World Mental Health Day 2022

10th October

Primary Class Assembly

The Exciting Teacher

What is Mental Health?
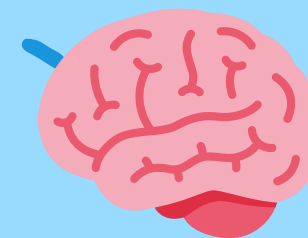
When we think about 'health', we often think about our physical health, such as eating well and getting exercise. However, our Mental Health is just as important as it is effects how we think, feel and the things we do. But how do we make looking after this a priority for everyone?

How do look after your own mental health...

There are lots of ways we can make mental health a priority in our own lives, some of the ways to look after your own mental health and wellbeing include:

- Getting outside.
- Exercise.
- Having a good bedtime routine and getting good sleep.
- Eating a healthy diet with lots of variety in the foods that we eat.
- Talking about how we feel.
- Doing things we enjoy, such as painting, writing, playing games!

Can you think of anything else?
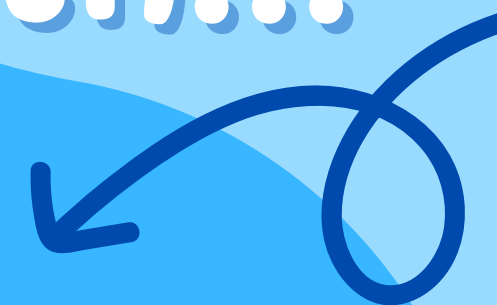
The Exciting Teacher

This is Zena...

Zena is struggling with feeling sad all of the time. She doesn't like coming to school as no one will play with her but she hasn't told anyone how she is feeling.

What can Zena do to help herself?
How can other people help Zena?

The Exciting Teacher

This is Zeb...

Zeb has been worrying a lot lately. He likes going outside but he doesn't feel like he has time to do this anymore. Zeb likes playing football but feels that his friends don't want him to join in anymore.

What can Zeb do to help herself?
How can other people help Zeb?

If you are struggling, who can you talk to?

Task: make a list!

The Exciting Teacher

Seeking Support

If you do not want to talk to your family, friends, or school staff when you are struggling then there are many services that are here to listen and keep you safe.
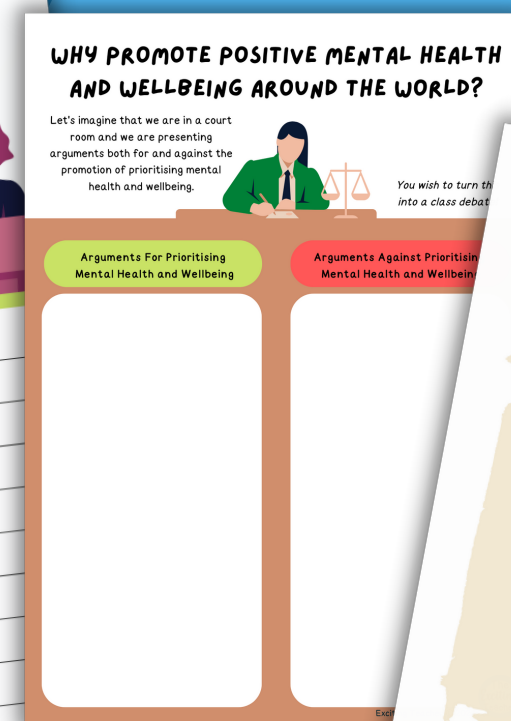
Childline: 0800 1111

www.youngminds.org.uk

NHS 111

For emergencies: 999 or A&E

The Exciting Teacher

How can we make mental health a priority?

World Mental Health Day Activites

Here are some activities that will help you to think about the idea of 'prioritising mental health'.

The Exciting Teacher