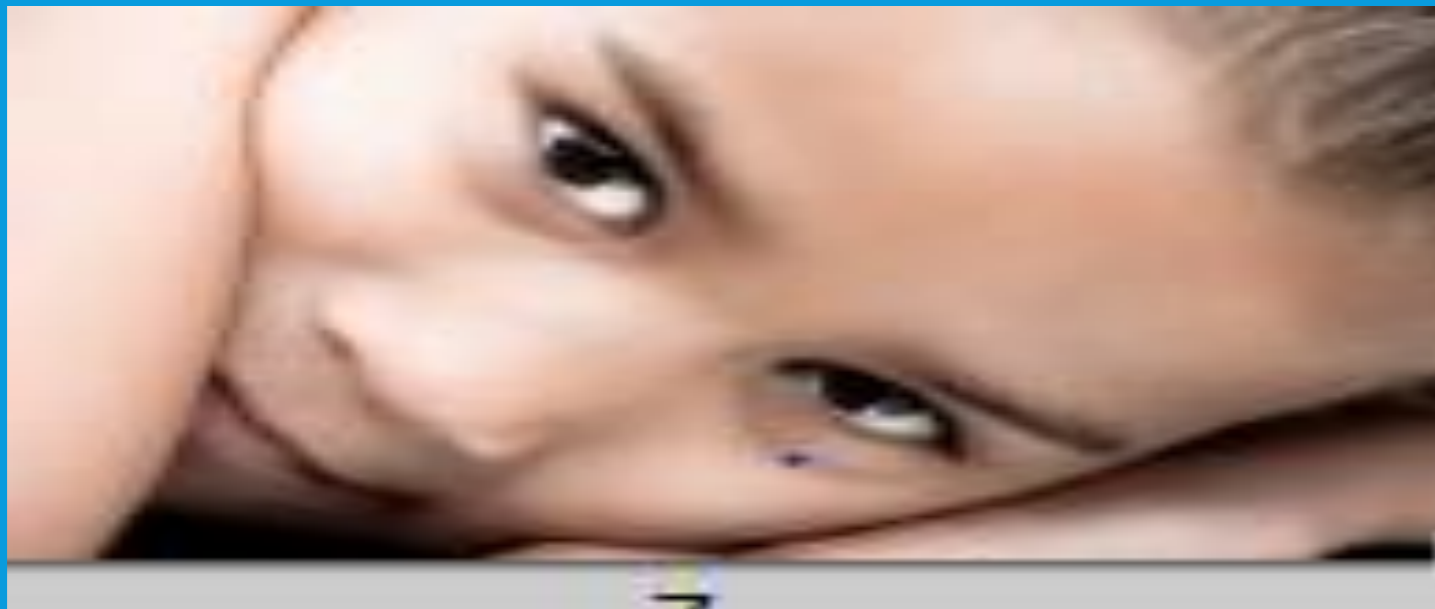


WHY IS IT IMPORTANT TO TALK ABOUT OUR WELLBEING

It is just as important to look after our mental health and wellbeing as our physical health



Physical Health

What do you do to be healthy?



Emotional Health

We need to look after our mind the same way as we look after our physical health

What can we do?

What can you do?



Why am I upset ?

- Someone has been mean to me
- I have fallen out with a friend
- I have lost a pet
- Someone in my family is ill
- Someone has died
- I am worried about something

Who would you talk to if you are upset?

- A friend
- My family
- Someone who looks after me
- Someone in school
- A trusted adult



Like the 5 fruits and vegetables a day.....

There are 5 things you can do every day to look after your emotional health



5 ways to Wellbeing



Connect

- Talk to someone instead of sending a text
- Send a card or letter to a relative
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you

Connect



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Be active

- Walk to school
- Take you bike/ go swimming
- Have a kick-about in a park
- Do some 'easy exercise', like stretching, before you leave for school in the morning

Be active



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**

Keep Learning

- Find out something about your friends
- Sign up for a club (in school or outside school)
- Read or listen the news / Read a book
- Learn to cook/ to repair a bike
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word

Keep learning



**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**

Give

- Give a smile to someone
- Say a kind word
- Volunteer your time
- Say thank you

Give



Your time,
your words,
your presence

Take Notice

- Look how plants /flowers are growing or changing with the seasons
- Ask for your own plant and see how it grows
- Have a “tidy up my bedroom day”
- Take notice of how your friends are feeling
- Take a different route on your journey to or from school
- Visit a new place

Take Notice



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

How will you remember?

Make posters for the classroom



Make some finger puppets



Draw your hand and write the 5 advices



GIRAFFE'S CAN'T DANCE VIDEO CLIP