

# HOME LEARNING

## PSHE - Year 7 – Home Learning Pack 13

**This week we are thinking about staying positive and trying to build our inner strength when things might go wrong.**

### Emotional Health and Well-Being

Having good emotional (or mental) health means feeling safe, healthy, comfortable and happy.

Sometimes our physical health (the way our bodies work) can have an impact on our emotional health. For example: if we don't eat / drink enough we might get irritable or tired.

Sometimes other people or situations can affect our emotional health. You might feel sad or angry if you have had an argument with somebody.

#### **Task 1:**

Write out the alphabet and try and think of a word / statement for each letter that has something to do with health and well-being (this can be positive or negative) eg.

A = ACTIVE

B = BULLYING

C = ?

How many can you find? The person with the most will receive a Golden Token



### Managing Disappointments and Set Backs

It is normal for your feelings of emotional well-being to go up and down throughout the day or over several days. The key to having good emotional well-being is knowing how to bounce back when things have gone wrong or be able to lift your mood again when things have been difficult. Sometimes this can be really hard to do and you might need to ask for help.

#### **Task2:**

Carefully read the cards on the next page then sort them under the headings below – or you might prefer to colour them in a different colour

Strategies to help **prevent** disappointments and set backs

Strategies to **manage** (or deal with ) disappointments and set backs

|  |  |  |
|--|--|--|
| Look for a positive way out of the situation   | Consider how a positive role model would cope  | Try again, perhaps using a different strategy  |
| Recognise feelings without judging people for what has happened                                | Get help or speak to someone who might know how to manage it in a different way                                  | Breathe deeply and/or step away  |
| Talk with people who made you upset to understand why, and see things from their point of view | Smile and try to remain positive   | Perspective! – Take a minute to think -will this disappointment be a big deal tomorrow, next week, next year?                      |
| Try and be realistic but still have your dreams  | Make a log of achievements/ positive qualities which can be read as a reminder of positives when things go wrong | Positive thinking (e.g. 'I can do this') and dismissing doubts, especially absolutes (e.g. 'I'm always last' or 'no one likes me') |
| Recognise strengths, even when things go wrong   | Try and look for some kind of positive in a bad situation  | Remember a time when a similar problem worked out fine   |

**Well done Year 7 Sleuth Points will be added, please don't forget to tell your staff teams that you have completed this work when they call 😊**