

## Knowledge organiser PSHE- My Mind

Vocabulary	Definition
Emotions	a strong feeling deriving from one's circumstances, mood, or relationships with others.
Support	To give assistance or help
Feelings	an emotional state or reaction.
Healthy	in a good physical or mental condition
Unhealthy	not having or showing good health.



We will be focusing on the mind as our topic and the importance of having a healthy mind and body. Looking at what our emotions look and feel like and how we can help ourselves and others.