

PSHE / SEL · Y4–Y6

Mental Health & Wellbeing

Knowledge Organiser — Y4–Y6

Key vocabulary

1

Mental health

How we feel emotionally, psychologically, and socially. Mental health exists on a spectrum — from flourishing wellbeing to serious difficulties.

2

Wellbeing

A positive state of mental health — feeling content, able to cope with normal challenges, connected to others, and able to function.

3

Anxiety

Feelings of worry, nervousness, or unease about something uncertain. Normal and helpful in small amounts; a difficulty when it interferes with daily life.

4

Depression

Persistent low mood, loss of interest or pleasure, low energy. More than feeling sad — it affects thinking and functioning.

5

Stigma

Negative attitudes and discrimination towards people with mental health difficulties. Stigma prevents people seeking help.

6

Protective factors

Things that support good mental health — exercise, sleep, connection, routine, purpose, talking about feelings.



7

Risk factors

Things that can challenge mental health — stress, trauma, isolation, loss, uncertainty. Having risk factors doesn't mean you will develop a difficulty.

Ways to wellbeing

Evidence-based actions that support

- 1. **CONNECT**: time with friends, family, and community. Relationships are the foundation of wellbeing.
- 2. **BE ACTIVE**: regular physical activity releases chemicals that improve mood and reduce anxiety.
- 3. **TAKE NOTICE**: be curious and aware — notice the world around you and how you're feeling.
- 4. **KEEP LEARNING**: set yourself a challenge. Learning new things builds confidence and purpose.
- 5. **GIVE**: do something for someone else. Giving improves the giver's wellbeing as much as the receiver's.
- **SLEEP**: not one of the five, but underpins all of them. 8-10 hours for primary-age children.
- **IF YOU'RE STRUGGLING**: tell a trusted adult. Asking for help is a sign of strength.

