

?



What is mental health?



Mental health

is all about

?



we

are



feeling.



The thoughts



we



have

+

and



the choices



we



make

because of

?



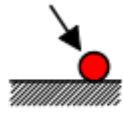
we

are



feeling.





There

are



lots of



different



emotions.

?

How

are the



children



feeling?

happy

sad

angry

lonely

calm

worried

excited

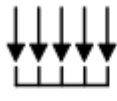


Supporting Our Mental Health

We all feel a big range of emotions every day. Every feeling is OK.



We



all



feel



different

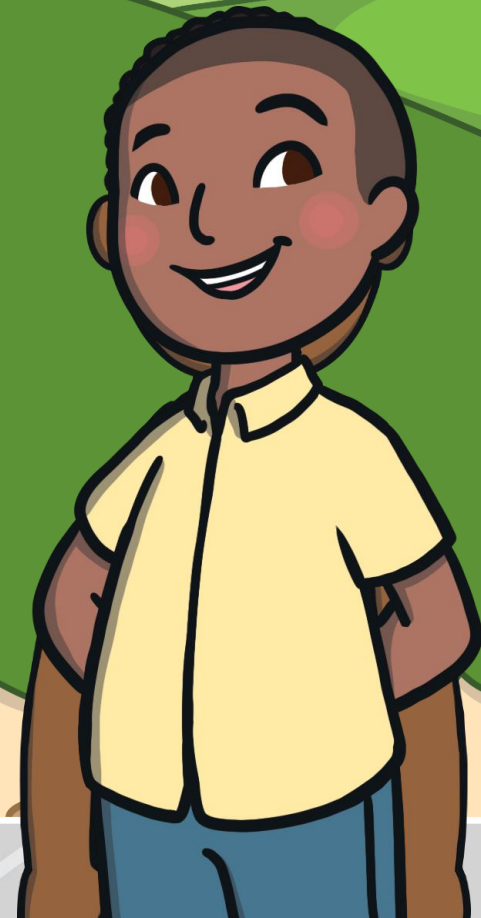


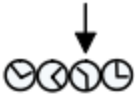



emotions.





This is


ok.



 Sometimes  we  are happy  and

 sometimes  we  are sad,  sometimes

 we  are angry.

 This is ok.



What



can



we



do

to



help



us



feel good?

spend time outside



listen to music

do an activity we enjoy



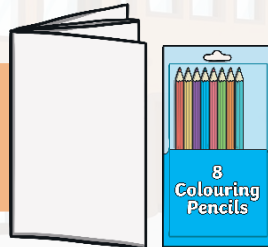
enjoy time with family and friends



spend time doing a quiet activity



learn something new



get active!



Talk to your partner about one way you could do each of these things.



What



can



we



do

to



help



us



feel good?



Maybe we could:



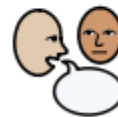
play a game
outside with
friends.



Difficult Times



If we are worried about



something who can we talk to?



parents and
carers



teachers



school staff



family
members



If something at home, school or online



makes you feel sad, upset hurt or



scared you can talk to us.

Cheryl



Safeguarding
Lead Senior
Mental Health
Lead

Sian



Safeguarding,
SEND and
Inclusion Officer

Donna



Pupil & family
support
advisor

Joanne



Academy
Counsellor

Attendance
Champion



ELSA



We are here to help you.





song

https://www.youtube.com/watch?v=QqgSd_TFiEE