
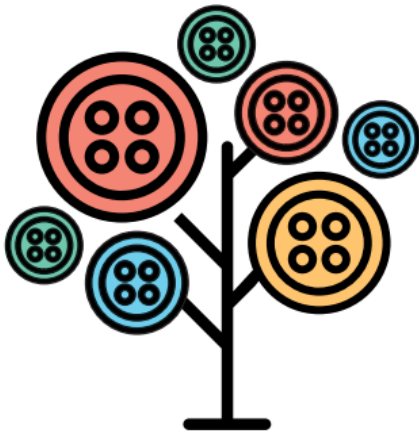


# Year 6: Physical and Mental Health

Subject Specific Vocabulary		Bereavement	Important Knowledge
<b>affirmation</b>	What you say about yourself.	 	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know that mental health is just as important as physical health.</li> <li><input type="checkbox"/> I know how to get help for mental health problems.</li> <li><input type="checkbox"/> I know where to get help with mental health problems.</li> <li><input type="checkbox"/> I know bullying can affect someone's mental health.</li> <li><input type="checkbox"/> I can manage my feelings.</li> <li><input type="checkbox"/> I know that changes can mean people experience feelings of loss or grief.</li> <li><input type="checkbox"/> I know about the process of grieving and how grief can be expressed.</li> <li><input type="checkbox"/> I know that we can help someone cope with the feelings associated with change or loss.</li> <li><input type="checkbox"/> I can identify how to ask for help and support with loss, grief or other aspects of change.</li> </ul>
<b>sorrow</b>	Sadness.		
<b>mourning</b>	When you have lost someone and have negative feelings.		
<b>grief</b>	A reaction to loss.		
<b>transition</b>	Undergoing changes.		
<b>bereavement</b>	Sadness or loneliness when we lose a loved one.		
<b>interchange</b>	To change over.		
<b>anxiety</b>	A deep feeling of worry.		
<b>wellness</b>	To feel happy and healthy.		
<b>emotions</b>	How you feel.		