

LO: I am learning to look after my  
mental health

**It's  
OKAY**  
*not to be*  
**OKAY**



*How are you coping with  
lockdown?*



How are you coping  
with lockdown?

We are out of our normal routines, we can't do a lot of our normal hobbies or things we enjoy and we can't see all of our friends and family. The majority of people are finding this hard so if you are too that is ok - you are not alone!



## What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Just like our physical health, mental health is extremely important - it is equally as important to look after your mind as it is making sure your body is fit and healthy.



## How can you look after your mental health?


- similar to the way you look after your physical health, exercise and a healthy diet help your mental health too.
- Get plenty of sleep; it is recommended children between the ages of 6 and 12 years get 9 -12 hours sleep a night.
- Doing things you enjoy.
- Talk about your emotions - this is the best thing you can do! Find someone you feel comfortable with and talk about the emotions you are feeling for example if you are worried about anything, feeling sad or lonely, even if you are excited about something the people around you would want to know!



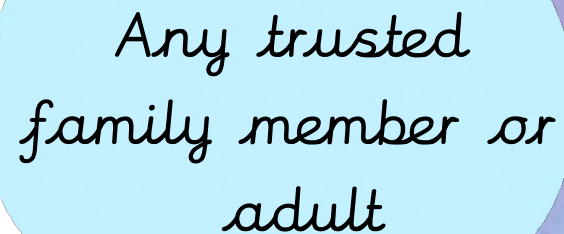
Who can you talk to?



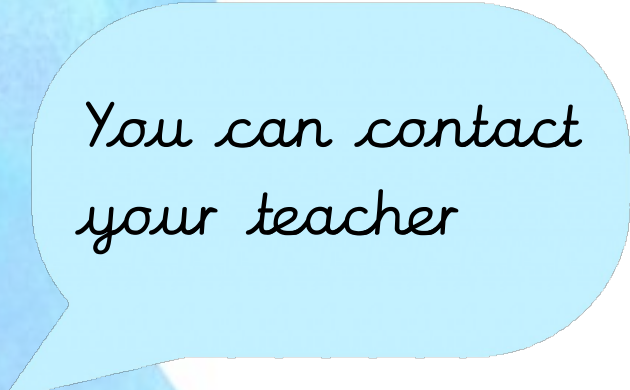
Friends



Your parent  
or carer



Any trusted  
family member or  
adult



You can contact  
your teacher



Childline

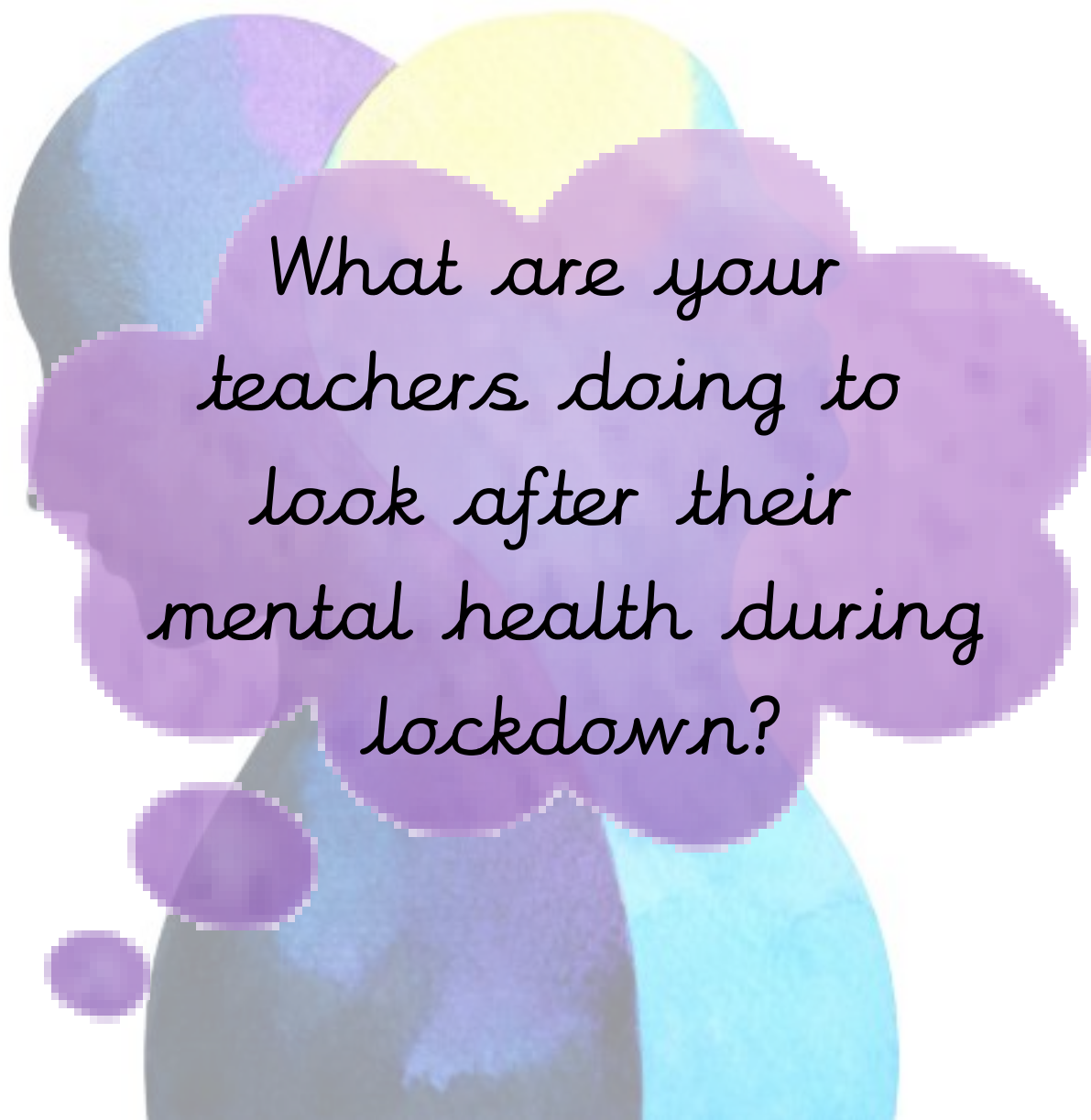
<https://www.childline.org.uk/>



Tips whilst learning from home:

- Have a set start and end time for your learning (for example 9-3).
- Take regular breaks (for example a 20 minute break at 11 and an hour for lunch at 12:30)
- Watch your screen time - when you finish learning try and doing something fun away from the screen.
- If you are finding something hard - use the drop in zoom sessions or email your teacher for help if you are still struggling try your best but do not worry.

Stick to the time recommended for that lesson and stop when it reaches that amount of time regardless of where you have got to.



*What are your  
teachers doing to  
look after their  
mental health during  
lockdown?*




*Miss Thornton:*

- *Go for a walk/run*
- *Speak to friends daily*
- *Listen to music*

*Mrs Saunders:*

- *Running*
- *Art*
- *Walking the dog.*



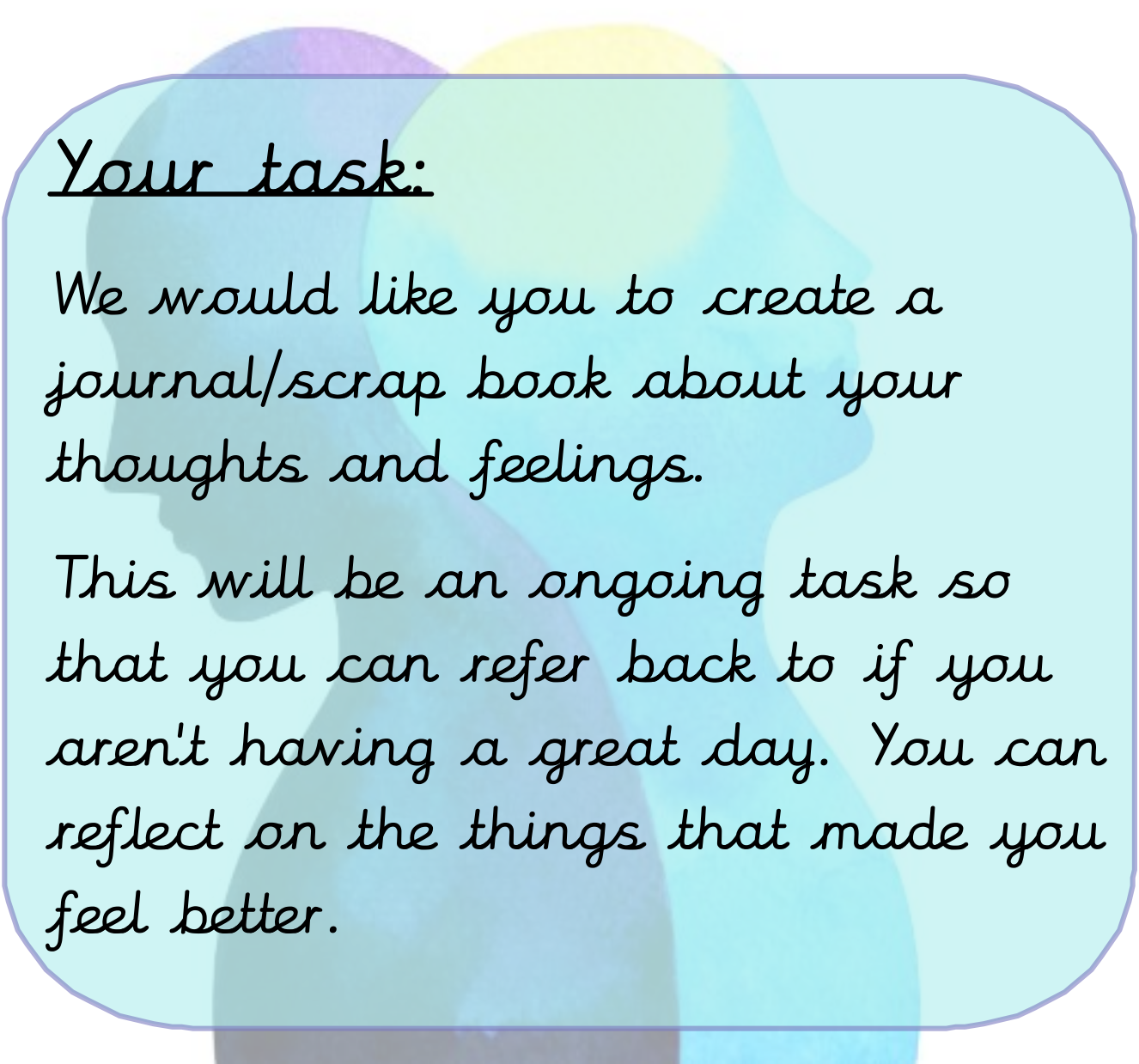


## *Mrs Errouam:*

- *Walking the dog*
- *Listening to music*
- *Doing puzzles*

## *Miss Tanner:*

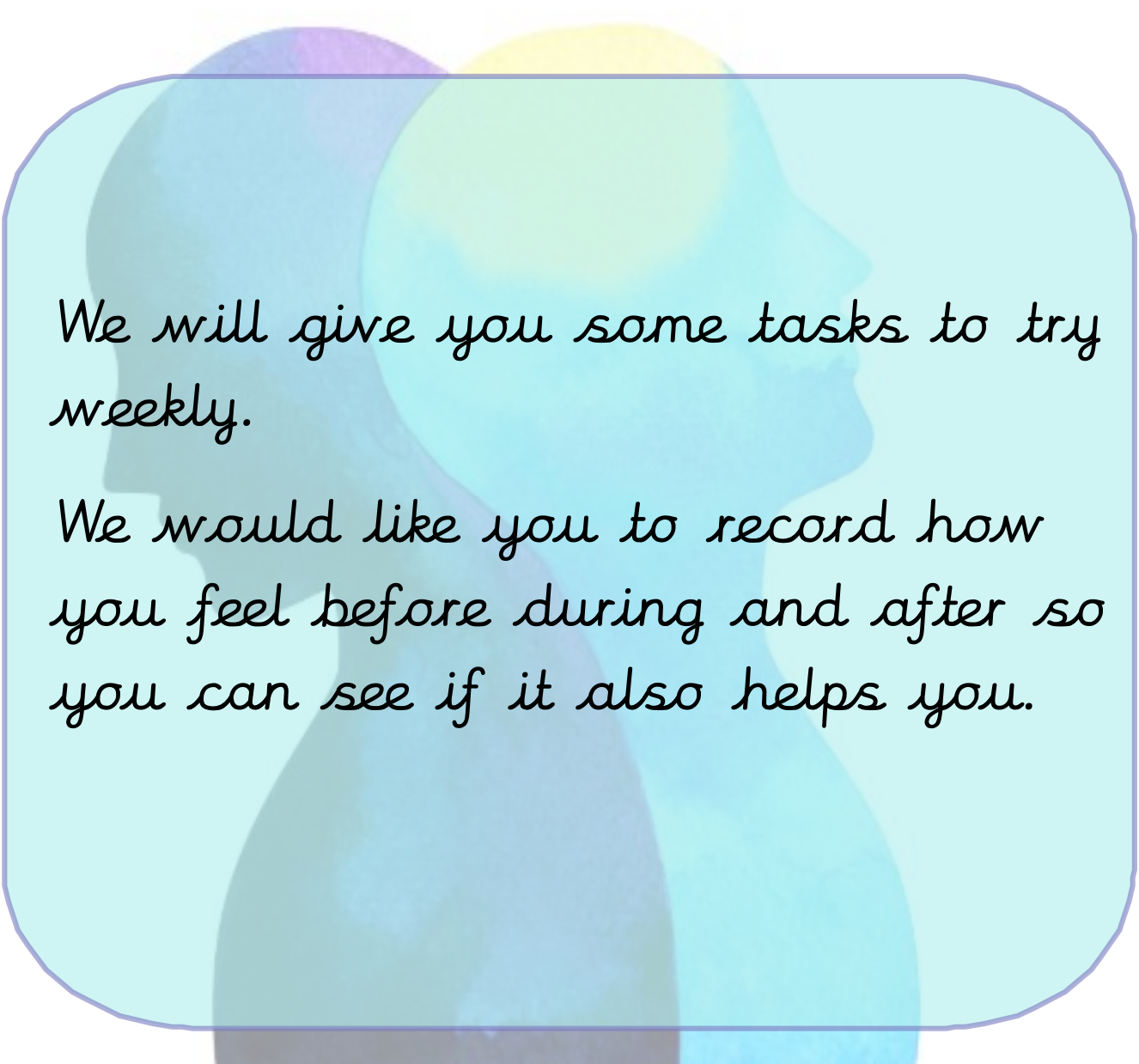
- *Playing an instrument/singing*
- *Going for walks*
- *Writing music*



## Your task:

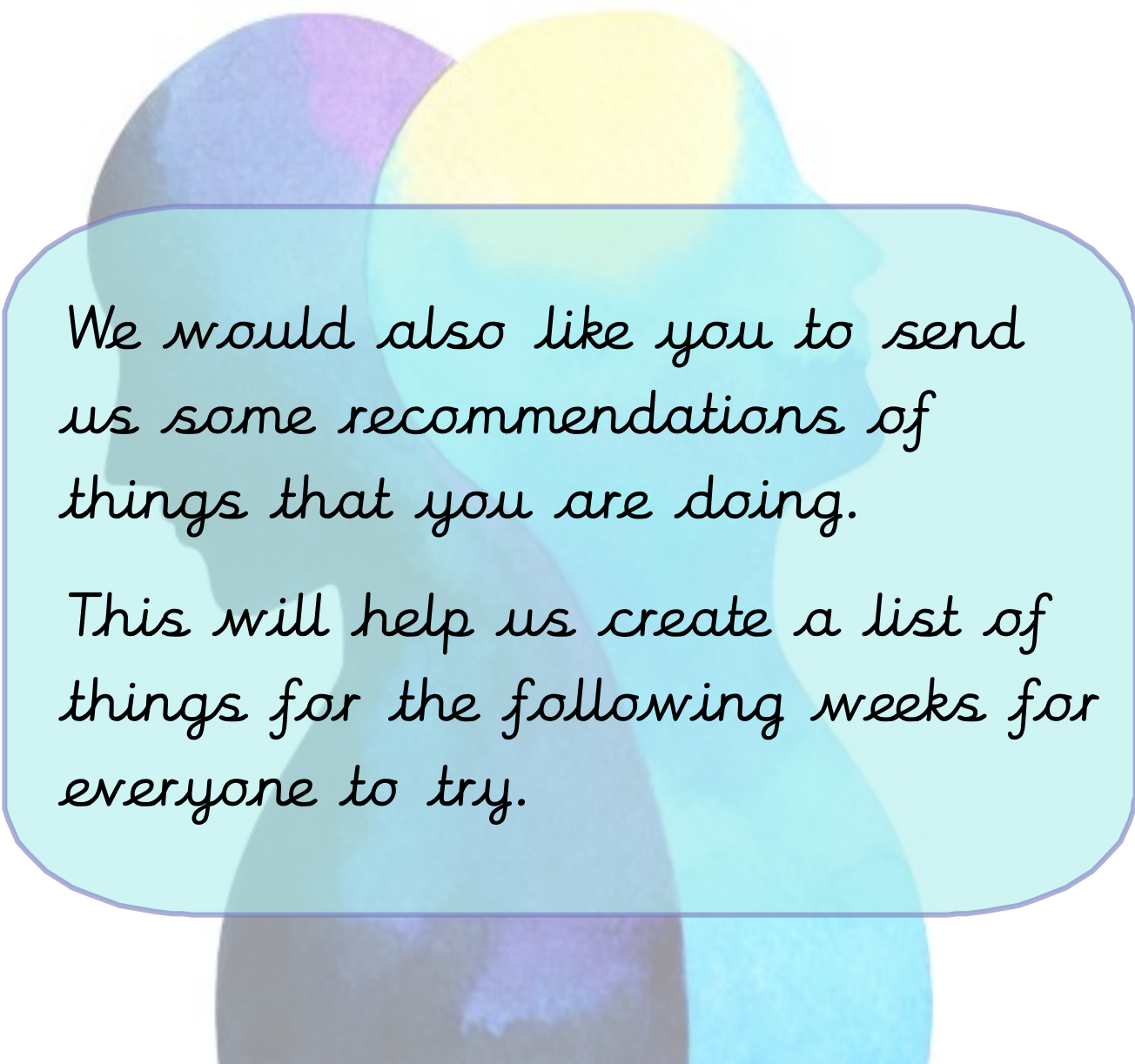
We would like you to create a journal/scrap book about your thoughts and feelings.

This will be an ongoing task so that you can refer back to if you aren't having a great day. You can reflect on the things that made you feel better.



*We will give you some tasks to try weekly.*

*We would like you to record how you feel before during and after so you can see if it also helps you.*



*We would also like you to send us some recommendations of things that you are doing.*


*This will help us create a list of things for the following weeks for everyone to try.*

*Your task this week:*

*At the end of each day write down:*

- \* One thing you are grateful for.*
- \* One thing that made you smile or laugh today.*
- \* One nice thing you did for someone else today.*
- \* One thing you were successful at.*

*It can help to read these each morning too.*



Send us your  
recommendations - what  
works for you?

We will share these  
anonymously throughout the  
weeks to give you new things  
to try.



# Examples

1

My mental Health Journal

2

January 28th January 2021

One thing...

3

One thing...

4

One thing...

5

One thing...

Monday 25th January 2021

One thing...

I am grateful for...My job

That made me smile...Zoom catch up with the year group

I have done for someone else today...Made sure I replied to all children's emails as quickly as possible to support their learning.

I have been successful at...Completing a unit of planning.

Self REFLECTION

Sunday 24th January

One thing...

I am grateful for: Sunshine

That made me smile/laugh: Children's diary entries as HMM/Bess

I have done for someone else today: Called to check in on my sister

I have been successful at: Getting out of the house & exercising

Morning feelings/thoughts: Lacking motivation, lots to do, need to see people.

Mixed emotions

End of day feelings/thoughts: Been productive, happy to have exercised & spoken to friends & family.

Happy & relaxed

Sunday 24th January

One thing...

I am grateful for: my friends

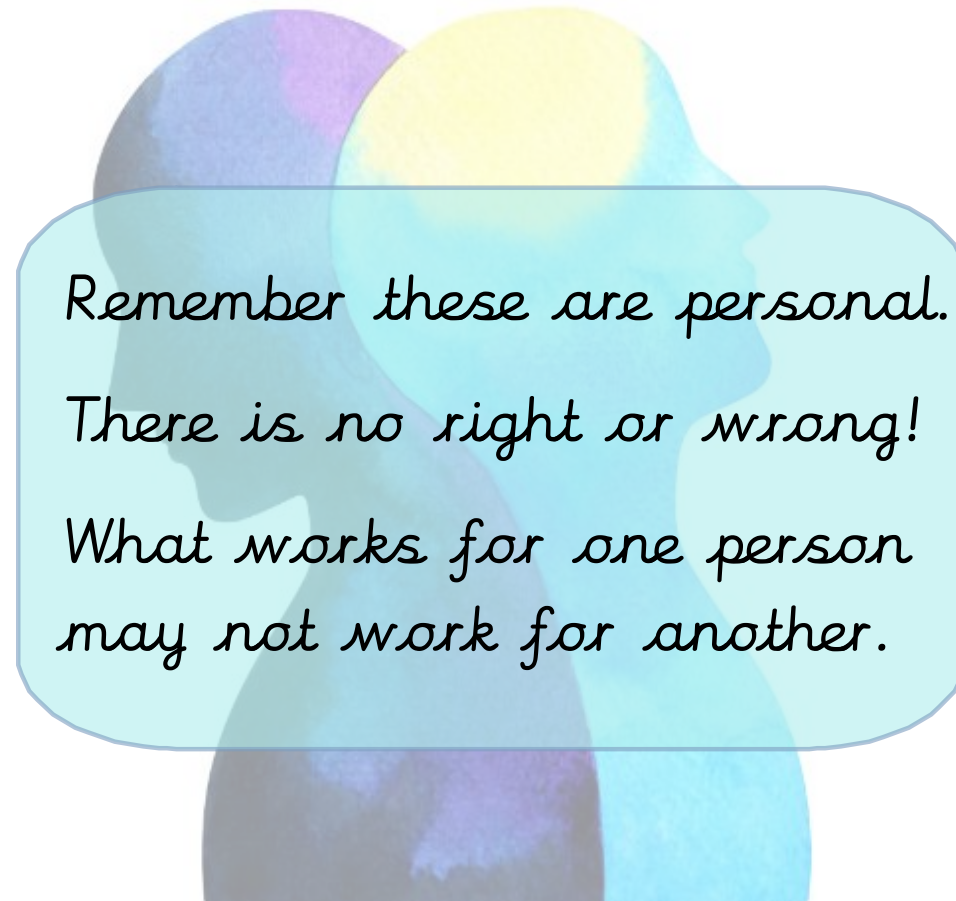
That made me smile/laugh: zoom call with my friends

I have done for someone else: Surprise virtual babyshower for my friend

I have been successful at: deep cleaning the house

Morning feelings/thoughts: Motivated / productive

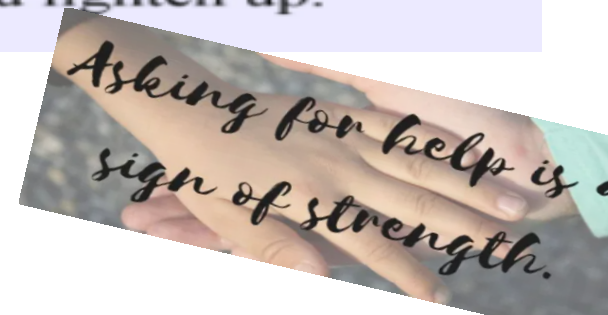
End of day feelings & thoughts: Happy, grateful, accomplished





If you are having a bad day or you are not feeling motivated, talk to someone who cares about you.

Allow that person's listening to help you lighten up.



# THINGS TO REMEMBER

you don't have to be perfect

Having a bad day is ok

Small steps are also progress

Asking for help is strenght

People love and appreciate you