

Talk Time

Turn off all devices and talk. Share the best bits of your day together or your favourite memory. Talk about things worrying you or what you feel unsure about... It is good to TALK!

What is mental health?



[We All Have Mental Health - YouTube](#)

Feelings

What do you do when you are feeling worried or sad?
What helps you?

What do you do when you are feeling happy and proud?

Remember these things, for when a friend needs them. We all experience lots of different feelings.

Identity

I feel when

Plan somethings to look forward to

I am good at...

Celebrate Difference

We are all different, that is what makes us unique!

Your Emotional Wellbeing

Explore ways to Relax...

Meditation Yoga Drawing Exercise

Mindfulness Reading Baking Massage

Gratitude Listen to or make music

How can you be a good listener?

Create a poster!



A – Z of Emotions

Can you name an emotion for each letter of the alphabet?

Eat a Healthy Balanced Diet

Drink lots of Water each day

You could take a daily Multi-Vitamin too. (This is to be given by your parents / carers only)

Sleep

Importance of a bedtime routine
(This could be Bath – Book – Bed)

Make sure you get enough sleep every night.

No screen time one hour before bed, helps you go to sleep better

Writing

Write a journal or a letter to yourself.

A diary is a safe place for you to write down your thoughts and feelings... both positive and negative ones!

Feeling angry and frustrated

What do you do when you feel very angry?

What calm things, could you do, to ease and control your angry feelings?

You could try... Counting to 10 / Breathing 10 big breaths / Having a drink of water / Listening to music/ Going for a walk...

Reflecting

Can you pinpoint some triggers for your different emotions?

E.g., Normally I feel cross when... / I feel happiest, when...