

Mental wellbeing Vocabulary And Facts Colouring Page

KS3 / Year 8 - Relationships Health Education

Colour-code and annotate six factors that can support mental wellbeing without presenting any one factor as a cure.



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Parent & Teacher Guidance

Curriculum focus

Topic: Mental wellbeing. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: DfE statutory Relationships Education, RSE and Health Education guidance; use the version applicable on the teaching date, including revised guidance from 1 September 2026.

Before you begin

Review the picture together and ask the learner what they already notice about Mental wellbeing. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Mental wellbeing. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

Questions to guide discussion

What evidence can you see? Which feature is most important and why? How does one part connect to another? What new fact about Mental wellbeing can you explain using the picture?

Answers and checking

Visible protective factors are a consistent sleep routine, balanced food and water, enjoyable physical activity, time outdoors, supportive relationships, and asking a trusted adult or health professional for help. Wellbeing varies; support should be appropriate to the individual.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
