World Mental Health Day
Key Stage 1

October 10th 2023



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It’s World Mental Health Day

Our mental health is about how we think, feel and act.

We look after our physical health by eating healthy food, drinking water and getting plenty of exercise and sleep!

Today we are going to think about how we look after our mental health.



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Doing the things we love

When we do the things that we enjoy and make us smile, we feel good.

We all have different things that we love to do. Maybe it’s dancing or playing football, creating amazing things from lego or reading a story.



Let’s share what makes us feel good

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Get moving

Getting our bodies moving is good for our bodies and our brains. Playing, being outside, getting fresh air and running around makes us feel good.

When we've had a chance to move around, we can concentrate better, feel ready to learn and be at our best.



Let's share our favourite ways to get moving

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Connecting

Connecting is when we talk, play and share with the people around us.

Connecting with other people helps us to feel good. We connect with our friends, our class, our school and with friends and family outside school.

When we feel sad, upset or lonely – connecting helps us to feel better.



Tell us about someone who makes you smile

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Learning to calm down

Sometimes our feelings get really big. We can feel really angry or really sad or really excited.

There are lots of ways we can help ourselves to calm down:

- Find a quiet space
- Have a hug
- Go for a walk
- Tell a friend
- Do some drawing or colouring
- Calm breathing.

We all have different ways that work for us.



What are the ways you like to calm down?

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Sharing

We all have times when we feel don’t feel good. We might be worried or sad or just not feeling right.

Sometimes feeling like this can stop us from doing the things we enjoy or trying something new.

When we share our feelings with someone it can help us feel better. We feel connected, we feel calmer and they can help us think about what to do next.



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Our mental health is just like our physical health. Today we have thought about some of the things we can do to look after ourselves.

If you are not feeling good, and all the ideas that we've talked about are not helping, it's really important to tell a grown up so that they can help you.

It could be any teacher, someone who looks after you at home or the leader of a club or activity.



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