

Vocabulary

Positive	Good	Daily	Every day
Negative	Bad	Self-care	Looking after yourself physically and mentally
Wellbeing	Feeling safe and well, and feeling positive emotions more often than negative emotions	Hobby	Something you enjoy doing in your free time
Regular	Often	Resilience	The ability to 'bounce back'/ take on tricky tasks and keep going even if something is hard.
Habits	Something that is done regularly, sometimes as part of a routine		
Communicate	Speak or write to someone		

**Hobbies**



**Resilience**

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

**Make handwashing a habit**



**9 ways to look after your mental health**



- ✓ We take turns to speak
- ✓ We use kind and positive words
- ✓ We listen to each other
- ✓ We have the right to pass

**Our PSHE Charter**

- ✓ We only use names when giving compliments or being positive
- ✓ We respect each other's privacy (confidentiality)