



Year 3: Mental Health and Wellbeing

Key Vocabulary

embarrassed	a feeling of shame or awkwardness
ashamed	feeling embarrassed or guilty because of your actions
emotion	a strong feeling that comes from something, someone or the mood you are in
behaviour	the way in which you act especially towards others
health	a person's mental or physical condition
express	to share a thought or feeling in words or by gestures and the way you behave
intense	having or showing strong feelings or opinions
unsure	not feeling, showing to done with confidence and certainty
pleased	feeling or showing pleasure and satisfactions towards an event or situation

Get the good feels!

What can we do to get more of the good feels?

Go outside and get some fresh air! Run around and play or do something active that gets your body moving.



Have you got a hobby you enjoy? If not learn something new.



Read books you enjoy.



Listen to your favourite music - sing and dance!

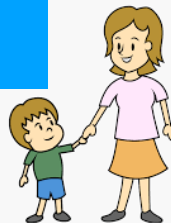


Relax and get a good nights sleep.

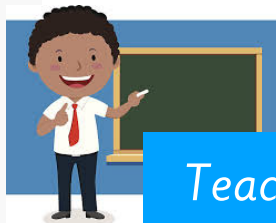


Who can you ask for help?

Parent



Teacher



Website



YOUNGMINDS
Crisis Messenger

childline

ONLINE, ON THE PHONE, ANYTIME

Text/phone
helpline