

Positive Mental Health



The Big Questions

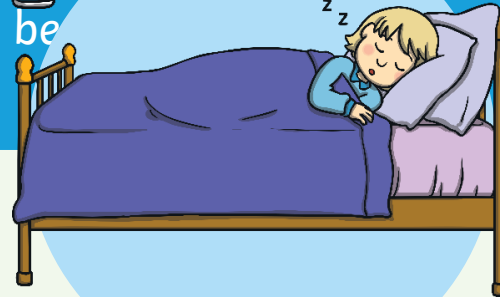


How can we keep our minds healthy?

What is positive mental health?



Healthy Bodies



With your partner, think of three different things and then, when asked, share one of your ideas with the class.

Healthy Bodies



Why do you think it is important to make choices and take actions to keep our bodies healthy?

It is important to make healthy choices so our body works as well as it can.

Doing all we can to keep our body healthy can help us to feel happy too.



Healthy Minds



Mental health is all about how we are feeling and the thoughts we are having. It can affect how we behave and the choices we make.



Healthy Minds



What can we do to help our minds be healthy?

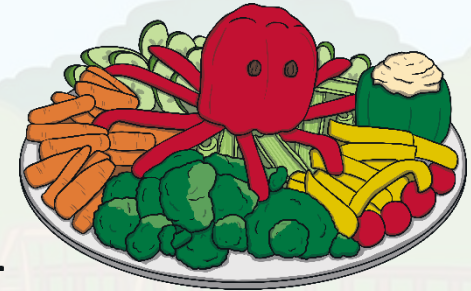
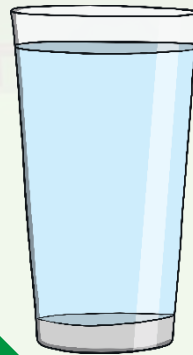
We can keep active.

We can eat healthily.

We can drink enough water.

We can ask for help if something is troubling us.

We can make sure we have time each day when we can be calm and quiet.



Healthy Minds



We can spend time each day doing something we love.

We can spend time outside.

We can be creative.

We can help others.

We can make sure we get enough sleep.

We can spend time with people who make us smile.

We can remember we are special just the way we are.



Healthy Minds



Sometimes, just like our body, our mind doesn't feel well. We might feel very worried, frightened or extremely sad. We might have thoughts which feel uncomfortable and that make us behave in a way that hurts ourselves or others.

If you are feeling worried or sad, talking to someone you trust is a good place to start.

Positive
happy
well, being able to enjoy life and knowing
what to do if we have troubling thoughts
and feelings.



Taking Positive Action



It is important that we do all we can to look after our mental health.

Having a healthy mind can help us feel good on the inside and can help us do well in lots of different situations.

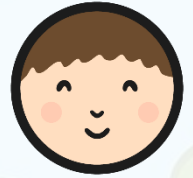
Consolidating



Reflecting



Positive Mental Health Posters



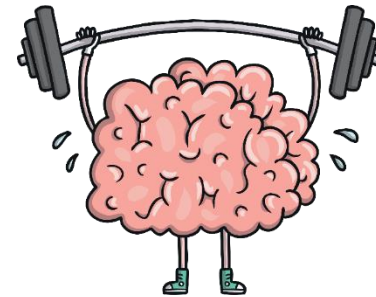
Let others know what they can do to help their minds be healthy!

On your **Positive Mental Health Poster Activity Sheet**, draw a picture and write a sentence to show one thing that people can do to look after their mental health.



Positive Mental Health

To help our mind be healthy we can...



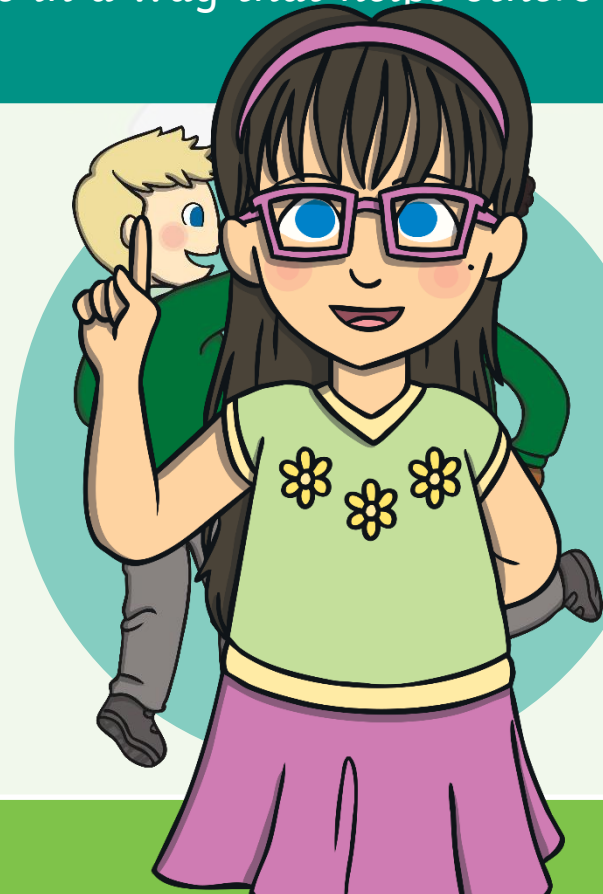
Helping Others



There is a lot we can do to help keep our minds healthy and help us cope when we have uncomfortable feelings.

It is important we think, act and behave in a way that helps others feel good on the inside too.

What could you do to help others feel happy and have a healthy mind?





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