

# Mental Health



RESPECTFUL



AMBITIOUS



RESILIENT



## It's Really, Really Important!

- **British Values:** Individual Liberty
- **Characteristics:** Disability (mental health)
- **School Values:** (Kindness), Resilience
- **UN Rights:** Article 24 (Right to health)

# Taking Care of Our Mental Health

It's important to talk about how  
we feel.



# What is Mental Health

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It's all about how we feel, thoughts  
and how we handle things.



Just as we look after our bodies we  
need to look after our minds.

# A World of Feelings





# Why is Mental Health Important?

- When we feel good, we can have fun, play with our friends and learn better!
- Good mental health helps us feel strong, resilient and happy.



How do  
we all  
feel  
today?



“Sometimes we feel happy  
and sometimes we feel sad,  
angry or worried”



All feelings are ok, and it's  
good to talk about them.



LOOK, ASK, LISTEN

# All Feelings Have a Place

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Getting the balance right is hard.

scared, excited, happy, joyous  
nervous, petrified, angry, bored,  
frustrated, proud, delighted,  
anxious, melancholy, blue,  
invisible, worthless, inferior,  
loved

Amazing



# What Can We Do When We Feel Sad or Worried?



TALK TO SOMEONE

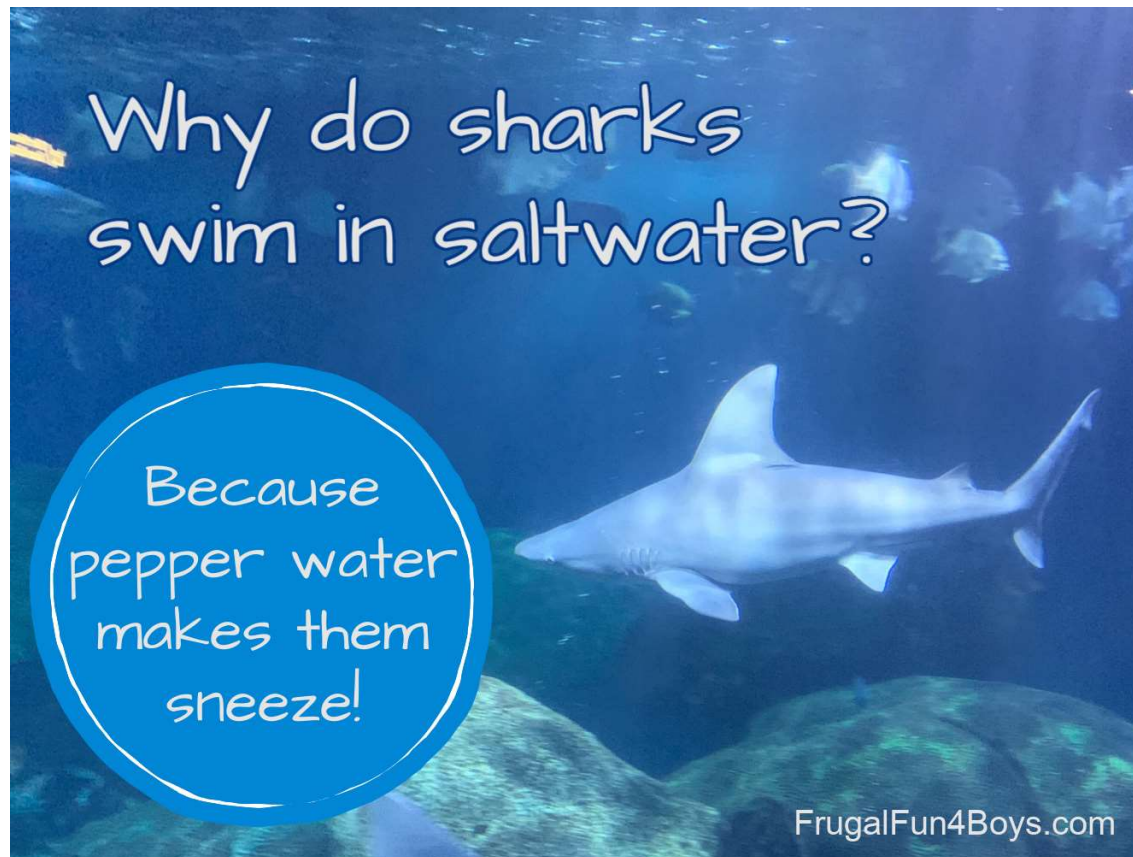


DO SOMETHING THAT MAKES US  
SMILE (DRAWING, PLAYING OR  
SOMETHING ELSE)



REMEMBER IT'S OK TO ASK FOR  
HELP.

# Ooops!



# Fun Things That Help With Our Mental Health

Playing outside

Family and friends

Doing the things we love, like  
sports or art (What do you enjoy?)

# Building Better Minds

- Remember it's good to talk about our feelings
- You are never alone
- Do something you enjoy everyday
- Be RAR!



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# Recipe For a Healthy Mind



Get enough sleep



Eat some good food and drink water



Get some fresh air- take a walk or play



Talk, laugh and smile



Do something you enjoy, read a book, listen to music



Take time to relax and breathe



Stay in the “real world” and not too much time on devices



Be kind to other people (people you love and everyone else!)

Wishing you a good week with others.

“Sometimes we are the sunshine, sometimes we need an umbrella”

What does this mean?



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