

# Knowledge Organiser: Mental Health and Wellbeing



## Must be familiar with these phrases:

Connect  
Express  
Reflect  
Anxious  
Feelings  
Awareness  
Sympathy  
Self-esteem  
Resilience  
Communicate  
Wellbeing  
Anxiety

## Should be able to talk about...

- What is mental health?
- The importance of your own mental health.
- Who you feel safe talking to at home or school.
- How your own mental health and wellbeing can affect you.
- Where you can go or who you can talk to if you ever need to talk to someone who could help you.



## Extra mile work

- Draw a version of yourself that expresses your character, feelings and personality. Label this and explain each one.
- Create a 'comfort corner' in your home or bedroom where you can go if you need a quiet moment to yourself.
- Make a feelings box for you and your family. Fill it with notes of things that make you happy, sad, worried etc. Open it each week and read and discuss each one.
- Play 'best part/worst part' at the end of each day with your family. This might be done at a meal time, before bed etc.
- Set a time (an hour, an evening, a day) for you and your family to have a phone/device free period. Spend this time talking, making things, cooking, playing, walking etc. with your loved ones.

## Websites:

- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)
- [Page not found | Mental Health Foundation](#)
- [Signs That a Child Is Suffering From Mental Health Issues | NSPCC](#)