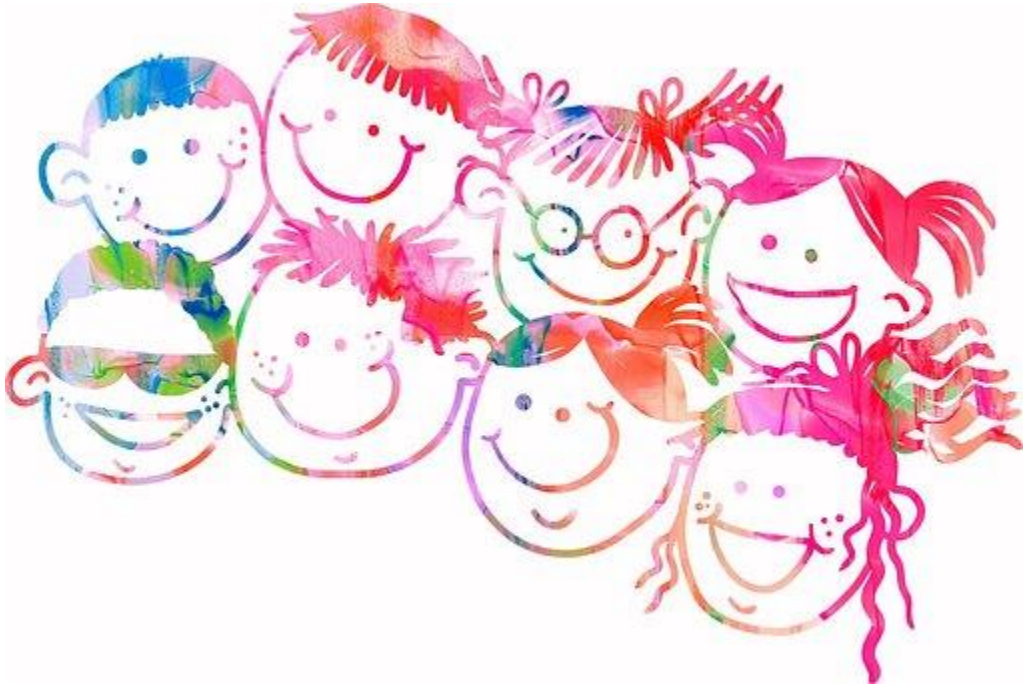


Y5-6 home learning:

Mental health: keeping well and managing feelings

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We are learning about mental health; what it means and how we can take care of it



We will be able to:

- explain what is meant by the term ‘mental health’
- identify everyday behaviours that can help to support mental (and physical) health
- recognise that we can take care of our mental health (as well as our physical health)

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Mental health and keeping well:

What's our starting point?

Imagine someone, about your age (or a bit older than you) who lives near you and goes to a school like yours.

Draw and write about the things they can do to help look after their mental health.



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What is mental health?

Read the statements about mental health.
Which do you feel best explains mental health?
Have you got a different idea?

Click on the box to reveal a possible answer

Mental health means being happy all the time.

Mental health is about feelings and emotions; knowing how to take care of ourselves so that we can cope with things that happen to us.

Mental health means there is something wrong with a person and they might behave in a strange way.

Mental health means that you often feel worried, anxious or depressed.

Mental health is a bit like a continuum – people can move along it and feel better or worse at different times, just like with physical health.

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Mental health definitions

There are different definitions of mental health but most agree that it is about our thoughts and feelings, and how we behave.

The World Health Organisation describes mental health as:

'A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.'

NHS England describes mental health as:

'How we think, feel and behave'.

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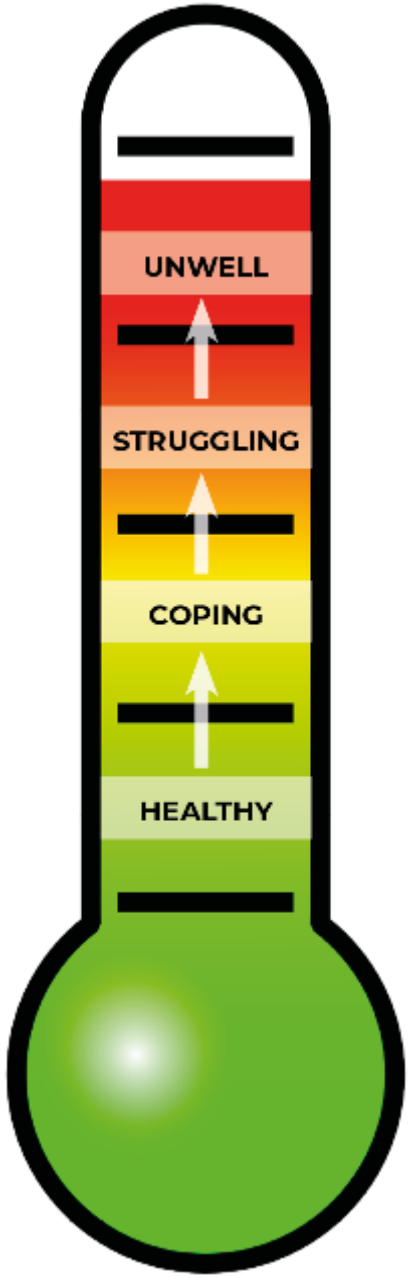
Thinking about mental health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can do to help us stay healthy.

There are things that can be put in place if someone is not feeling so good, is struggling or unwell.



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Activities for health



Read the **Activities for health** cards in your worksheet pack (**Resource 1**)

Organise the activities into 3 lists:

1. Things that support mental health
2. Things that support physical health
3. Things that support both mental and physical health

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Activities for health – some answers

Your list might look similar to this...

mental health	physical health	mental and physical health
• Chatting to friends • Stroking a pet • Drawing, painting, music • Watching a funny film • Learning something new • Expressing your feelings • Offering to do a chore • Reading a good story • Playing games • Thinking of happy times		• Balanced diet • Drinking water • Keeping your body clean • Rest, relax, quiet time • Getting enough sleep • Going for a walk • Taking medicine • Talking to a trusted adult

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What did we find out?

Answer the next two questions:

1. What do you notice about the lists?

Click here to reveal some things to think about

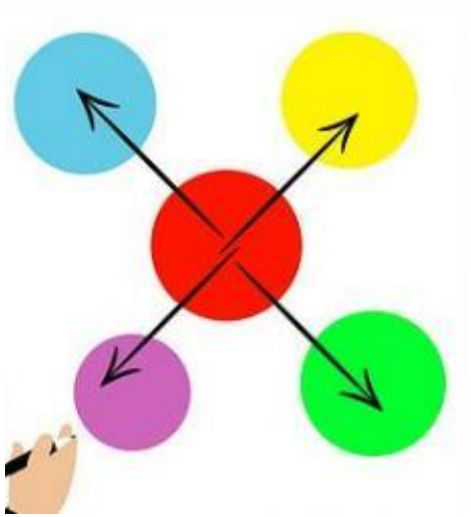
2. Were there any things that did not help mental or physical health very much or at all?

Click here to reveal some things to think about

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Looking after ourselves

- Go back to the list or the **Activities for health** cards (**Resource 1**).
- This time, organise them into four groups.
- You could colour-code them, write them in lists or make a mind-map.



A. Things someone could do everyday

B. Things someone might only do sometimes.

C. Things someone might do if there is a problem.

D. Things someone should do only rarely or not at all

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Reflection time

Look at the **Helpful for mental health list (Resource 2** in your worksheet pack). Is there anything included that you could do to help take care of your mental health everyday? What would you choose to do?





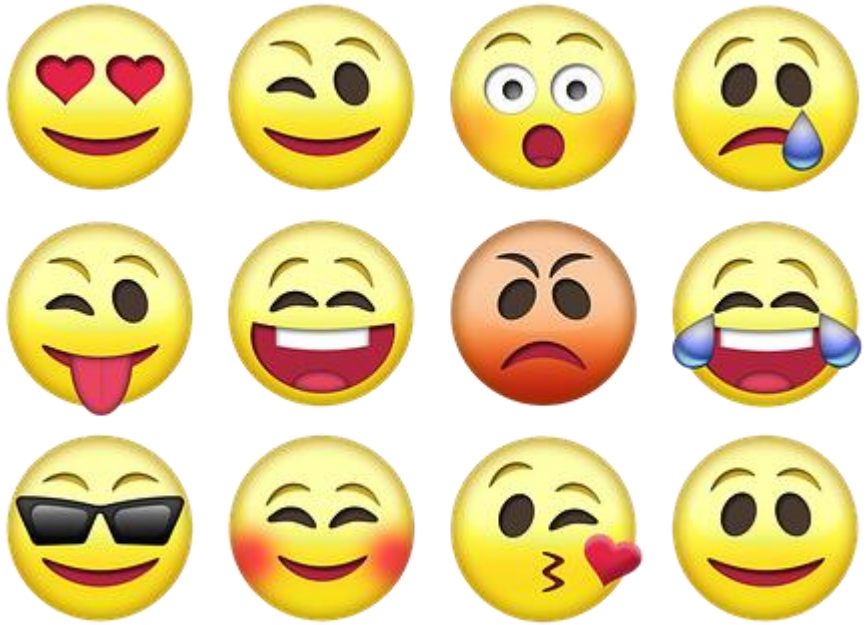
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Changing feelings

Emotions and feelings change throughout the day and over time. Taking care of our mental health helps us to manage.

Feelings can grow or get stronger with time.

Some feelings seem to fade or pass over time.

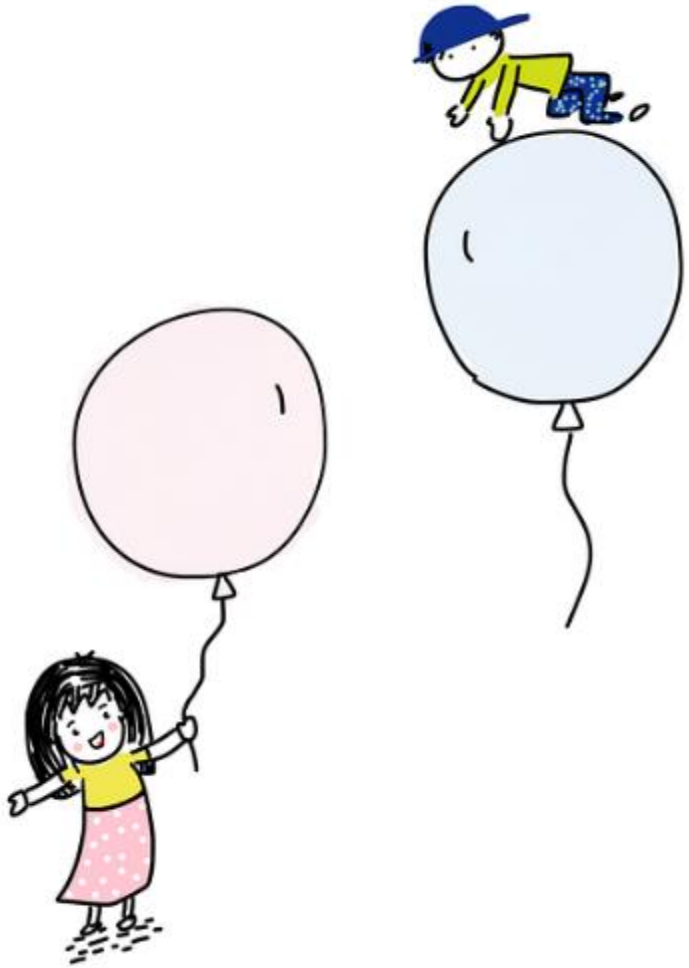


Usually feelings that don't feel so good, don't last long.

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Mental health – asking for help

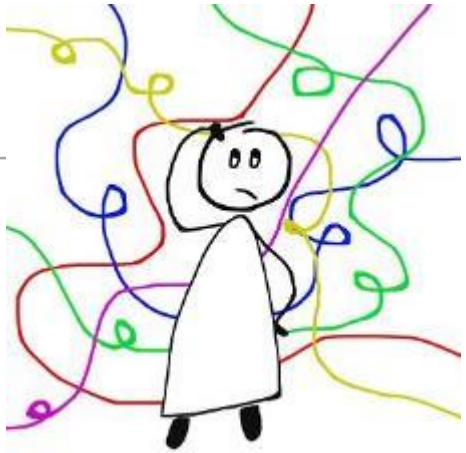
Expressing and talking about feelings — especially those that don't feel so good, seem very strong, or go on for a long time — is an important part of mental health care. It is usual for people to need help with their feelings sometimes.



Read Sasha's story on the next slide.
What could help Sasha?

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Sasha's story



Dear Diary,

I am so confused… my emotions feel all mixed up!

One moment I feel happy and the next I feel worried and scared about everything.

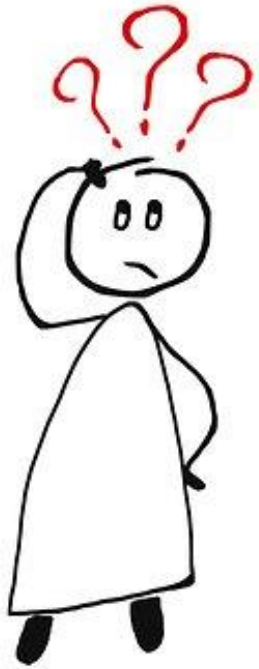
I can feel my body tense, my teeth chatter and I notice my fists clench. I feel shaky.

I am concerned. It's been happening for a while now. It's a really strange feeling. I am sure no-one feels like me. I don't think I can explain it to anyone.

What can I do? Will anything help?

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Who can help Sasha?



If your emotions feel all mixed up or you often have feelings that make you feel bad, talk to a trusted adult — they can help you find the right support.

Friend

Teacher

Parent

Childline website www.childline.org.uk

No-one

Childine text / phone line 0800 1111

Someone else

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Mental health and keeping well:

Where are you now?

Go back to the draw and write activity from the start.

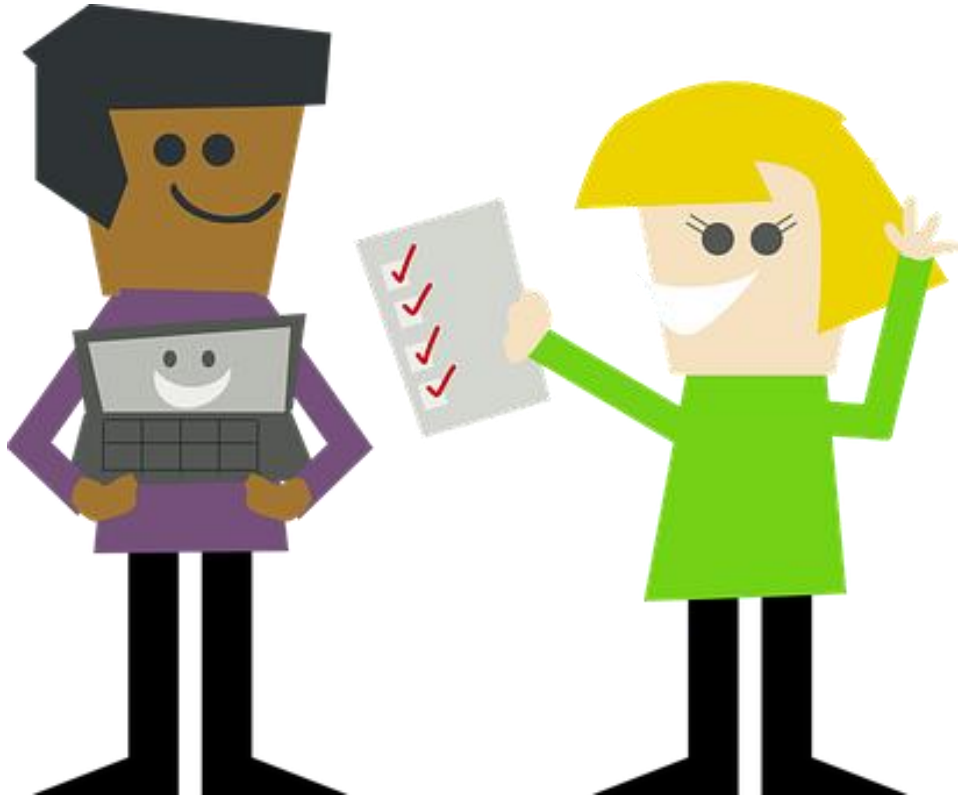
What have you learned about how people can help look after their mental health?

- Is there anything you would like to change?
- Is there anything you would like to add?



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More activities



Top tips checklist

Create a top tips checklist to help people take care of their mental health.

Who might be a good audience to write for?
(other pupils in school, parents/grandparents or teachers?)

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