

Positive Mental Health




Aim

- I can describe ways to keep my mind healthy and understand why this is important.

Success Criteria

- I can think of ways to help my body be healthy.
- I understand what positive mental health is.
- I can identify something I can do to help me feel better during tricky times.
- I can think about how I can help others to have healthy minds.

A vibrant, cartoon-style illustration of a park. In the foreground, a light green path winds through a grassy area. To the left, there is a colorful playground with a blue slide and a red slide. In the background, there are green trees and a wooden fence. The sky is blue with white clouds. The title 'The Big Questions' is written in large, bold, black letters across the center of the image.

The Big Questions

The Big Questions



How can we keep our minds healthy?

What is positive mental health?



A vibrant, cartoon-style illustration of a park. In the foreground, a light green path winds through a grassy area. To the left, there is a colorful playground with a blue slide and a red slide. In the background, a wooden fence runs across the scene, with a swing set visible behind it. The sky is blue with white clouds, and the overall scene is bright and cheerful.

Reconnecting

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.



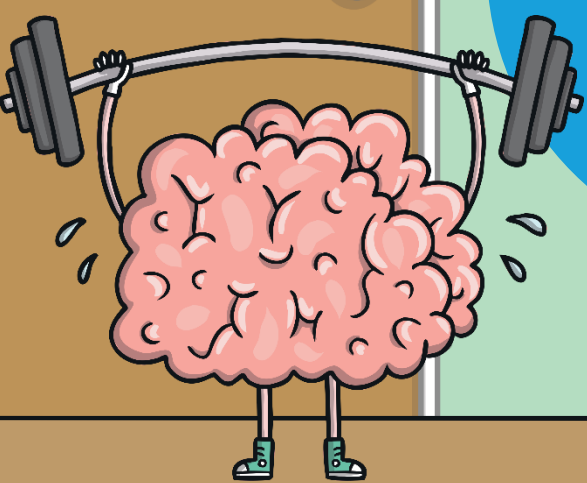


Exploring


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.



Just like with our body, it is important we do things to help our minds to be healthy, be in good condition and feel well.

A cartoon illustration of a young boy with dark skin and hair, wearing a blue and red striped shirt. He is sitting on the floor with his hand on his chin, looking thoughtful. The background shows a window with colorful letters and a heart, and a door to the left. To the left of the boy, a pink brain with legs and arms is lifting a barbell with weights, with sweat droplets around it.

Healthy Minds



What can we do to help our minds be healthy?

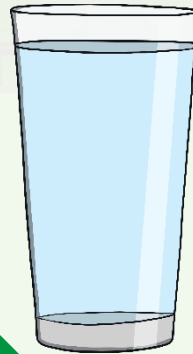
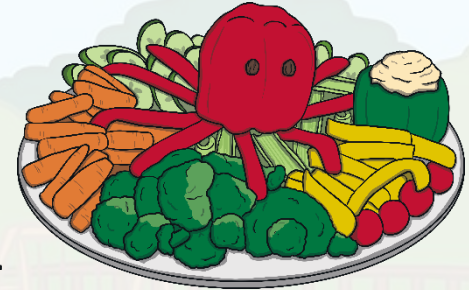
We can keep active.

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 thinking is a good way to feel happy and well, being able to enjoy life and knowing what to do if we have troubling thoughts and feelings.



Taking Positive Action



There are lots of things we can do to keep our minds healthy and to help us cope and feel better when we have uncomfortable thoughts and feelings.

Cut out the cards.
Muddle them up.
Match the thought
feeling or
behaviour to the
action that would
support positive
mental health.



special just
re.



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

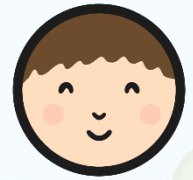


Reflecting

A vibrant, cartoon-style illustration of a park. In the foreground, a light green path winds through a grassy area. To the left, there is a colorful playground with a blue slide and a red slide. In the background, there are green trees and a wooden fence. The sky is blue with white clouds. The word "Consolidating" is written in large, bold, black letters across the center of the image.

Consolidating

Positive Mental Health Posters



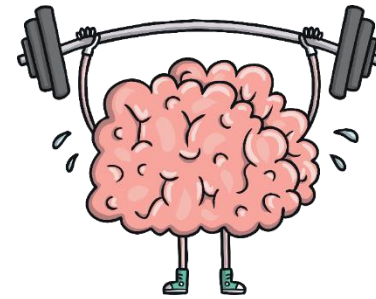
Let others know what they can do to help their minds be healthy!

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...



A vibrant, cartoon-style illustration of a park. In the foreground, a light green path winds through a grassy area. To the left, there is a colorful playground with a blue slide and a red slide. In the background, a wooden bridge spans across a small stream, and a dense line of green trees forms a backdrop under a bright blue sky with white clouds. The word "Reflecting" is written in a large, bold, black font in the center of the image.

Reflecting

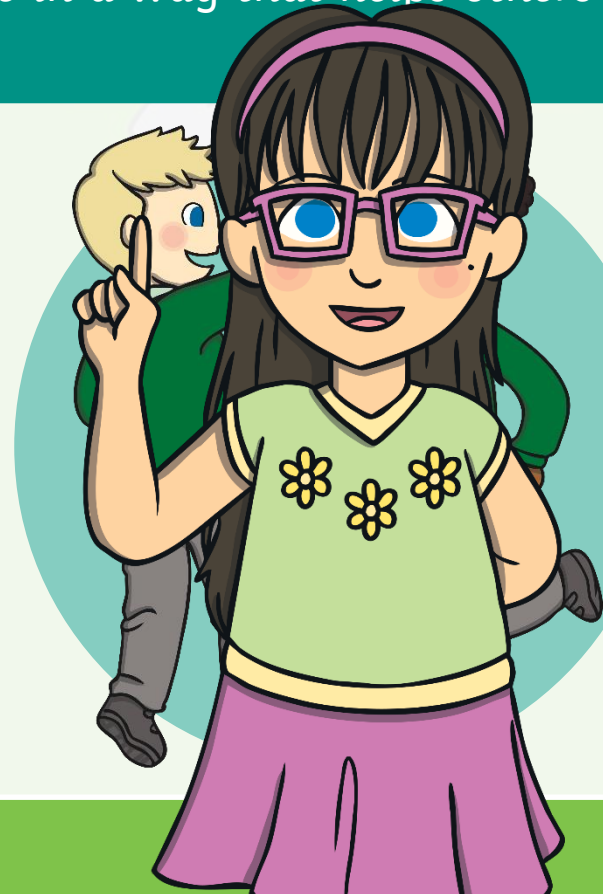
Helping Others




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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The Big Questions

The Big Questions



How can we keep our minds healthy?

What is positive mental health?

What have you learnt today?

How can we keep our minds healthy?





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