

My Mental Health

Happiness Vegetables
Explore Fruit Balance
Healthy Love
Friend Strength
Determination Family
Fun Strong Confidence
Kindness Positivity

Name..... Age.....

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What Is Mental Health?

Definition of Mental Health

Mental health is the way children think or feel about themselves and the world around them. It's related to how children cope with life's challenges and stresses.



Let's think about physical health. Sometimes you can be poorly, sometimes you can be well. Mental health is just the same, sometimes you will have good mental health and sometimes you will have poor mental health.

You all know to keep physically well you must eat healthily and keep active, your mind is just the same and needs good and healthy input to keep it well.

Some examples of keeping your mind healthy are:

Getting enough sleep • Eating Healthy • Having fun

Affirmations

Read these affirmations out loud to yourself, you might want to think of some more.

I am strong



I am kind



I am friendly



I am calm































My Feelings

Our feelings affect how we feel mentally, to be able to deal with your feelings you must be able to recognise how you are feeling and why.

You may be able to track your mental health by logging your feelings each day and why you might feel this way.

For example; I felt sad today because I only slept two hours.

Below is a feelings chart. Circle the facial expression that best fits your mood on that day to see how your feelings change.

Day Of The Week	How I Feel Today
Monday	   
Tuesday	   
Wednesday	   
Thursday	   
Friday	   
Saturday	   
Sunday	   

I Am Healthy Inside and Out

part 1

Having regular exercise is important because.....

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.....

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Having a good sleeping pattern is important because.....

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.....

Having a healthy diet is important because.....

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Important note:



To support us in keeping a healthy mind and body we should drink eight average glasses of water per day!

I Am Healthy Inside and Out

part 2

Spending time outside is important because.....

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.....

.....

Having a healthy mind is important because.....

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.....

.....

Looking after your personal hygiene is important because.....

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.....

.....

Other ways you can look after yourself inside and out.....

.....

.....

.....

My Support Network

Who can you talk to about your feelings?
Think of five people in your support network and fill in the contacts below.

Contacts

Search



Create New Contact



Name:



Name:



Name:



Name:



Name:



A
B
C
D
E
F
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L
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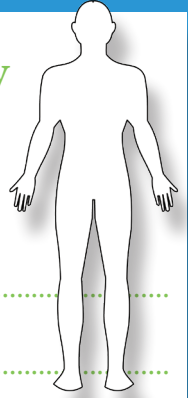
I Can Keep Myself Healthy by...

I can keep my mind
healthy by...



A series of 20 horizontal dotted lines for writing, arranged in a vertical column.

I can keep my body
healthy by...

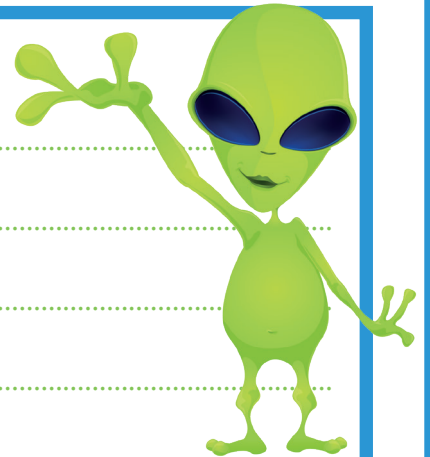


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Looking After Our Mental Health

An Alien has visited earth, can you explain to the Alien how humans look after their mental health?

Dear Alien,



A series of horizontal dotted lines for writing the letter.

From.....



#1decision2020vision

*If you or anyone you know needs extra support with mental health
contact one of these specialist helplines :)*



YOUNG MiNDS
fighting for young people's mental health

Child line; **0800 1111**

YoungMinds; **020 7089 5050**