



# World Mental Health Day

Thursday 10th October 2024  
Primary Class Assembly

How are you  
feeling today?







elated



happy



worried



confused



scared



angry



annoyed



silly



surprised



proud



friendly



confident



panicked



frustrated



excited



tired



sad



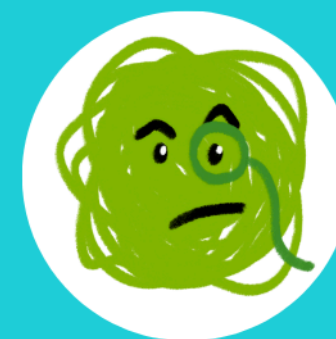
unsure



unwell



positive



focused

I am feeling...



Exciting Teacher © 2023  
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muddled



gloomy



bored



disgusted



calm

Check-in  
with your  
emotions!

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Image belongs to  
Mental Health  
Foundation

## Did you know?

Today is World Mental Health Day. The theme is 'workplace wellbeing'.

For us in schools, this means looking after our wellbeing and mental health when at school.

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# What is Mental Health?



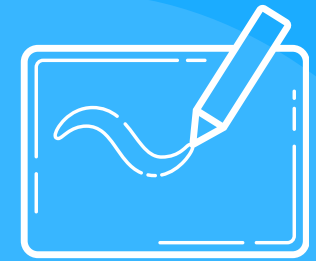


# What is Mental Health?

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.

We all have mental health!

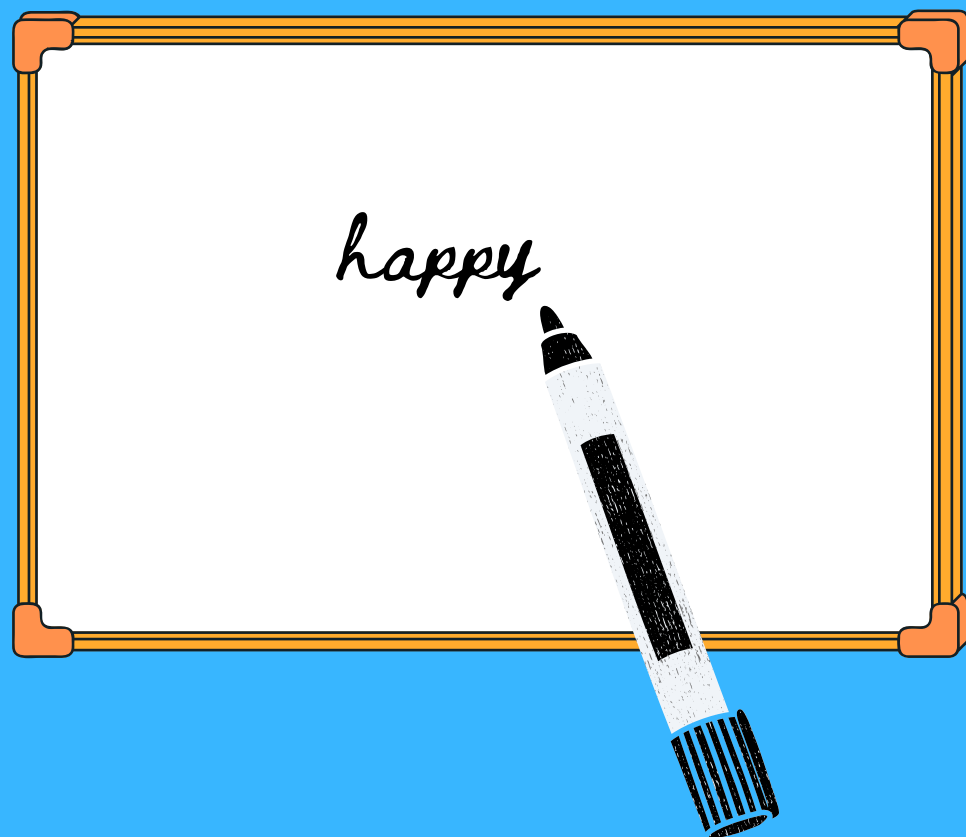




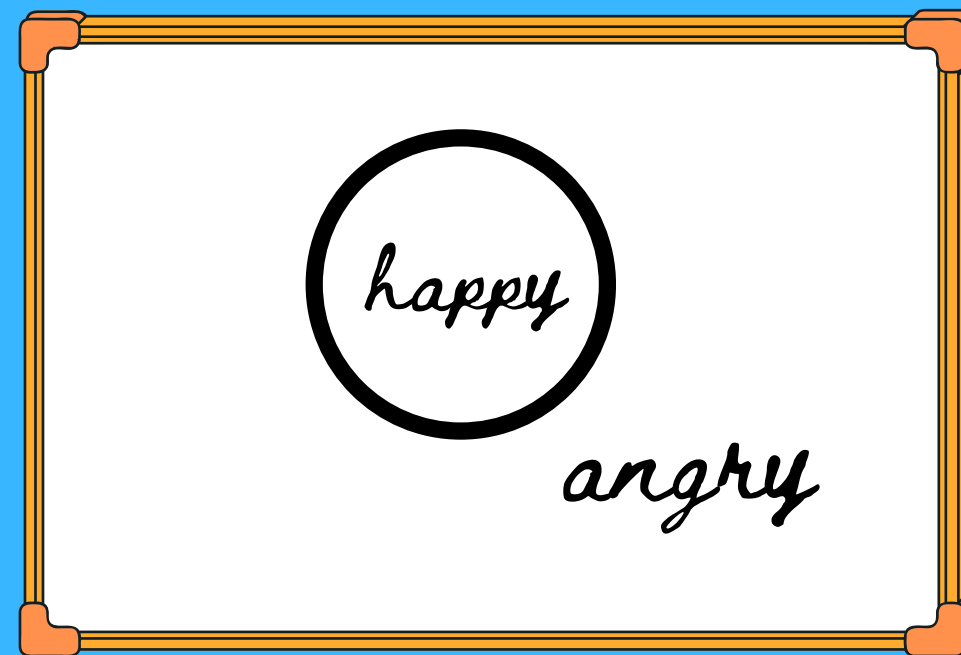
# Whiteboard Emotions

**START****1**

Write down as many different emotions and feelings that you can think of.

**2**

Circle the feeling if it is a 'comfortable' feeling.

**3**

Underline the feeling if it is a 'uncomfortable' feeling.



How can we  
look after our  
mental health  
at home?





There are lots of ways we look after our mental health when at home:

- 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?

How do I look after my mental health?



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How can we  
look after our  
mental health  
at school?

Create a class mind map of ideas!

# Run a mindful body scan!

What do you feel?

What do you see?

What can you hear?

What do you smell?

What can you taste?







## A Mindful Minute

Imagine you are here. What can you see? What can you hear? What can you smell? What can you touch?  
What can you taste? What is the temperature? What are you thinking about? What are you doing?

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Take a deep breath to help  
you to feel in control!



## Hot Chocolate Breathing

Imagine you are holding a warm drink.

Breathe in slowly through your nose to  
smell the drink.

Pause to hold your breath,  
1... 2... 3...

before breathing out slowly  
with your mouth to cool down  
your warm drink.





# Meet Sami

Sami is struggling with big feelings. They sometimes feel sad, worried and angry. Sami doesn't enjoy coming to school as no one will play with them, the learning is tricky and nothing is much fun anymore! Sami hasn't told anyone how they are feeling.

What can Sami do to feel better?  
How can other people help Sami?



If you are  
struggling,  
who can you  
talk to?

5  
Trusted  
Adults



# 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

NHS 111

For emergencies: 999 or A&E



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# World Mental Health Day Activities

You will find our Mental Health resources over at

[www.members.excitingteacher.com/mh2024/](http://www.members.excitingteacher.com/mh2024/)

that you can use in your classroom this  
World Mental Health Day!

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