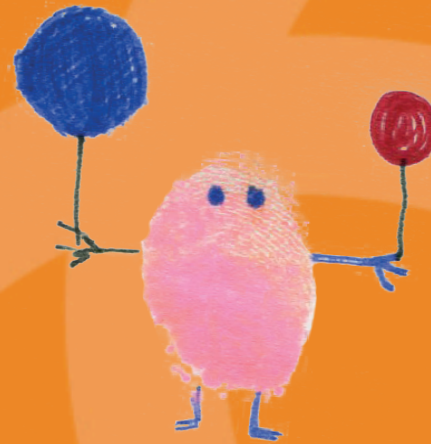


We all have **mental health**.



Mental health is about our **feelings**,
our **thinking**, our **emotions** and our
moods.

Feelings

How many different words can you think of that describe your feelings?

Have a
go!

Tell your partner as many feeling words as you
can think of.

Look at these feelings words:



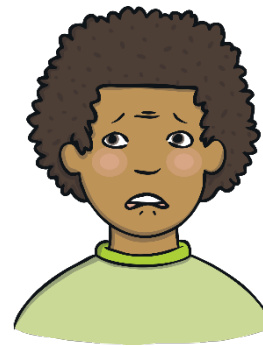
happy



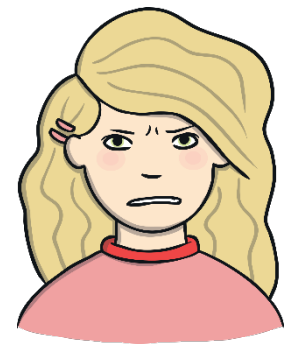
sad



lonely



scared



cross

Feeling Good and Bad

Some feelings make us feel good. Some feelings make us feel bad. Can you sort these feelings into the right place?

happy

sad

excited

lonely

scared

cross

Feeling Good	Feeling Bad

Everybody knows how to look after
physical health...

3



How do we
look after our
bodies?

**...looking after our mental health is
just as important.**

We all have feelings that come and go everyday. These are **small feelings**.

worried



nervous

happy

sad

Can you name anymore?

How are you feeling today?

It is important to listen to your feelings.

Take a minute to close your eyes and listen to what your body and mind is telling you.

Big feelings are feelings that go on for a very long time and stop us doing what we want in life.



They can affect our **mental health**.

Who can help us with these big feelings?



Who can I talk to?

Parents



Brothers/ sisters/ friends



Carers



Remember to
always tell
someone if you
have feelings that
make you feel
bad.



Teachers

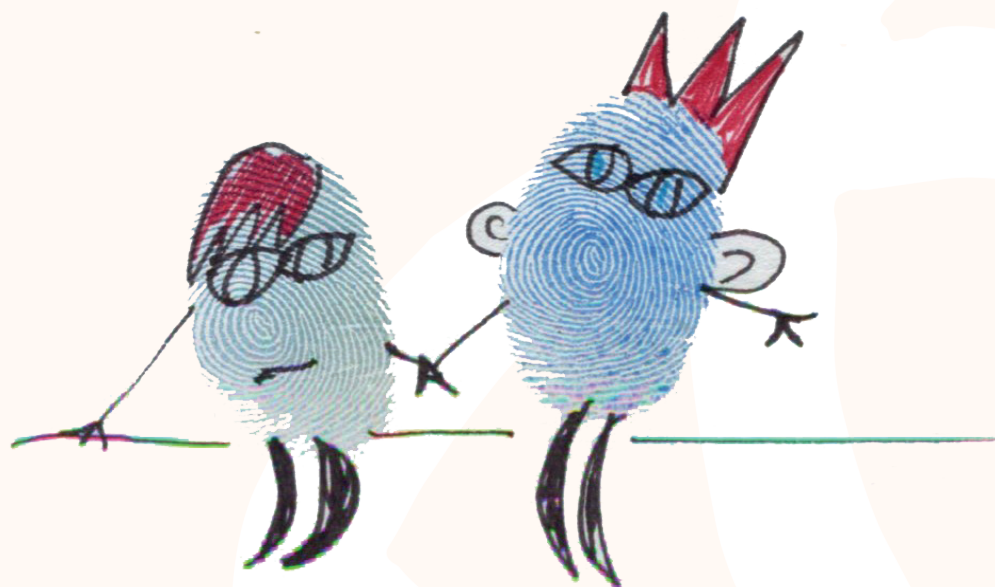


Grandparents



Doctors

2 TALKING



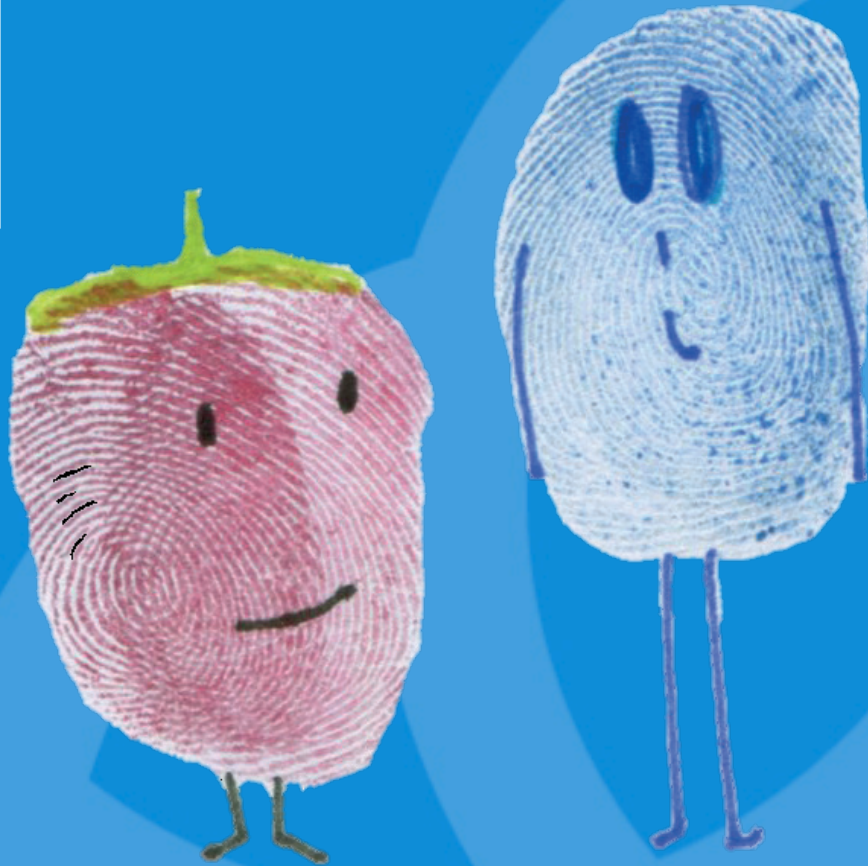
How do you share your feelings?

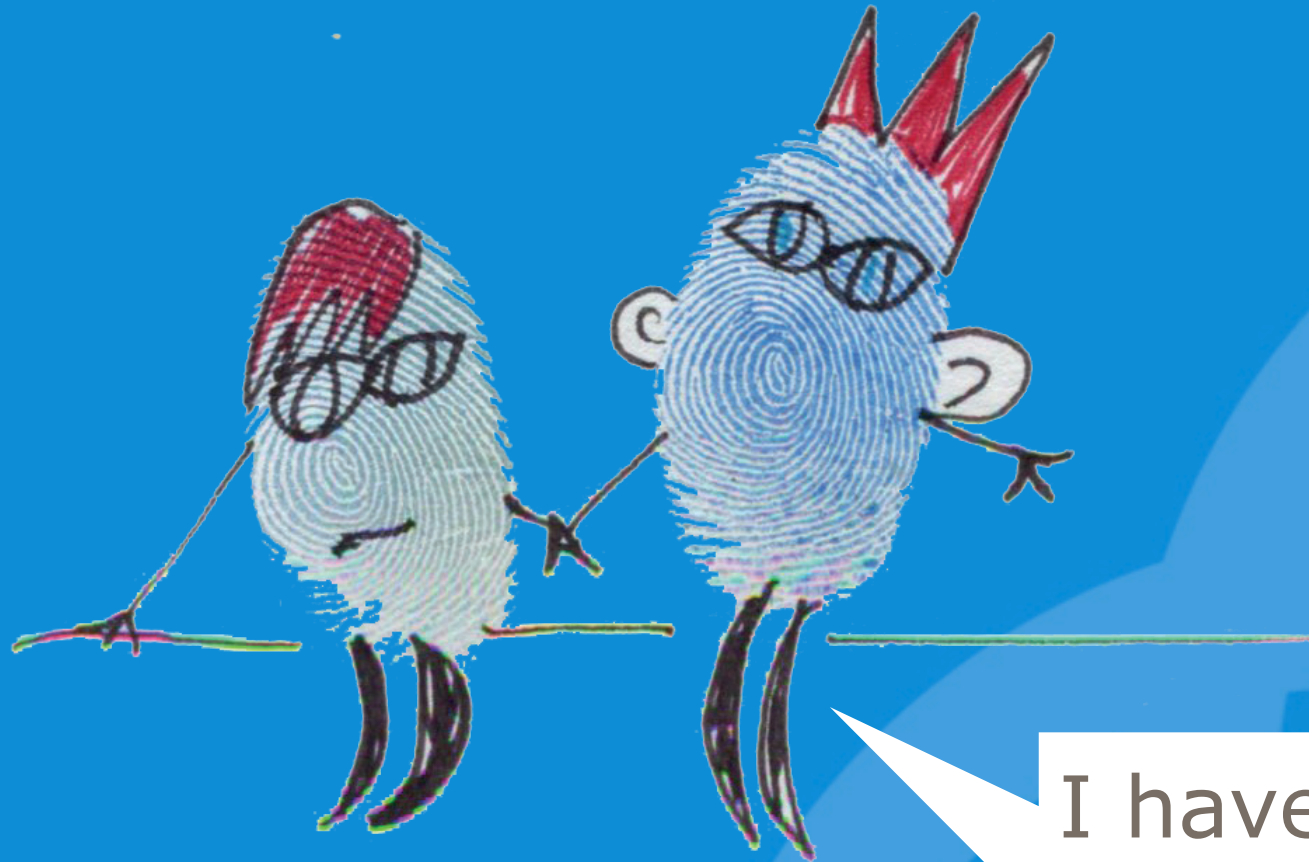
9



I've got
something
to say

Do you have
time to
speak about
something?





I have something important I would like to talk to you about...

3. LISTENING





...
sit side by
side

make them feel
comfortable

always listen
carefully

help them
find an adult
if necessary



Remember if your feelings are getting too big to cope with on your own and you feel you want to change things...



...talking to someone you trust might really help.

Read a
book



Listen to
music



Play a
game



Play with
toys



Paint a
picture



Do something that makes you feel happy.

Meaningful Message

1. Recognise your own feelings
2. Talk to others
3. Do something that makes you feel happy

