

Today we are going to be learning about how to look after our mental health.

Recap:
What emotions are you
remember from yesterday?
Find your mind maps that you
created yesterday.

Expressing our feelings helps us recognise and manage them.

It helps us recognise when we may need help with them.

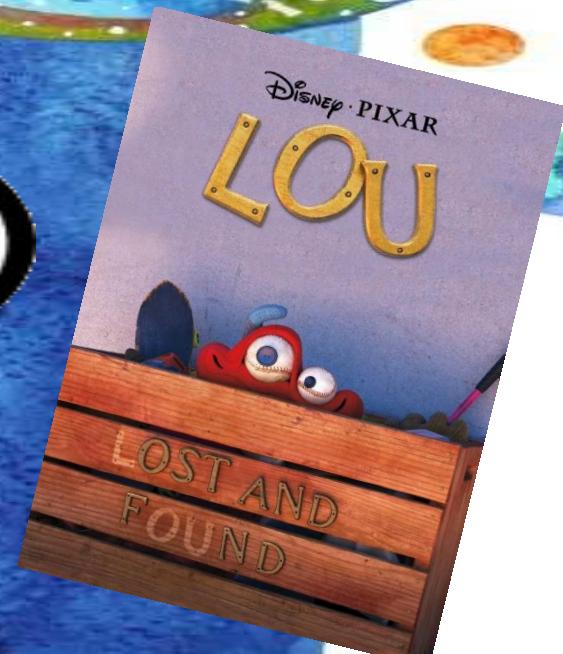
Watch the video clip by clicking on the link.
What do you think about the boy's behaviour?
How do you think he's making the other children feel?
Why do you think he is acting this way? How do you think he feels?

<https://youtu.be/6TO2Wx0Xq0c>

Take a minute to think... tell someone at home why it is important to express our feelings?

Expressing our feelings can help stop strong or intense feelings from taking over our bodies.

Sometimes it is good for others to understand how we are feeling so they can help us.



How can we express our feelings? Can you add any more?

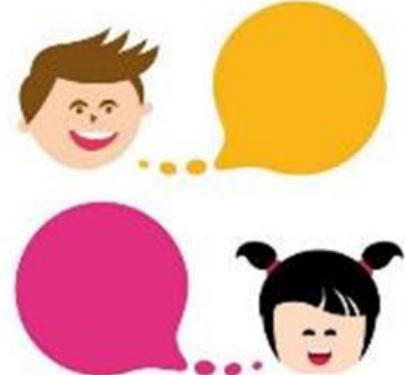


Writing - diaries,
blogs, poems or
stories.

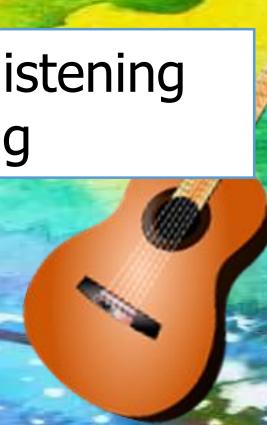


Art - drawing, painting, sculpting

Talking to others



Music - listening
or writing



Acting or
dancing



What is mental health?

- Mental health is your state of mind and how it allows us to recognise our potential.
- It is how we acknowledge and deal with our thoughts and emotions.

Being able to identify and deal with these emotions is all part of our **mental health**.

Watch this film and answer these questions:
Do we have to feel happy all the time to have
good mental health?

What did Sasha suggest doing, to help manage
any negative emotions?

What activities do you do, that make you happy?

Quiz time!



QUIZ

Mental Health PSHE Quiz

► 0 plays

👤 4th grade • 📄 Other

<https://quizizz.com/join?gc=36885740>

Draw or write down things you do that make you happy.

Did you know?

Talking to others is proven to be the most useful way, to manage our feelings and look after our mental health.

Is it easy to talk to others about the way we feel?

Who could we talk too?

Who to talk to:

Friends

Your doctor

A trusted adult, for example a teacher, parent or carer.

If you don't feel like you can talk to someone you know you can contact:

Childline: 0800 1111
www.childline.org.uk

IT'S OKAY TO NOT BE OKAY

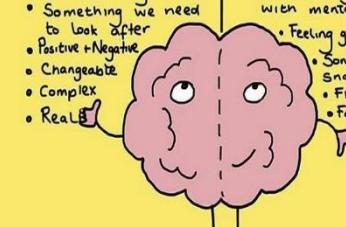
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Inextricably linked to (it probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Realistic

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



LIFEHACKS

for looking after your mental health

Written by young people for young people



• Task

- Create a poster, that Mr Howard could use to go around the school, to help people look after their mental health. You will take a vote as a year group of which one should be used.

• Can you include:

- What mental health is and how to look after it.
 - How to manage their feelings.
 - Who to talk to.

IT'S **OK** TO FEEL:

