My guide to Children's Mental Health

By Hugo

What is mental health and how can it be affected?

Mental health is how your feeling in your head and it's affected by genes or brain chemistry life or experiences and family history.

Be Active

Experts believe exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep and feel better. Exercise also keeps the brain and your other vital organs healthy. For example my favorite exercise is climbing

Connect with others

It's important to connect with others. Not being on your own all the time, because it gives you a sense of belonging and self worth.

You can share positive experiences and provide emotional support for each other. Connecting with others for example doing a zoom with your friend,or when you can meet face to face Having a playdate

Keep learning

To keep learning is good for mental health. The reasons are it boosts your well being, builds resilience, and improves self esteem. It can help you to keep connected and involved and can make it easier to adapt to change.

For example read books to get more smart

Always Keep Learning

Give to others

Research shows that giving others can stimulate reward areas in the brain this creates positive feelings.

It can reduce stress and improve self esteem. For example give any old things to the charity shop

Take notice

Bringing our attention and interest to the world around us is good for mental health. It helps us be present in the moment , observing what is beautiful or unusual this can help us connect. For example take notice of watching birds and listening to other people.

What is self expression?

Self expression is about showing your true feelings by using some form of art or music or sport or by the way you dress.

This helps you express feelings that might be hidden inside

How can you express yourself?

You can express yourself by painting, dancing, or even playing an instrument,

Or you could express yourself by writing a book,

Or writing a poem.

How can you express yourself?

You can express yourself by the way that you dress, or the way that you do your hair, or the way you decorate your room or your home.

Some people like to express themselves by how they sing or perform on stage.
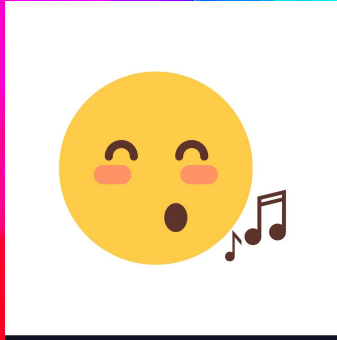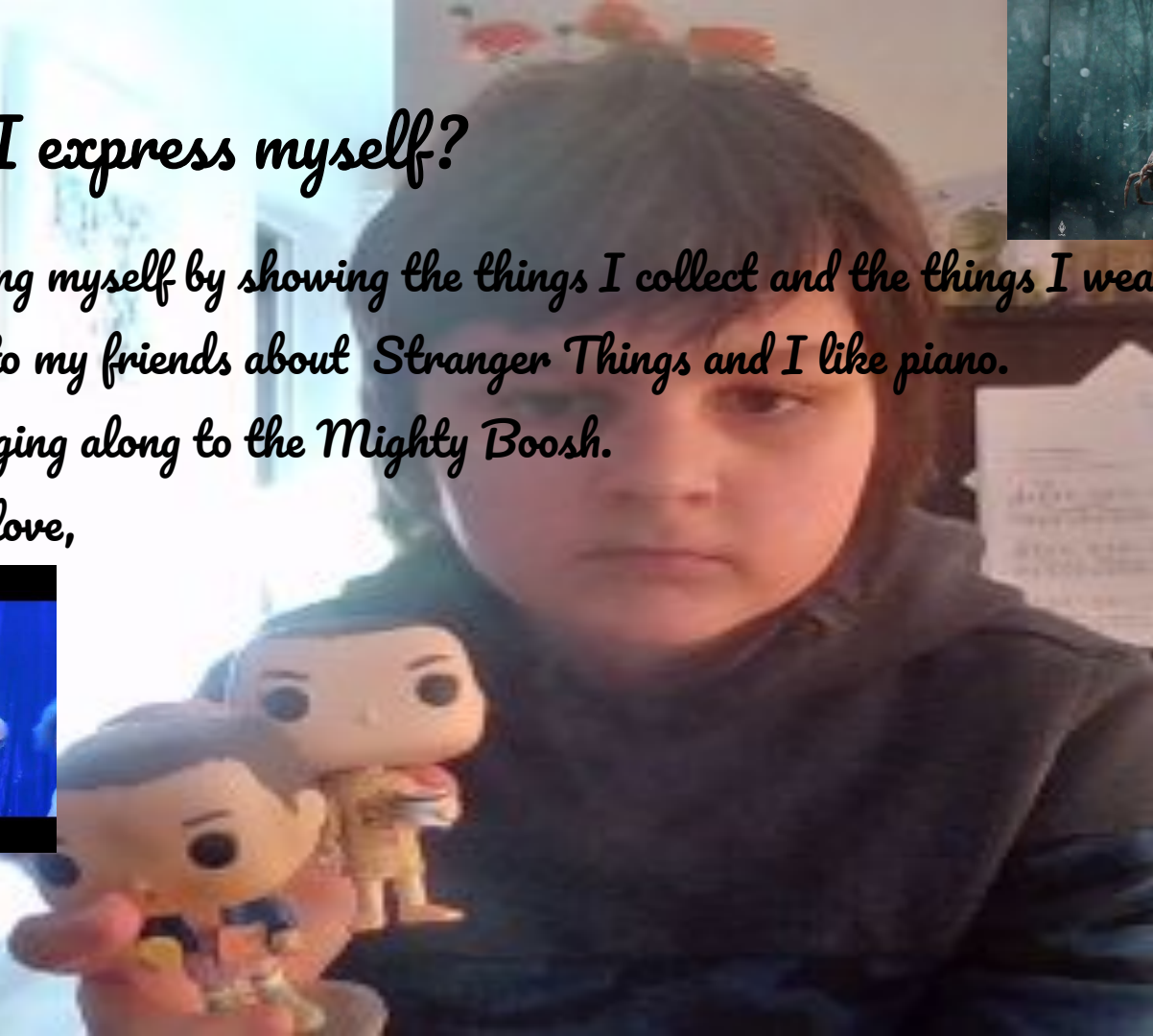
How do I express myself?

I like expressing myself by showing the things I collect and the things I wear
I like talking to my friends about Stranger Things and I like piano.
I also like singing along to the Mighty Boosh.
Here is one I love,

How to take notice more.

.Notice the nature around you for example the birds in the garden

.Try new things for example going for a walk somewhere different

.Try and clear your mind of negative thoughts/ do some meditation

. Have some screen free time every day

.try some deep breathing when stressed

Instructions on how to be active

Equipment you need to be active at home:

. A yoga mat

. Weights

. a ball

Make exercise a social event for example go on a work with a friend

Plan ahead for bad weather for example, Invest in wet weather gear.

Do a certain number of steps / miles each day / set a target

Don't take the car when you can walk

How to give to others

.Ask people how they are and listen to their answer

.Give money / donations to charity

.Spend time with relatives that are in need of support or lonely

.Offer to help someone with work

.Volunteer in your local community

Mindfulness mail

Hugo gets muddy on mental health awareness week!

Full story

Yesterday, Hugo, a Rockmount pupil, as part of mental health awareness week, went to Westow Park and Stambourne Woods to get close to nature and appreciate it by not being on screens all the time.

After lunch, Hugo and his mum walked to Westow park where he swung from a branch to another one and then continued their walk in Stambourne Woods. There was a rope there attached to a tree that he swung on. On his very last swing he slipped off and rolled in the mud (._.) .

One onlooker said that he thought the kid was a caveman in the woods.

After Hugo had returned home and changed his clothes, he did some pencil sketches from his favourite show 'Stranger Things'

Hugo felt good

After his screen free day.

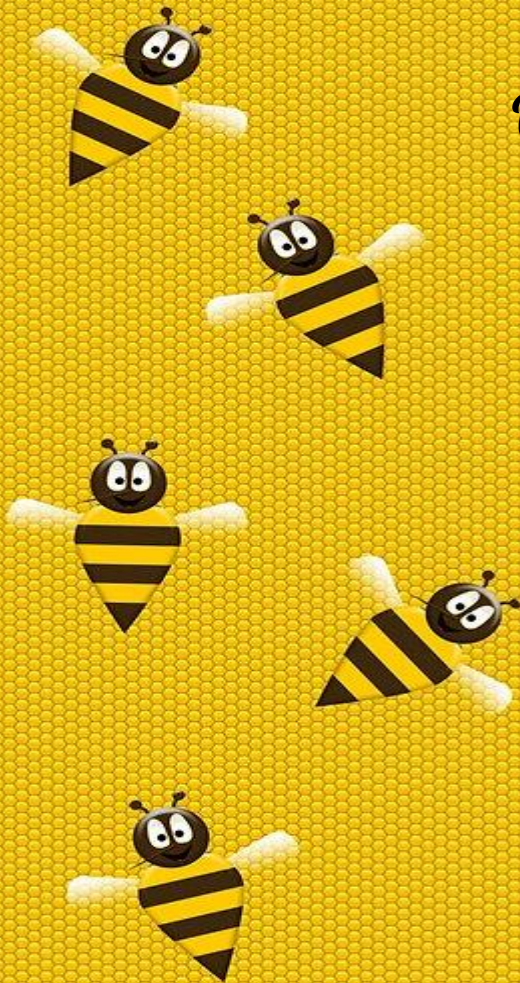**Hugo nearly hits tree while swinging**

Observe the nature around you

Spending time with nature can benefit your wellbeing and can make you feel good.
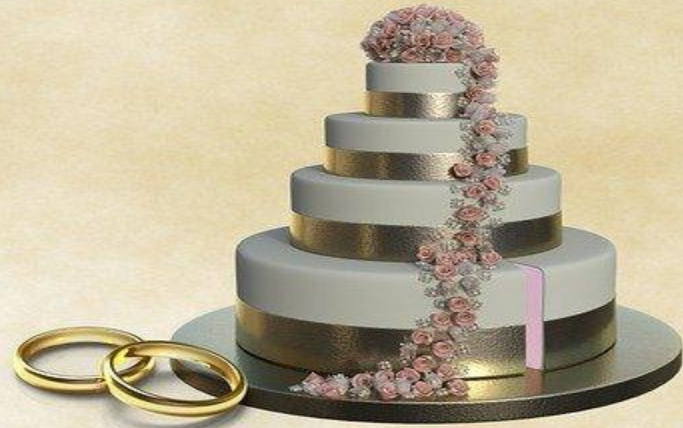
 for example:

Go to your local park and spend time looking at the animals and birds as well as the plants and flowers. Notice how things change each season. This can have a calming effect on your

mental health .

Bake something to share

Baking a cake to share with your family and friends can be very good for your mental health.

Baking can also help you relax and unwind.

Build a den in your home or garden

Having your own personal space is very important for your mental health.

It can also be a fun activity to design a den either inside or outside.

Keep your brain active by learning something new

Learning a new skill can have mental health benefits. For example, learn how to play an instrument or learn a new piece of music to keep your brain alert.

Wellbeing word search

WORD SEARCH
Keeping the Comforts of Home™

Comfort Keepers.
a *sodexo* brand

shutterstock.com • 1390748696

```
C  A  R  E  F  M  F  H  E  R  D  D  E  S
O  O  N  I  E  Y  L  O  R  M  G  O  E  R
E  H  M  I  S  T  L  A  R  T  H  M  E  R
E  F  O  F  T  R  H  I  U  E  N  F  F  T
S  M  F  E  N  O  O  F  M  G  V  O  E  S
E  N  Y  I  E  F  E  O  O  A  H  E  C  O
O  S  O  E  M  M  P  M  G  R  F  T  R  F
M  S  A  E  O  O  S  E  I  R  O  M  E  M
S  N  E  T  M  C  M  S  F  I  E  L  Y  R
T  F  G  R  R  F  O  A  E  P  A  O  O  I
N  I  I  I  E  Y  T  D  N  E  I  R  F  N
E  R  U  R  M  E  M  O  H  E  O  T  A  M
S  S  E  N  I  P  P  A  H  M  H  C  E  M
E  O  A  V  A  G  O  N  I  M  I  A  H  C
```

CARE	FRIEND	MEMORIES
COMFORT	HAPPINESS	MOMENTS
FAMILY	HOME	
FOREVER	LAUGHTER	

WELLBEING COLOURING

Colouring is good for mental health because it makes you feel calmer and makes you feel good while you are doing it.

If you are tired, or sad, or bored, then it helps you to feel better and happier.