



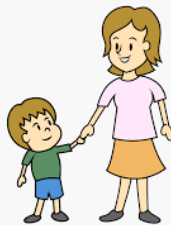
# Year 4: Mental Health and Wellbeing

## Key Vocabulary

reflect	to think deeply or carefully about something
expression	the action of making known your thoughts and feelings
positive	being happy, confident and constructive
resilient	being able to withstand or recover quickly from difficult situations
confidence	the feeling or belief that you can rely on someone of something
stress	mental or emotional strain resulting from difficult circumstances
mental health	A person's condition with regard to their emotional well-being
feeling down	to feel unhappy

Who can you ask for help?

Parent



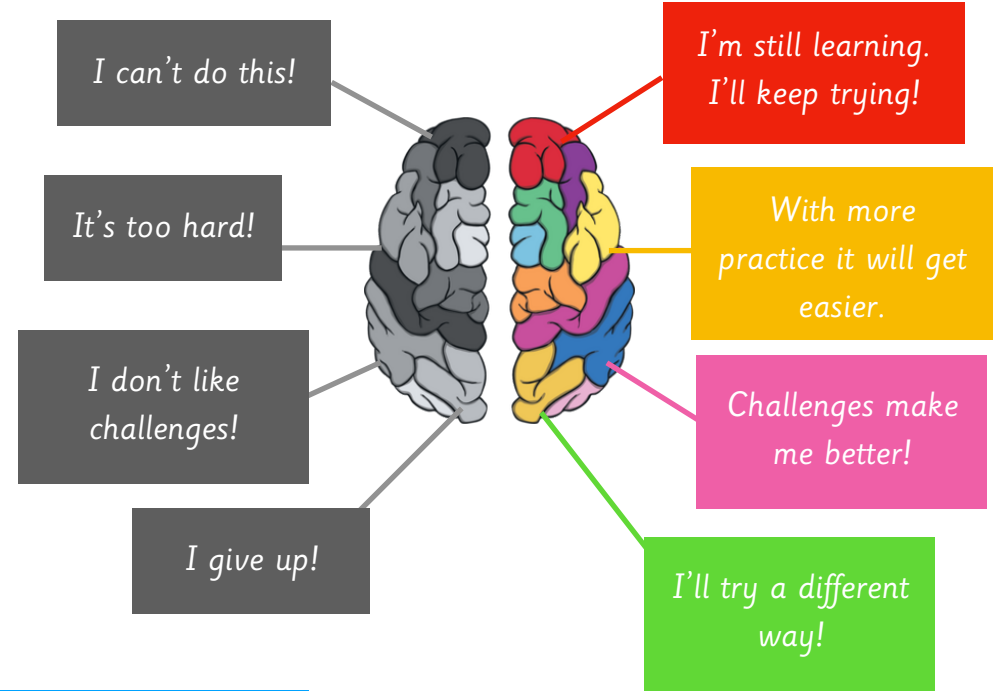
Teacher



## How to become resilient

Instead of thinking this....

Think this...



Text/phone helpline

Websites

**YOUNGMINDS**  
Crisis Messenger

childline

ONLINE, ON THE PHONE, ANYTIME



Improving children's mental health



The Children's Society