World Mental Health Day
Key Stage 2

October 10th 2023

PaJeS wellbeing

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It’s World Mental Health Day so we are going to have a think about what mental health is and talk about some of the things we can do to look after our mental health and wellbeing.

What do you think mental health means?

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Worries

We all worry from time-to time.

There are lots of reasons why we might worry. It could be about school, or friends or something that is going to happen. We all worry about different things.

Sometimes worrying can stop us from doing the things we enjoy or trying something new.

Let’s have a think about what can make us feel better when we worry.



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Focus on your breathing

When you're feeling worried try focusing on your breathing. This an help us to feel calmer.

Let's try the 4-7-8 breathing technique



Close your mouth and breath in through your nose, counting to four in your head. Then, hold your breath and count to seven. Breathe out through your mouth, making a whoosh sound while counting to eight.

Repeat three more times.

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Get moving

Exercise can help us with worries

It can be anything - running or swimming, going for a walk, playing football or having a dance.

When we get our bodies moving we take our mind away from our worries AND our bodies make endorphins which are the chemicals that make us feel good!



What is your favourite way to get moving?

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Express yourself

Expressing ourselves can help things make sense.

There are lots of ways we can express how we feel. Some people like to write their thoughts in a diary, or a poem. Others prefer to draw a picture or make something.

When we express our worries in this way it can help us figure out why we are feeling this way and what we can do about it. Sometimes it can also help us explain to a grown up what we are feeling so that they can help us.



What is your favourite way to express how you feel?

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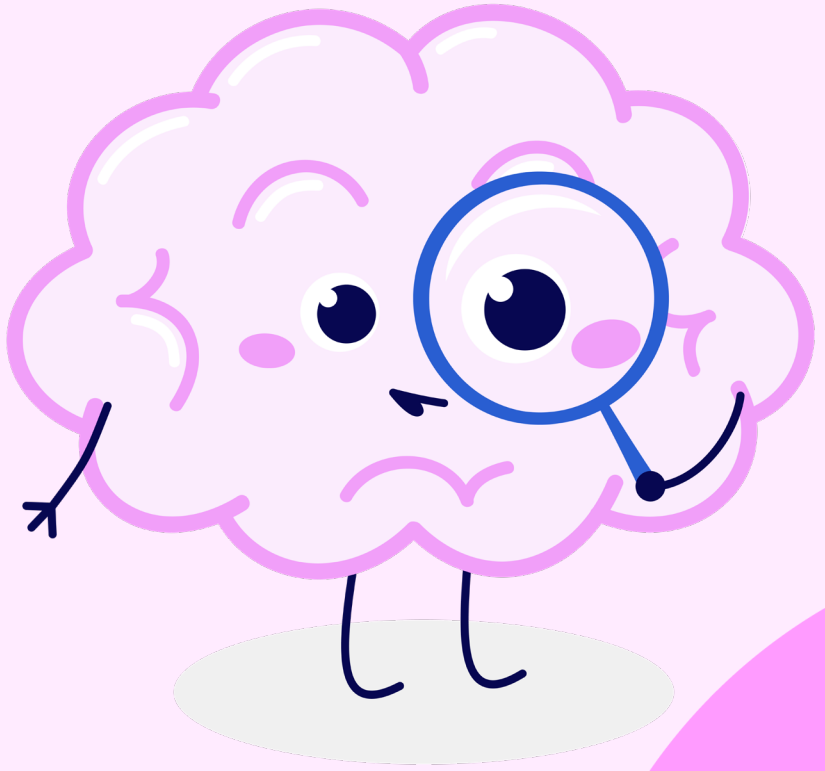
Is there a way you could think differently?

Sometimes when we worry lots of things can feel dark and gloomy. At times like this we can think about what we can do to make our thoughts brighter and more positive. This takes practice!

When something goes wrong, does it ruin your whole day? Or could you try to remember the things that did go well?

If somebody is mean, does it mean you have no friends? Or, can you remind yourself of all of the kind things people around you do every day?



Can you think of a gloomy thought and how you could think of a bright and sunny thought instead?

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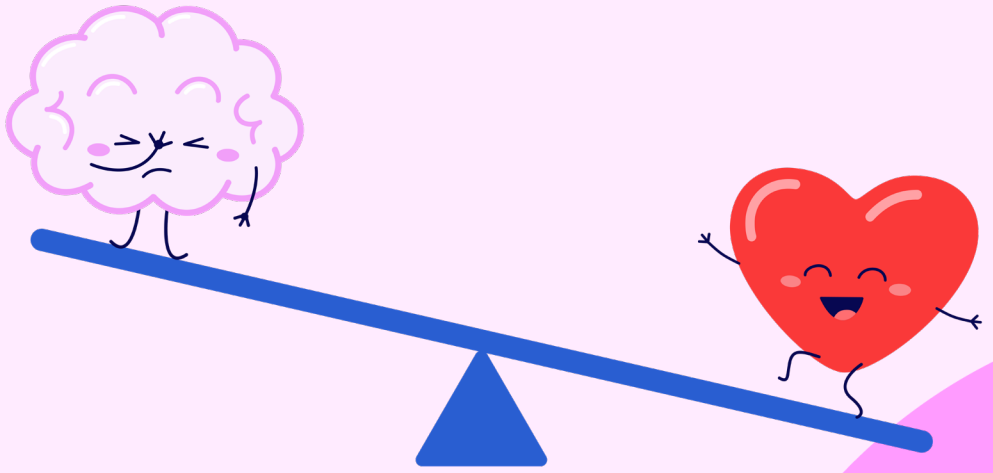
Connect with people and talk about how you feel

Worries can feel very lonely. It is so important to tell a grown up how you are feeling.

Connecting with other people helps us to feel good and is really important for our mental health.

We connect with our friends, our class, our school and with friends and family outside school.

Sometimes we can’t work out our worries by ourselves. Think about who you feel connected to. Who would you tell if you were feeling sad or worried? Who makes you feel better?



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Our mental health is just like our physical health. There are lots of things we can do to look after ourselves.

Today we thought about some of the things we can do to help ourselves when we have worries.

If you are worrying a lot and your worries are not going away you must 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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