

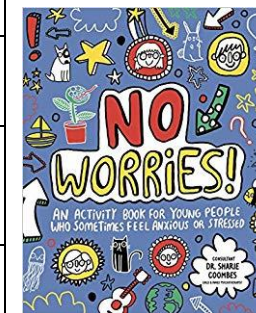
Specific Vocabulary & definitions (meanings)

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|-----------------------|--|---------------------|--|
| mental health | Just like 'physical health' means to look after our body, 'mental health' means to look after our mind and make sure we are thinking/feeling in a healthy way. | emotion | Strong feelings deriving from one's circumstances, mood, or relationships with others. |
| challenge | A task or situation that is not easy and tests someone's abilities and emotional resilience. | resilience | 'Bounce back' ability; the capacity to recover quickly from difficulties |
| put-down | Words that humiliates or criticises someone else. This can sometimes be done on purpose to make the other person feel bad or can be unintentional. | perseverance | Persistence in doing something despite difficulty or delay in achieving success. |
| put-up / boost | The opposite of a put-down. Words that encourage or affirm someone and give them a 'boost'/make them feel good about themselves. | self-esteem | A person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. |
| self-talk | Self-talk is your internal dialogue; what you say to yourself in your mind. Self-talk can be both negative and positive. | setbacks | Something that prevents progress in a certain area and makes your situation/goal harder to achieve. |

Interesting Resources

Childline has lots of online games children can play to help with anxiety, stress or anger (or just for fun!):

www.childline.org.uk/toolbox/calm-zone/



This is a great journal for children, full of lots of different activities to get them feeling more in touch with their emotions and help them learn ways to recognise emotions and deal with them by framing them in a

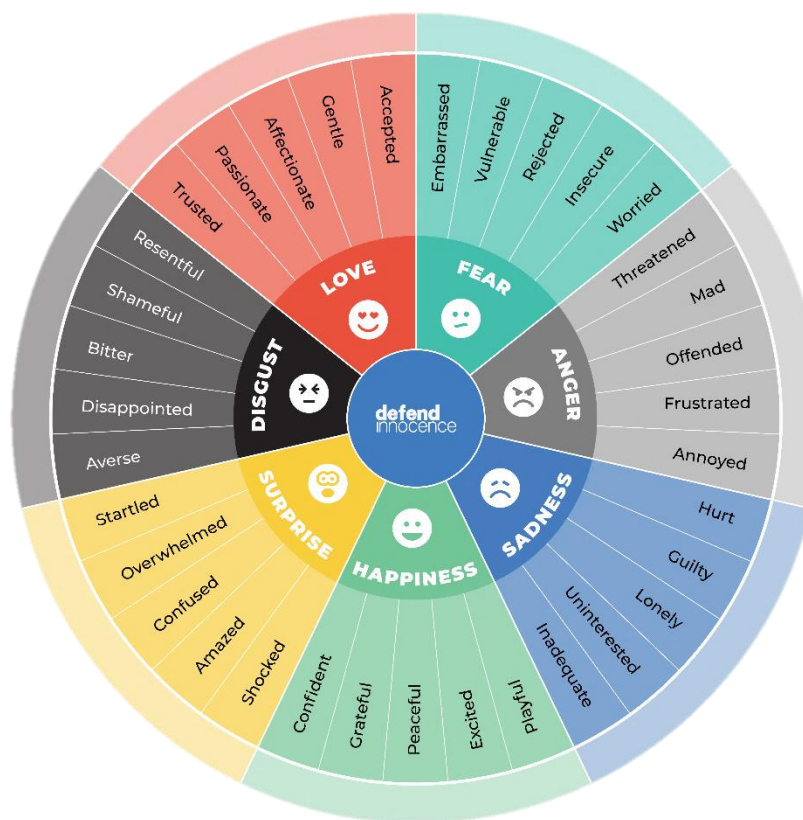
positive way. Particularly good for anxiety or stress related emotions.

- 'How to catch a star' by Oliver Jeffers
- 'Wonder goal' by Michael Foreman

Things to help you throughout this sequence

Some ways to deal with put-downs:

- Ignore it
- Change the subject
- Use humour
- Defend yourself
- Give yourself a put-up
- Express your feelings
- Label it a put-down
- Disagree
- Compliment the other person
- Agree and ask for their help



At the end of the topic, I can:

- explain how it feels to be challenged, try something new or difficult with a determined attitude
- can plan the steps required to help achieve a goal or challenge
- are able to celebrate their own and others' skills, strengths and attributes
- explain what is meant by a put-up or put-down and how this can affect people
- can demonstrate a range of strategies for dealing with put-downs
- recognise what is special or good about themselves
- can describe how it feels when there are set-backs
- know some positive ways to manage set-backs and how to ask for help or support