

Positive Mental Health



Aim

- I can explain what mental health is and talk about ways people can help their mind be healthy.

Success Criteria

- I can think of ways to stay healthy.
- I can suggest positive actions which could help with an uncomfortable thought or feeling.
- I can think about ways I can help others to feel good about themselves.

Being Healthy



How can people be healthy?



Can you think of different things people can do to be healthy? Talk to someone about your ideas or write them down on a piece of paper.

It is important that people help both their body **and** mind to be as healthy as they can.


somewhere so
that you can
remember them.

to do to stay
healthy?

of being healthy.



What is mental health?



**What can people do
to help their mind
be healthy?**

Mental Health

Mental health is all about the thoughts people are having, how they are feeling because of these thoughts and how these thoughts and feelings are affecting their actions and behaviour.

Sometimes people have happy, comfortable thoughts and feelings. Sometimes, people have thoughts and feelings that don't feel so good and might feel upsetting or uncomfortable.



Mental Health

People might be feeling excited, happy, content, safe or loved. They might be proud of themselves for something they have done. These are comfortable thoughts and feelings.



People might be feeling worried, afraid, stressed, sad or lonely. They might find it difficult to think positively about themselves. These are uncomfortable thoughts and feelings.

Everyone's experience of mental health is different as no two people are the same.



Positive mental health isn't about being happy all the time. Everyone can have uncomfortable thoughts and feelings and this is nothing to be worried or embarrassed about.

There are **5** things that are important for a healthy mind and if we remember these we can keep feeling positive and maintain our.....do you remember the word from last week?

Bouncebackability





Staying Connected
Being Active
Learning
Showing Kindness
Being Mindful

Staying Connected



We are social animals, like meerkats!



We need to with feel connected to the people around us. Who do you enjoy spending time with? Who do you turn to for advice and help. or just when you need cheering up?

Family

Teachers

Friends

Club
Leaders

Sports
Coaches



Staying Connected



Is it harder to stay
connected during lockdown?

How can we do this?

Being Active



Staying healthy doesn't just mean keeping our bodies fit. When we exercise "feelgood" chemicals called *endorphins* are released in our brain, helping us to feel positive and happy.

Let's put it to the test...!

<https://youtu.be/5MBEyQIlrfo>



Learning



We are learning all of the time, throughout our lives. Think about all the things that you have learnt since you were a baby!

Learning new things keeps our brains fit. It gives us a sense of accomplishment and makes us feel confident. It doesn't have to be from a book or a screen, it could be something practical. It doesn't even have to be new, you could just try to get better at something. What will you learn today or have you already learnt today?

woodwork

drawing or
painting

a new
language

baking

football

computer
coding

Sharing Kindness



Kindness makes everyone feel good. The person receiving it feels cared for and important and the person showing kindness feels warm inside. It's win-win!



Who will you help today? What kind words will you say to someone?

**Kindness is catching – it
Spreads from one person to
another then another**



Kindness is like a boomerang – the more
You give, the more
comes back to you!

Everywhere you go leave a **glitter** trail of kindness behind you

Helping others may be as simple as saying something kind to another person, whether they are a close friend or someone you have just met.

You could try giving compliments to the people that you care about to let them know how special they are to you.

By helping others to feel good about themselves and showing how much we care, we can help them feel happy and cared for.

Doing something positive and kind for somebody else, however small, can make a big difference.



Being Mindful



**Slowing your
breathing**

**Tapping into
your senses**

**What does it
mean?**

**Pushing away
your worries**

**Thinking
about the
good things
you have**

**Tuning in to
your
emotions**

**Being aware of
the here and
now**

Let's have a go...



Make yourself comfortable

Breathe in and out slowly

Be aware of your surroundings

What can you hear/feel/smell?

Feel calm and relaxed

Think about the things that you are grateful for – your warm home; the company of your brother or sister: your pet to stroke: fresh air: a lovely dinner tonight: your toys...

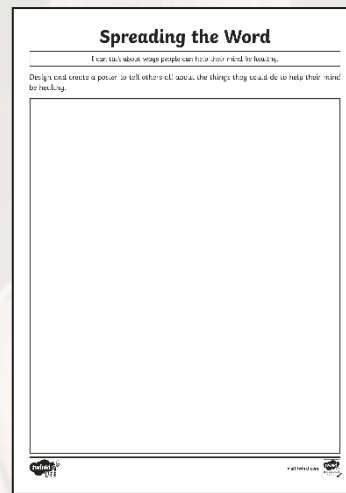
[Rainbow Relaxation](https://youtu.be/IIbBI-BT9c4)

<https://youtu.be/IIbBI-BT9c4>

Spreading the Word



You can design and create a poster to tell others all about the things people can do to help their minds be healthy.



Key Words

mindful
healthy
mental health

positive
learning
talk

kindness
exercise
creative

Or, you can think about the people that are important to you and how you can stay connected to them during lockdown and after.




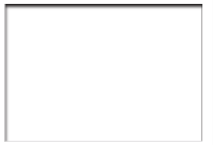
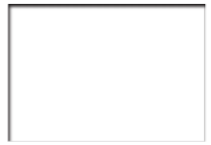
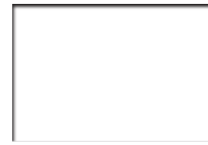






Staying Connected

You will need     

This activity will help your child feel more connected to friends and family they are missing.

Ask them to draw or stick pictures of people who are important to them below.

Encourage them to add how they are going to stay in touch with this person and what they are going to do when they see them again.

Staying connected 	Staying connected 	Staying connected 
		
  ...	  ...	  ...
Name:	Name:	Name:
I will stay in touch by:	I will stay in touch by:	I will stay in touch by:
When we meet again, we will:	When we meet again, we will:	When we meet again, we will:



So what have we learnt?

Doing our best to help others feel positive and good about themselves is important.


Looking after our own mental health is important, too.

Remember that you can talk to someone you trust whenever you need to.

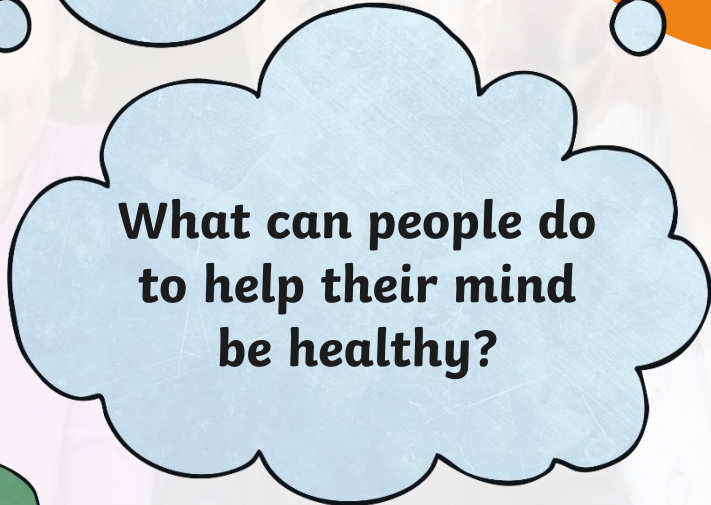




What is mental health?



What is the most important thing you have learnt today? How might it help you?



What can people do to help their mind be healthy?



Have a good
week!