

Influences on Emotional Well-Being

Activity: Read each statement carefully and think about how each one might have an impact on emotional wellbeing. Decide whether the statement is positive or negative and **circle the correct symbol**. Or alternatively cut out the statements and **make two piles**.

Receiving recognition for your effort <input type="radio"/> <input type="radio"/>	Exam stress <input type="radio"/> <input type="radio"/>	Having no one to talk to <input type="radio"/> <input type="radio"/>	Achieving at football <input type="radio"/> <input type="radio"/>
Feeling understood by others <input type="radio"/> <input type="radio"/>	Sibling rivalry <input type="radio"/> <input type="radio"/>	Good self-esteem <input type="radio"/> <input type="radio"/>	Feeling worthless <input type="radio"/> <input type="radio"/>
Having self-respect <input type="radio"/> <input type="radio"/>	Peer pressure <input type="radio"/> <input type="radio"/>	Having a supportive family <input type="radio"/> <input type="radio"/>	Bullying <input type="radio"/> <input type="radio"/>
Knowing when to ask for help <input type="radio"/> <input type="radio"/>	The death of a family member or friend <input type="radio"/> <input type="radio"/>	Having hobbies and interests <input type="radio"/> <input type="radio"/>	Knowing what makes you feel good <input type="radio"/> <input type="radio"/>
Loneliness <input type="radio"/> <input type="radio"/>	Feeling like you don't fit in <input type="radio"/> <input type="radio"/>	Good results at school <input type="radio"/> <input type="radio"/>	Low self-esteem <input type="radio"/> <input type="radio"/>
Having lots of friends <input type="radio"/> <input type="radio"/>	Parents arguing <input type="radio"/> <input type="radio"/>	Making new friends <input type="radio"/> <input type="radio"/>	Having no hobbies <input type="radio"/> <input type="radio"/>

Established by