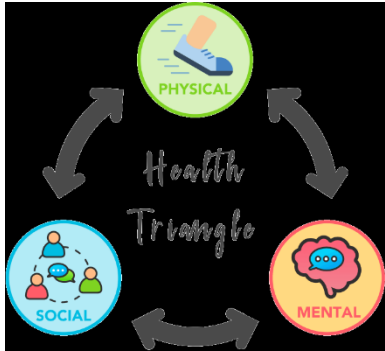




YEAR 5 - Knowledge Organiser – PSHE – Autumn 1



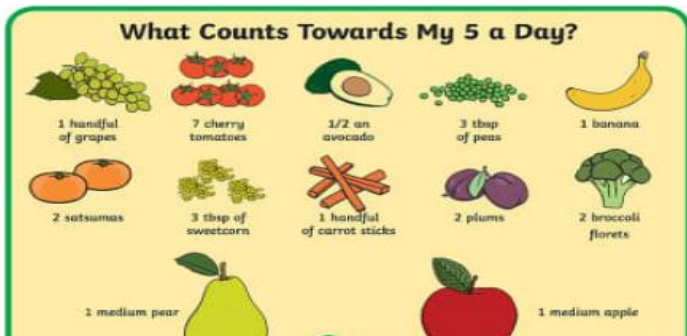
What is the health triangle?

Mental Health

Mental health is how we think and feel about ourselves and the world around us. It affects how we cope with life's challenges and stresses. Remember the 5 steps to wellbeing: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Vocabulary

Wellbeing
Physical Health
Social Health
Mental Health



Questions to Consider

What is physical health? Why is it important?

What is social health? Why is it important?

What is mental health? Why is it important?

