Individual Health and Well-Being – Step 2

Pupils' worksheet

This worksheet will help you think about emotional well-being. Answer the questions below and complete the exercise on expressions and feelings.

Question: What makes you feel happy?

Answer: _____

Question: What makes you feel sad?

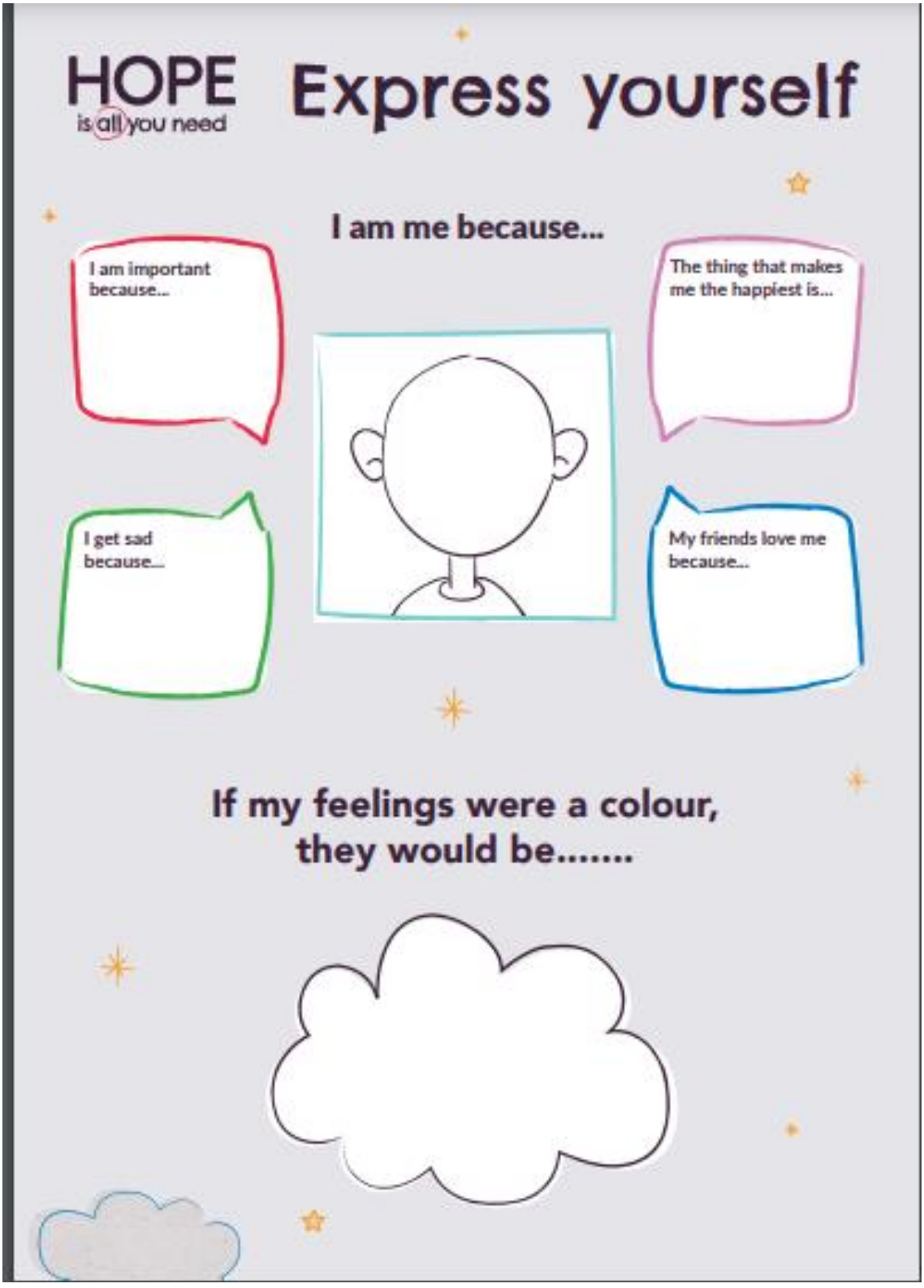
Answer: _____

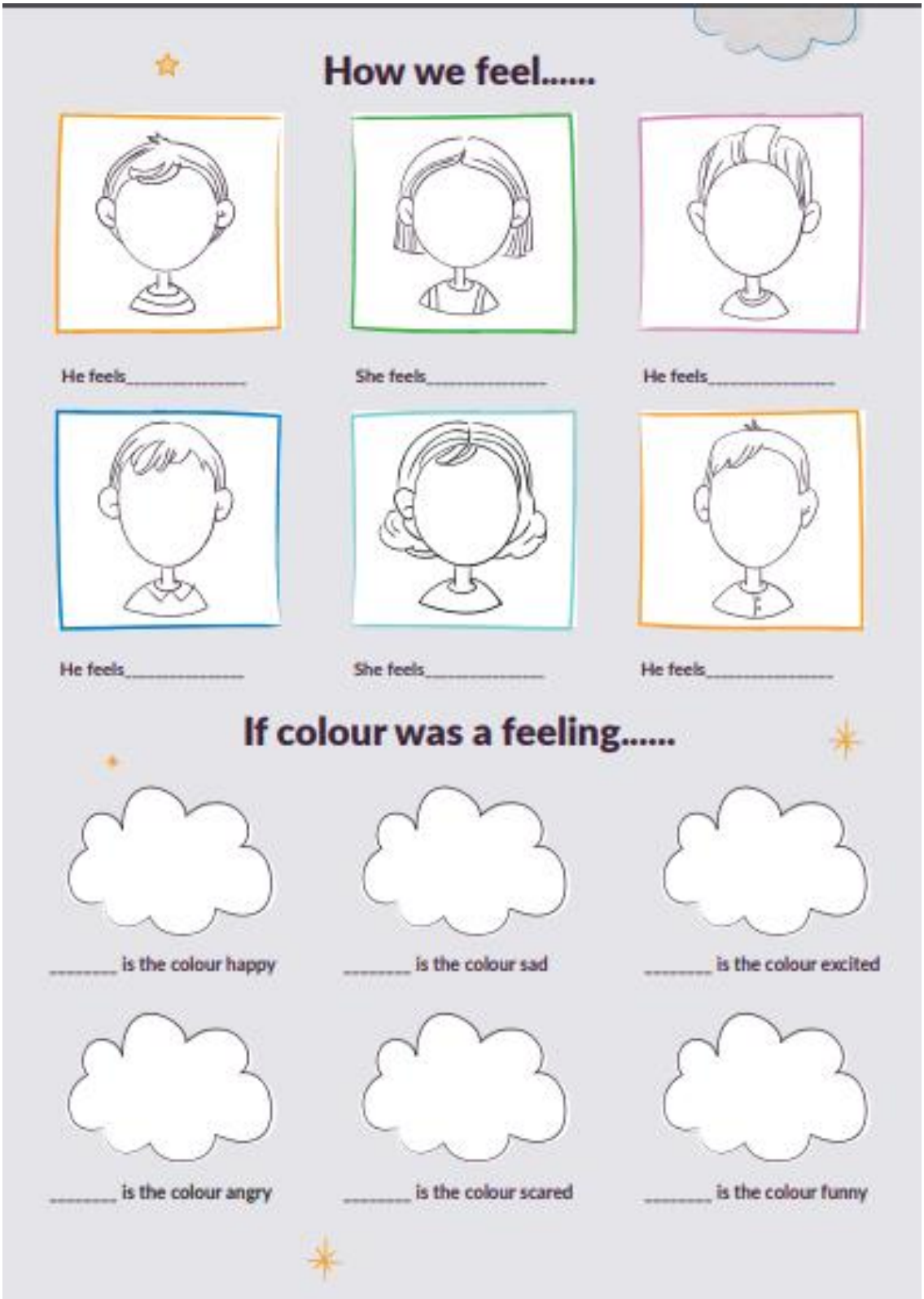
Question: Who would you ask for help?

Answer: _____

Activity

Below is an exercise on expressions and feelings for you to complete.





If you have any questions about what was discussed in class today, ask your teacher or the adults you live with. They will be happy to talk to you about this.

Thank you for completing this workbook!

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