

Information for Teaching Practitioners

Please read the following information before using this resource booklet.

Mental Health and Wellbeing forms a large part of the new PSHE Statutory Framework in England. [This booklet has been designed for KS2.](#)

Before starting a series of lessons on Mental Health and Wellbeing, it is important to establish with the class some **group rules**. These should be rules that the young people help to establish. The rules should be recorded and displayed in the classroom as well as being frequently referred back to.

It is important to discuss with the young people what they can do should they feel uncomfortable or in need of support at anytime throughout the sessions. Remind them of your signposting procedures within school and prompt them to consider their **5 trusted adults** before getting started. This should form the start of each session as a reminder.

Sessions should end by **reminding the young people that if the content of the lesson has made them feel upset, uneasy, worried (etc) and should they wish to talk to anyone** following what has been discussed or anything related to the matter, then how to do so.

You must refer back to the [National Curriculum](#) to see the exact PSHE learning objectives that are to be covered.

Here at Exciting Teacher, we hope that you enjoy the resources and find them helpful in your teaching. If you decide to use them, then tag us on Instagram using: #ExcitingTeacher



GROWING TOGETHER

#CHILDRENSMENTALHEALTHWEEK

KS2 Activity Booklet

Name:

Age:

Expressing My Feelings

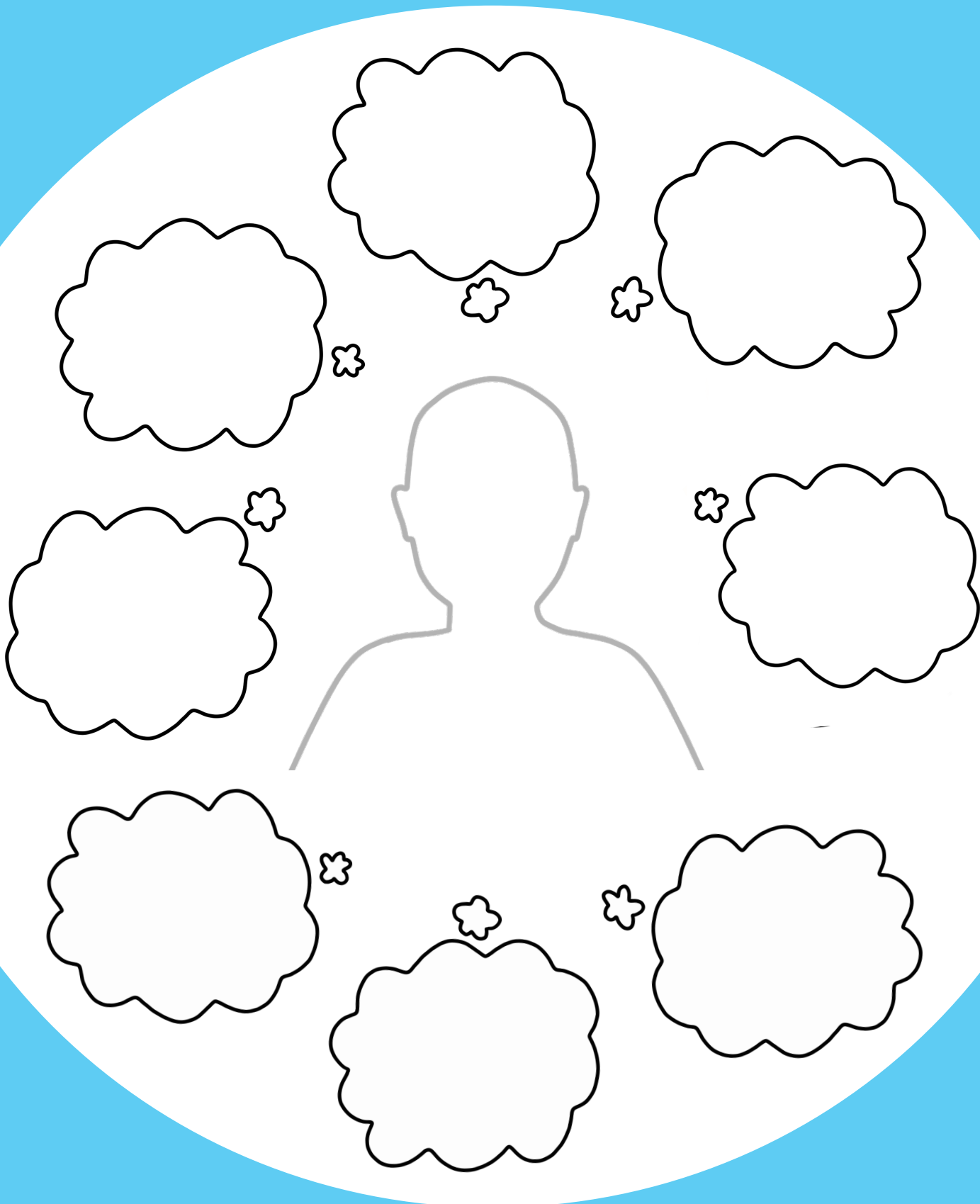
How many different words can you list for this feeling?

Can you think of time when you felt this way and what you did?

	Happy	
	Calm	
	Sad	
	Angry	
	Worried	
	Bored	

What can we do to help support our mental health?

Can you think of strategies and behaviours that support our mental health, such as sleep, time outdoors, being involved in community groups and socialising. Do you have some more ideas?



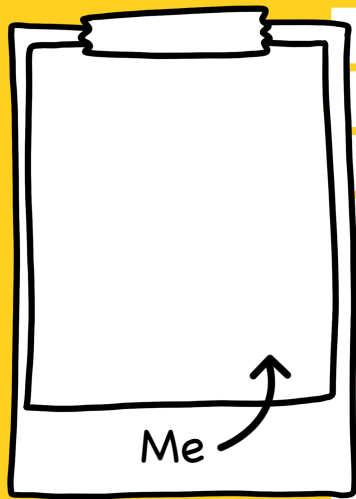
My Self-Esteem Check-Up

Self-esteem is our overall opinion of ourselves. It is how we feel about our abilities to achieve things.

What do we mean by self-esteem in your own words?

For each of the statements below, give yourself a rating from 0 to 10 on how much you believe it to be true. 0 being that you don't believe it at all, 10 being that you completely believe it.

Give yourself a rating from 0 to 10:



I believe in myself.	
I would rather be me than someone else.	
I am proud of the things I achieve and do.	
I like the way I look.	
I can handle when people criticise what I am doing.	
I am not afraid to make mistakes.	
I bounce back from failures.	
I am happy to be me.	

Overall, how would you rate your self-esteem from 0 to 10?

0 = I
completely
dislike myself.



10 = I
completely
like myself.

Choose one of the statements above that you scored lowly, how to plan on growing your self-esteem to improve this? What can you do personally to help make that score just 1 point higher?

Who will help you achieve this? When do you want to achieve this by? What do you specifically need to help you achieve this?

What contributes to my Sense of Self-Worth?

What are my
strengths?

This is me...

What am I
interested in doing?

What am I
proud of?

What skills am I
good at?

Seeking Support for our Mental Health and Wellbeing

What does 'good mental health' look and feel like?

What things might trigger me to feel like I am struggling?

How will I know if I am feeling like I am struggling?
What might the warning signs be?

What will help me to feel better?

Who will help me to feel better?

**Contact's for if you
ever need further support:**

If you cannot talk to a parent,
carer or teacher you can
contact: NHS 111, for
emergencies contact 999 or go
to A&E for support with your
mental health.

You can text "SHOUT" to
85258, which is a free mental
health texting service.

You can call Childline on
0800 1111 and talk to a
counsellor.



What will help me to keep myself safe?