

My guide to Children's Mental Health

Isabel Walters

What is mental health and how can it be effected?

Mental health is all in your mind. It is all about your emotions and how you feel. When somebody hurts your feelings or even if you do the same to another person, making them feel unhappy makes you guilty or the other way round.



The 5 ways to improve mental health -

There are 5 ways to improve mental health

- **CONNECT WITH OTHER PEOPLE**
- **BE PHYSICALLY ACTIVE**
- **DO THINGS THAT YOU HAVE NEVER DONE BEFORE**
- **GIVE NOT TAKE**
- **PAY ATTENTION**

More info about the 5 ways
on the other slides

Connect with others

Connecting with others is good for your well being because it helps you feel like you actually belong somewhere, for if you don't connect to others you would have no idea who you are supposed to be! Nor would you have any idea what friendship group you are in!



Be Active

Being active, as we all know, is great for being fit and healthy but did you know it is also a brilliant way to help your mental health? It can help, you set goals to reach for what you love most or it can even push you to be more positive towards events and people!



Keep learning

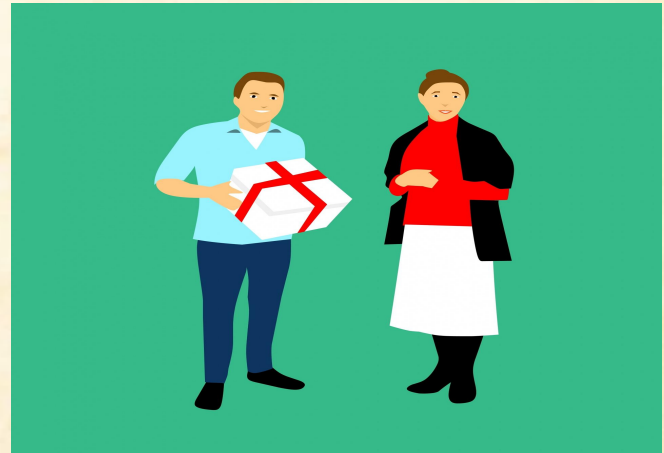
Learning new things, can be a big change to your mental health, because it can boost your self-confidence by finding new things to do, it can also help you achieve things that you thought you could never do!



Give to others

Giving to others, can create many different kinds of positive feelings not just for the person who you're giving to but helps you as well. W

When you do something positive for someone else, like giving them a present, you get excitement yourself,



Take notice

Taking notice is one of the best ways to improve mental health, it can help by making you feel all the emotions that you might have never noticed before, and it can help you enjoy life more as you are paying more attention to the world around you!



What is Self-expression?

Self expression, is a way to help you connect to others. Expressing yourself can either be a good thing or bad as people may make fun of who you are. Many people express themselves by doing things they enjoy but others do it by creativity!

Self expression is a good way of saying "Don't make fun of me for being who i am, because I, because am proud of it! But if you do express yourself make sure you don't say anything too private!"



How can you Express yourself?

You can express yourself in many different ways, but the best way to do it is by showing your emotions and how you feel about you and life! The reason showing your emotions is the best way to express yourself is because you can show people how you really feel, also so you can let all the negative energy out and bring the positive feelings in!



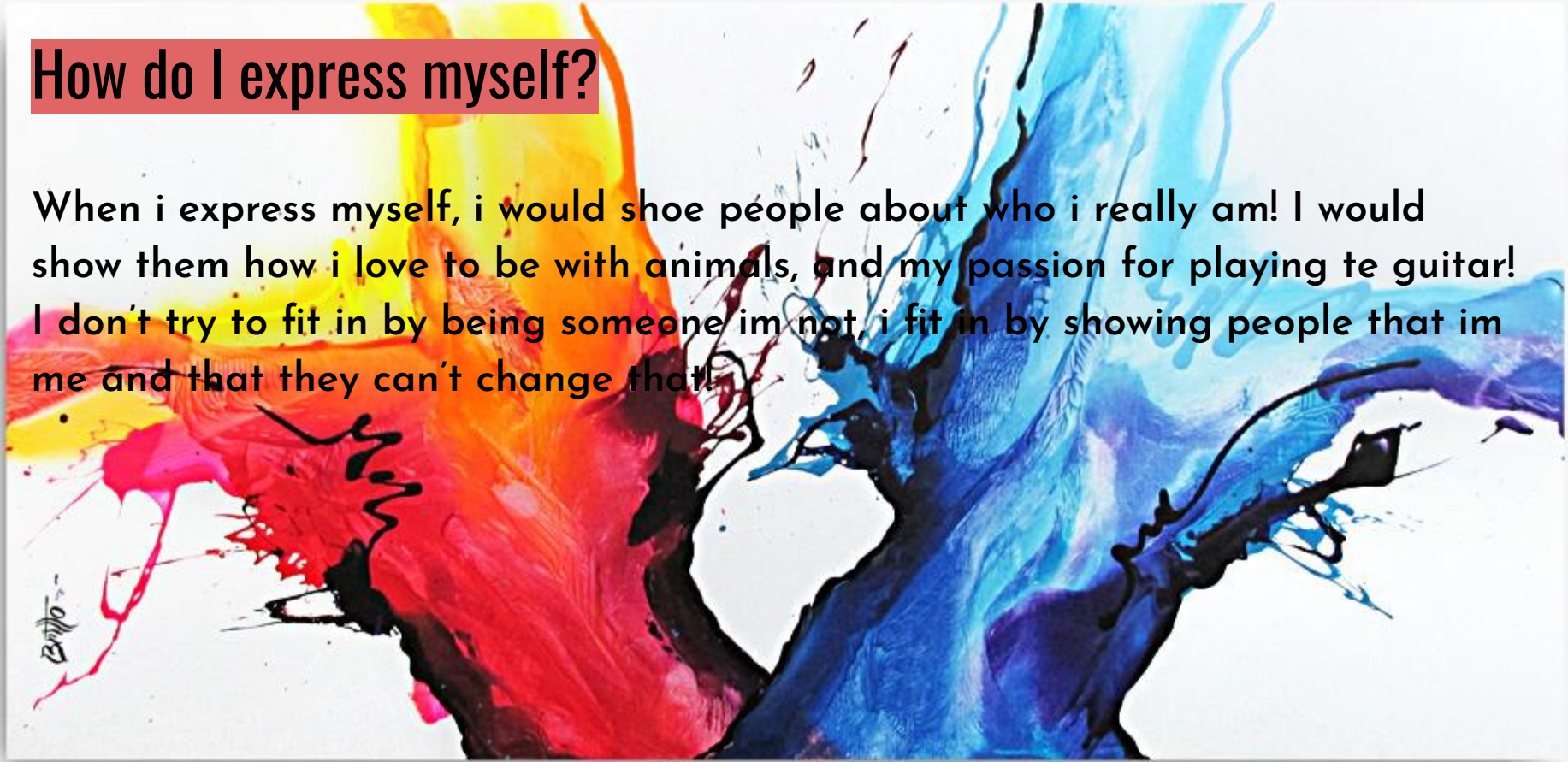
How else can you express yourself?

When you express yourself, you should show people how you feel, this can be done by a song, or even write or paint about it! If anybody judges you on what you are then tell them to express how they feel in another way, don't let people get in the way of who you are or want to be!

How do I express myself?

When i express myself, i would shoe people about who i really am! I would show them how i love to be with animals, and my passion for playing te guitar! I don't try to fit in by being someone im not, i fit in by showing people that im me and that they can't change that!

Brillo



How to improve your wellbeing

Is your wellbeing not great? Are you Depressed? Well these set of Instructions are sure to help!

YOU WILL NEED:

- A pair of shoes
- And you emotions

HOW TO DO IT:

Firstly, Make sure you are wearing a good pair of running shoes

Secondly, Gather all your emotions you are feeling right now

After that, walk, run drive etc, to somewhere where you can be active

Finally, When you have arrived at the where you want to go, start running jogging or another source of exercise and just let all of your negative emotions out and think of all the things you could do when you are not in the house!

How to keep your wellbeing up

Are not quite so sure how to have a nice and steady mental health? Well then these instructions are the perfect thing you need!

YOU WILL NEED:

- Self confidence
- Self expression

HOW TO DO IT:

Firstly, Gather your self confidence

Secondly, Practice something that you really love to show what you are about

After that, Make sure on a school day you have your self confidence

THE HEALTH TIME

24th february
2021

DEADLY SACRIFICE OF SCREENS

Yesterday, on wednesday afternoon a shocking event happend, the first time in a year people of Rockmount Primary School had to have a screen free afternoon we interviewed one of the students at home whose name is Isabel Walters and we interviewed er on what she did and if she enjoyed Her response was; "Well for the afternoon i was trying to get better at te guitar and....It was i BIG. FAT. PAIN trying to learn all the chords but yes i did enjoy it...FOR ABOUT 20 MINUTES!" Well we can all tell she is not so keen but also keen at the same time! Now moving onto her twin sister Eloise Walters! We asked her the same thing as her sister and her response was the complete opposite to her sister: "I had to sacrifice screens for the afternoon, it was a big pain as i have not been off one for over a year" She said dramatically "But yes i did quite enjoy it!" then all of a sudden Isabel Shouted "WHAT NO YOU DID NOT COME OF SCREENS YOU WERE ON THEM!" "NO I WASN'T! YES YOU WERE!" Eloise shrieked oh no they have started fighting this is the end of this news report -please read more the health time!



Written by Milia Banks

CALMING PICTURES AND MUSIC





Mindful Coffee Break

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L A T U Z R V L
F A U Z K S C V
C E W R S S E B
P E X Q S E U O
E L G A R X M H
R U P A F O C
F R L H F O C
J K J R T M L
Q Z J J M G E
T C Z J G R L
N Q U Z F L A
O A N B E J G O
V M E U D A W
B V V V V V V
L A M B V V V
N G T X Y J I
D X Q S F A U Z
I Q P L C E W P
B U S L A R P E
F E L R G A R X
L P O E L G A R
T U P F R U P A
N G A V F R L H
J C I Z L R J K
C H Z L N A Q U
Q Z C O A N B E
L D M Y O V M E
S K U F Q T B A
O I J Z U R P P
Q G G U F X C V
M D Z U F B C V
X E Q W B C V
H O L I D A Y I
D X X Q W K V
P H K Q U V B
P I D D L H G
F Q G

A O G K D V M S Z Z
T Z U I T X G L A T U Z R V L
B U R Y L A F U S L A R P E
I R N D O F L P O E L G A R X
Y H O F L P O E L G A R X
J G J L M V J C I Z L R J K
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U W Z L F S O I J Z U R P P
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Y S Q M X E Q W B C V
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P P Z E Y R R P I S S R U F Q T B A
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C C F
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C G N Z W K P Q R E E O D Y
W E D V J A S K O
C C F

SUMMER
HOLIDAY
VACATION
HAPPY
CAREFREE
JOYFUL

SELFLOVE
SELFACCEPTANCE
MELLOW
RELAX
UNWIND
SELFCARE

