

What is mental health and how can it be effected?

Mental health is your feelings and emotions, they are your personality. It can be affected if you are stressed or upset so you feel anxious and stressed. You can help it by taking deep breaths or telling someone how you feel.

IT'S
OKAY

- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF.

THE 5 WAYS TO IMPROVE MENTAL HEALTH =

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give



Connect with others

Connecting with others could be spending time with your family or friends **and being social**. You could use the internet to connect such as: zoom, facetime, skype, calling and texting. You could also do a board game with your family but always try to connect **with people!**



Be Active

Make sure to be active and do at least 30 minutes a day you could do sports or just something simple such as hula hooping, using a skipping rope or running round but make sure you have done at least 30 minutes of exercise every day.



Take notice

Taking notice means when **we** **bring** our attention to the world around us and what is happening. It is also that you can realise about the world that we live in.



Take Notice



Be grateful. Say thank you to people, places and things

Feel the flow of your breath by taking a moment to be still

Close your eyes and tune into the sounds around you in the present moment

Tune into your senses – e.g. appreciate the sensation of the sun warming your skin

@the.kindmind

Keep learning

If you keep **learning, you** will be able to achieve more things if you learn lots. When you learn new things you will be able to go and travel the world better because you will have more knowledge than some people.



Give to others

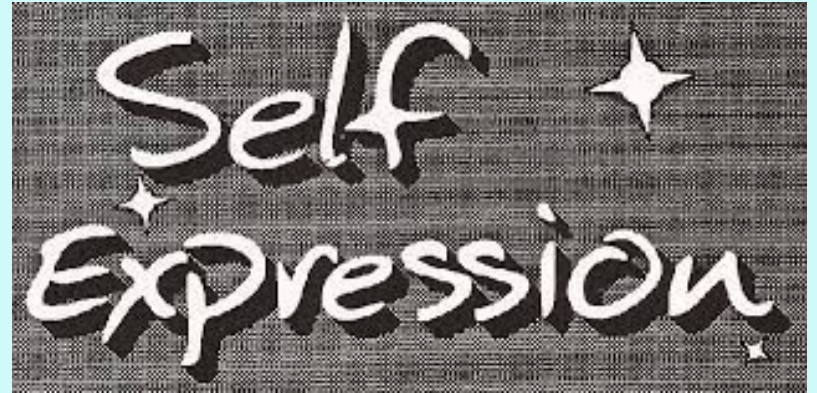
When you give to others you are creating positive feelings and a sense of reward. It makes you feel good and you could **just** do small things like: saying thank you, asking people you know how they are feeling and offering to help somebody when they need it.



The Sprouting Sunflower

What is self expression?

Self expression is your feelings, thoughts and ideas. **It** is especially in music, art, writing and dance. People around you are expressing themselves every day and everywhere. If you express yourself it **can** make you feel better!



HOW CAN YOU EXPRESS YOURSELF?

You can express yourself by thinking about your feelings and writing them down and also your thoughts. You can also express yourself by doing things you enjoy doing. Hobbies or talking to someone about your thoughts and feelings is a good way to express yourself.



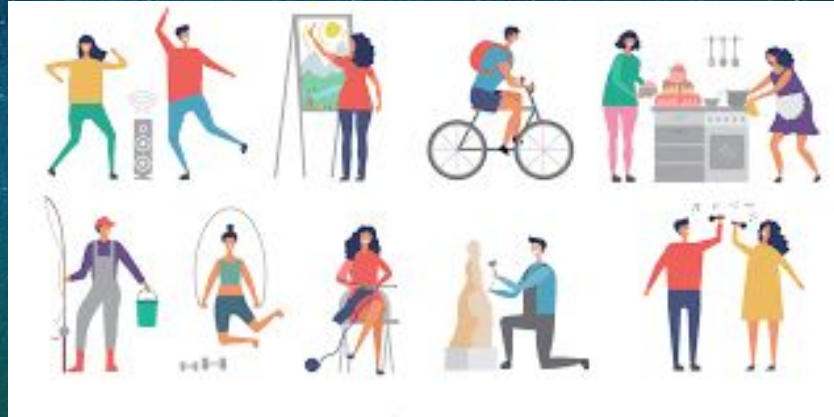
HOW CAN YOU EXPRESS YOURSELF?

Some more ways to express yourself is by wearing unique clothing, drawing and painting. You can also express yourself if you write things down. It is a great way of connecting yourself.



HOW CAN I EXPRESS MYSELF?

I **can** express myself by reading, swimming, drawing, diving, dancing and painting. I also like baking because it is fun and you get to eat **it** some after you have **finished**.



How to be Active

Have you ever wanted to do exercise but it is raining or there is terrible weather? Well, here is some instructions to **exercise indoors** and keep fit!

Things you will need:

1. Trainers - or go in socks or bare feet.
2. Gym kit - or anything sporty to exercise **in**.
3. An empty space to exercise in.

Method:

1. Firstly, get in your empty space and do some stretches such as: sitting down and putting both your legs on the floor and leaning over to see how far you can get. The aim is to get your nose touching your **knees**.
2. Once you have **finished doing** that, start jogging on the spot to get warmed up.
3. Start doing lunges and all the exercises **that** you can think of.
4. After about **30 - 20** minutes you have got your daily exercises!

How to keep learning

Have you ever wanted to keep learning but it is not a school day? Well, these simple instructions will help you keep learning even if you are at home!

Things you will need:

1. A pen or a Pencil.
2. Some lined and squared paper - or you could just use plain.
3. Some of your favourite **reading** books.



Method:

1. Firstly, get one of your books and see how much you can read in around 5 - 10 minutes. Also, if you wanted you could keep track of how many chapters or pages you read in day.
2. Secondly, get your lined paper or plain paper and pen or pencil. Once you have got them you can either search up one the internet 'online English lessons' or you could practise handwriting.
3. And Lastly, there you have it you can keep learning at home!

How to keep connecting with others

Have you ever wanted to see and friend or a family member but they are just to far away or you can't see them today? Well, now you can! Just keep reading to find out!

Things you will need:

1. Pen and paper
2. Stamp
3. Envelope
4. Any device such as: an ipad phone laptop etc... with this app on: facetime, call, skye, zoom, etc...

Method:

1. Firstly if you want to write to someone you can write them a letter so you can keep connecting with them.
2. Secondly, If you are writing a letter write on a piece paper and put it in a envelope. Once you have done that, you can stick a stamp on and write their address and post it to them!
3. If you are doing it the other way, get a phone or an ipad of any device like them, once you have got one of those get the persons number that you want to communicate with and call them or facetime!

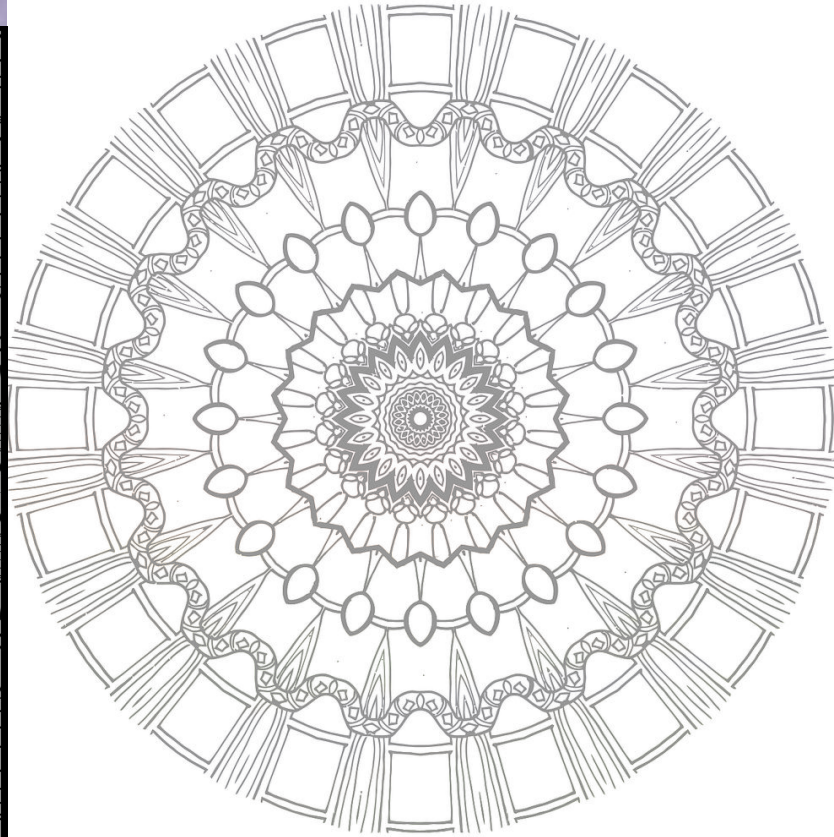
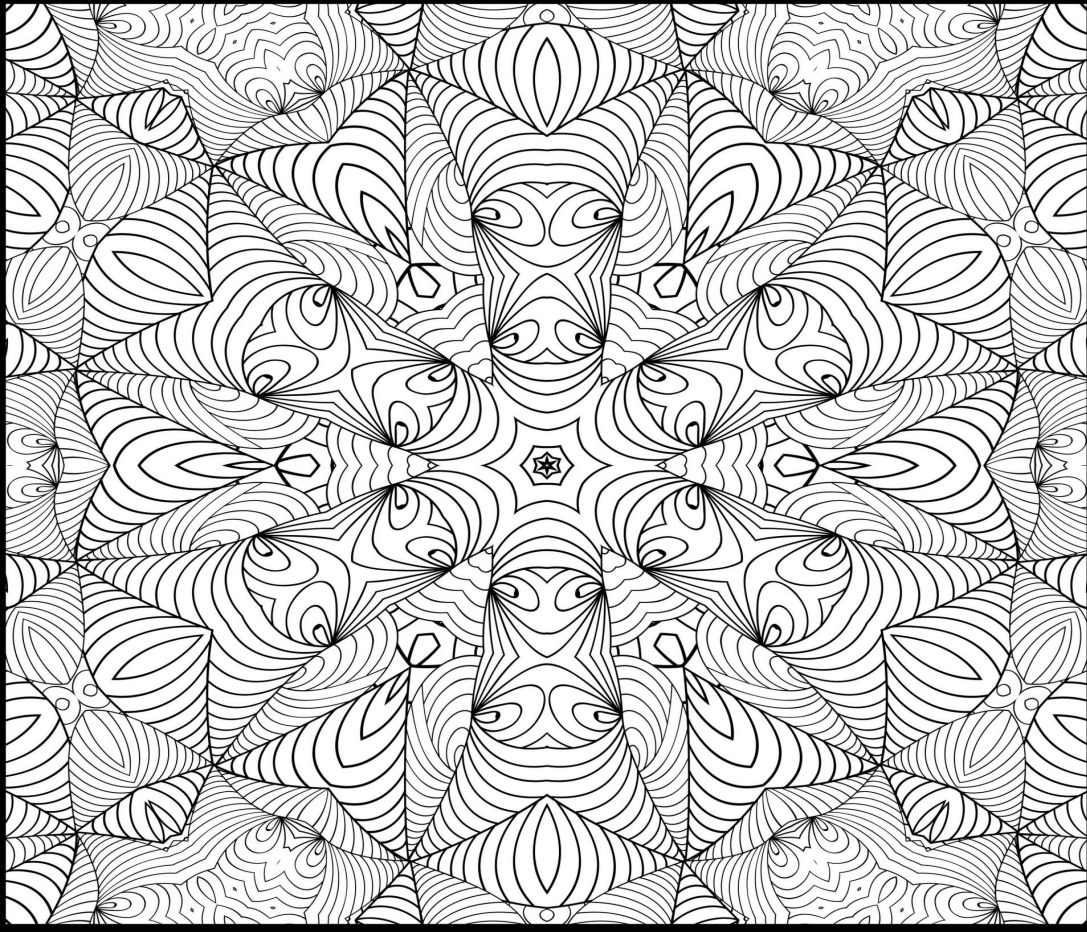


MENTAL HEALTH WORD SEARCH!

Weriopdghaloementalhealthtydhcgsuzx
urtudevigryxhdhdjdukboywabkgdjulxvf
itydydrhkchkcicqfxshasdfggghjkkklcchg dhi
wthoughtstyhfrehklearnfhtdjyseimkgfr
utughtakenoticeyutfedhumjhfbcdsvfyuh
ggfrewascfpositveyhtfbhurwcjujkhgfoiu

give learn
thoughts
take notice
positive

Mindful colouring!



MINDFUL WORD MIX UP!

1. Eigv
2. tkae otinec
3. ekep eralngni

😊 MENTAL HEALTH TIPS! 😊

1. *Reading*
2. *Drawing*
3. *Painting*
4. *Dancing*
5. *Listening to music*



The guessing game!

Without going back through the slides, what are the 5 steps to wellbeing!

1. Is it: be positive or connect?
2. Is it: be active or get exercise?
3. Is it: take notice or what's around you?
4. Is it: be smart or keep learning?
5. Is it: share with others or give to others?

ANSWERS!

Word mix up!

1. Give
2. Take notice
3. Keep learning

The guessing game!

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give to others

A close-up, low-angle shot of a tree trunk and its branches at night. The tree is wrapped in numerous strands of warm white string lights, which are illuminated, creating a soft, golden glow. The lights are densely packed, especially around the main trunk and the larger branches. The background is dark, making the lights stand out prominently. The overall mood is warm and festive.

THANKS FOR WATCHING!