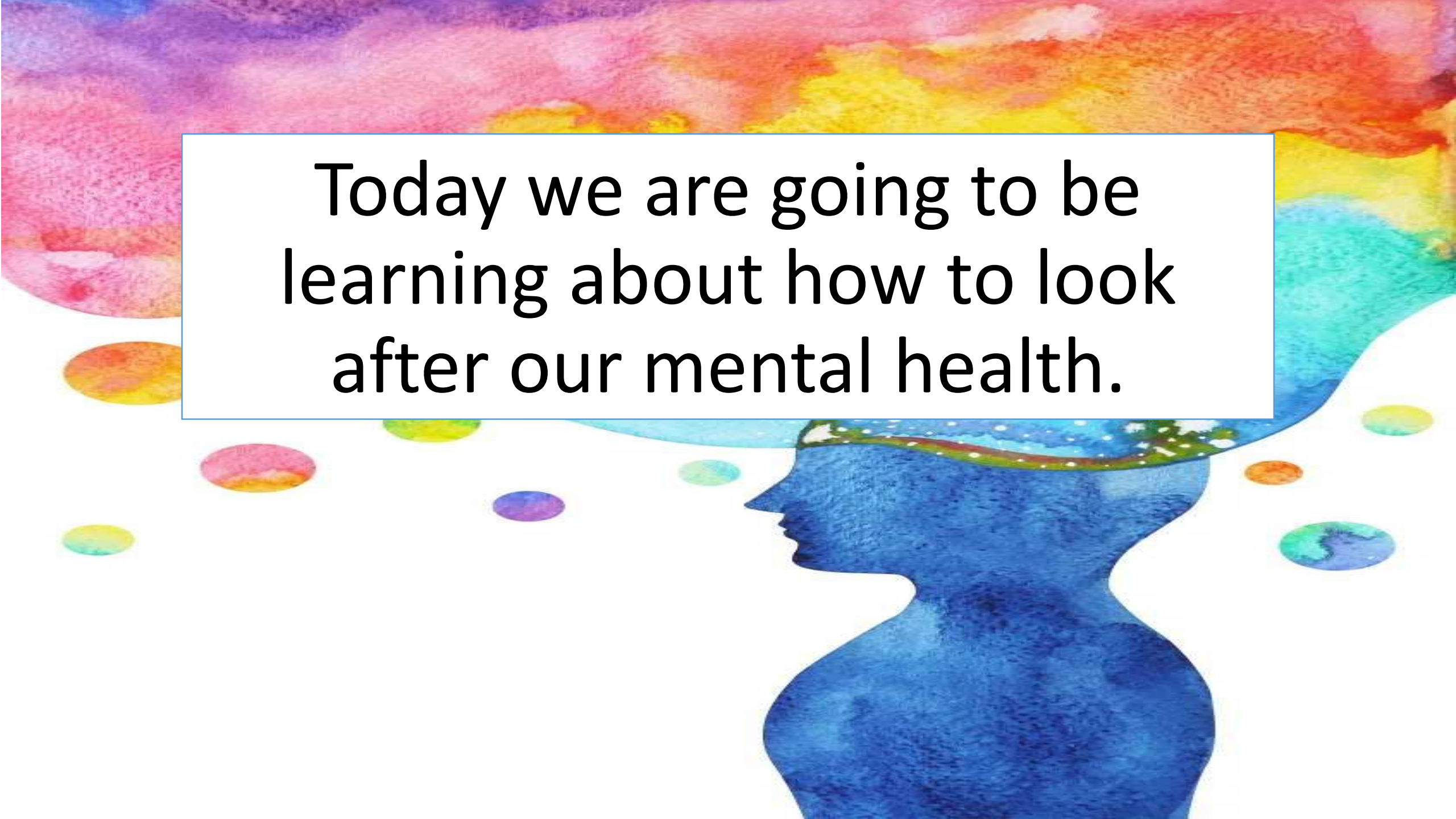
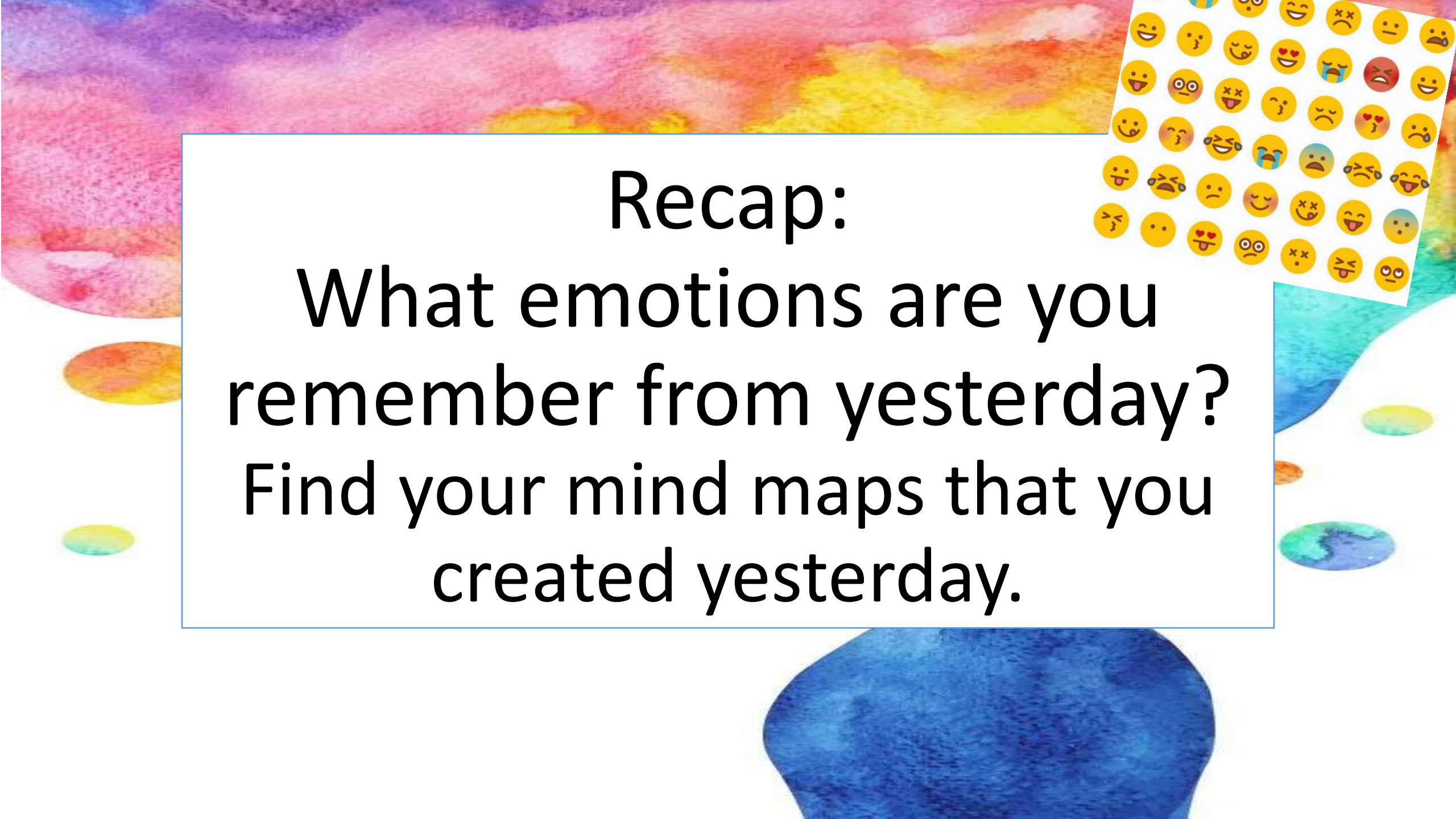


Today we are going to be learning about how to look after our mental health.





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.

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

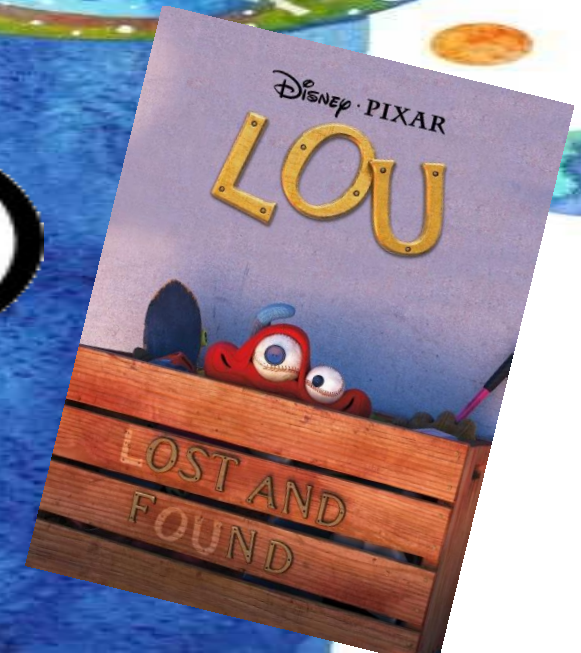
It helps us recognise when we may need help with them.

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

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

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>



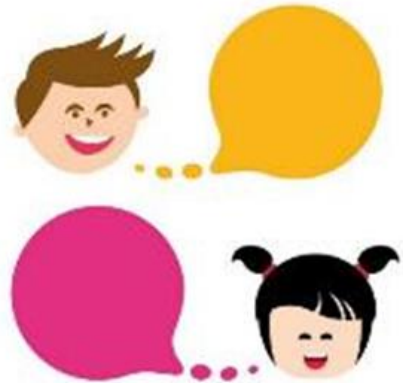


# How can we express our feelings? Can you add any more?



Writing - diaries,  
blogs, poems or  
stories.

Talking to others



Music - listening  
or writing



Acting or  
dancing



Art - drawing, painting, sculpting



# 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?

<https://youtu.be/DxIDKZHW3-E>





# 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

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

Your doctor

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

Childline: 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

# IT'S OKAY TO NOT BE OKAY

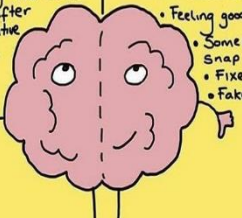
## MENTAL HEALTH

### IS...

- Important
- Something everyone has
- Intrinsically 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
- Real

### 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



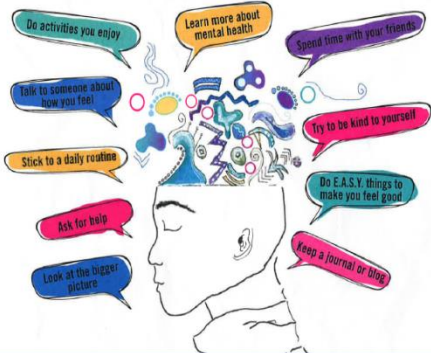
### • Task

- 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.

## LIFEHACKS

for looking after your mental health

Written by young people for young people



### • 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:



EVERYONE FEELS THAT WAY SOMETIMES. WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEIRD. IT MAKES US

**HUMAN.**

AND IT HELPS US TAKE REPAIR IT.

©2018 gowd