or recover quickly from a difficult situation
stress	feeling mental or emotional strain from a demanding situation
express	to share a thought or feeling in words or by gestures and the way you behave
thought	an idea or opinion that you have by thinking or it can just suddenly happen in your mind
helpful	giving or ready to give help
unhelpful	not giving or being ready to give help

## Big Thoughts

Helpful	Unhelpful
 Happy  Relaxed  Excited	 Guilty  Sad  Stressed

Asking for help

"It is often a good idea to talk to an adult that you trust as they will be able to help you!"

"My unhelpful thoughts are getting too big and keep coming back what can I do?"

