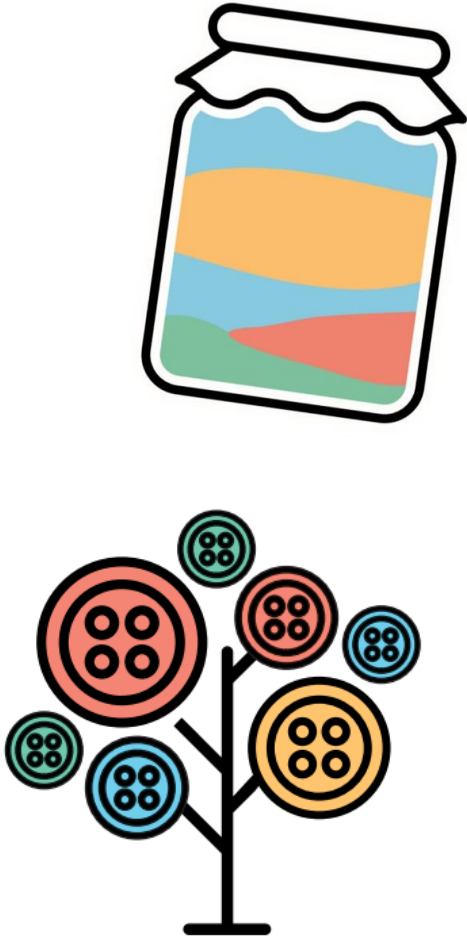


Year 6: Physical and Mental Health

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