

## Year 4 - Health and wellbeing

Healthy	Being well, both physically and mentally.
Mental health	Our emotional wellbeing.
Negative emotions	Emotions which make us feel sad or angry.
Positive emotions	Emotions which make us and others around us feel happy.
Relaxation	Doing calming activities such as having a bath or reading a book
Resilience	A willingness to keep trying even when things become very hard.
Skill	The ability to do something well.
Visualise	To create an image of something in the mind.

### Health tips

Keep a diary of things which happen to you and how they make you feel.

Your physical and mental health are equally important and there are things you can do to look after them both.

### Getting help

Talk to an adult you trust either at school or at home.

**Contact:** Childline  
[www.childline.org](http://www.childline.org) | 0800 1111  
 Calls DO NOT show on the phone bill



Visualising a special place can help us to relax and deal with problems.

We can learn from our mistakes.

We can all learn new skills.



Different things make different people happy.



Emotions can be positive and negative and we need to learn to deal with both.

Sometimes, people have problems with their mental health. If they do, there are people who can help them.

Key Learning:

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| 1 | <b>What does relaxation feel like?</b> Children identify what makes them feel calm and learn some relaxation techniques.   |
| 2 | <b>How can we develop a growth mindset and understand that mistakes are useful?</b> Describing how it feels to fail and what we can learn from this. Discuss and understand what a growth mindset is.                    |
| 3 | <b>Can I identify my own strengths and begin to see how they can affect others?</b> Children learn to identify their own strengths and begin to see how they can positively affect others                                |
| 4 | <b>Can I learn how to take responsibility for my own happiness?</b> Children identify things that are important to them and learn that they can take action to influence their own happiness.                            |
| 5 | <b>Can I begin to understand a range of emotions?</b> It is normal to experience a range of emotions and identify emotions people may feel in different situations.  |
| 6 | <b>What is mental health and who can help if I need it?</b> Learning that we all have mental health as well as physical health and that sometimes people need help with their mental health, and where to get that help. |