

Primary school assembly slides

February 2021



What is mental health?

Mental health is just like our physical health. Sometimes you feel good, but sometimes you don't feel so good.

Our mental health affects how we think, feel and behave.





Some of the things we might feel when our mental health is good...

- we are confident with new people or places
- we feel happy
- we feel good about ourselves



Some of the things we might feel when our mental health is not good....

- we often feel sad or in a bad mood
- we worry a lot
- we often don't want to see our friends or do anything
- our sleeping and eating might change

**We all feel like this some of the time,
but when these feelings are there all the time,
then we need to ask for help.**

What affect has Covid19 had on mental health?

**worry about
family and
spreading
Covid19 to
grandparents**

**worry about not
being able to
attend school**

**miss seeing
friends and
family**

**miss doing
fun things
like playing sports
or going to clubs**

Inside Out Day
wear an item of
clothing
inside out

makes us all
stop and think



you never
know how
someone is
feeling inside



Now and
Beyond **>>**
on Inside Out Day

STOP AND THINK ...



wear an
item of
clothing
inside out



be kind
always



you never
know how
someone is
feeling inside



don't be afraid
to talk to
someone who
you feel
comfortable
talking to

Be kind &
think of
others



I'm thinking about
the fight I had with
my brother this
morning

Why wasn't I
invited to the
birthday party?



I am so upset that
my teacher
shouted today

Kindness

When we are kind, we notice other people. We think about how they feel. We include them in our groups. We look for ways to help people and make things better.

When one person does something kind, it reminds the next person to be kind. Kindness can bounce from one person to another.



Gratitude

Showing gratitude and thankfulness for the small things makes us feel happier and more hopeful.

Try taking time out for one minute each day to think about some of the things that you are thankful for, like our family, our friends, the sunshine



Resilience

Resilience is about finding ways to bounce back from difficult times. Life has its ups and downs, we cannot avoid them, but we can find ways to help the way that we react.

Playing football with your friends may help make you feel less sad. Talking to a friend or teacher may make you feel less worried.



**Be kind
always**



**You are
not alone**

Final Reminders



**Ask for
help and
talk about
your
feelings**



Mental health issues
can affect any one of
us, so always be kind
and think of others.



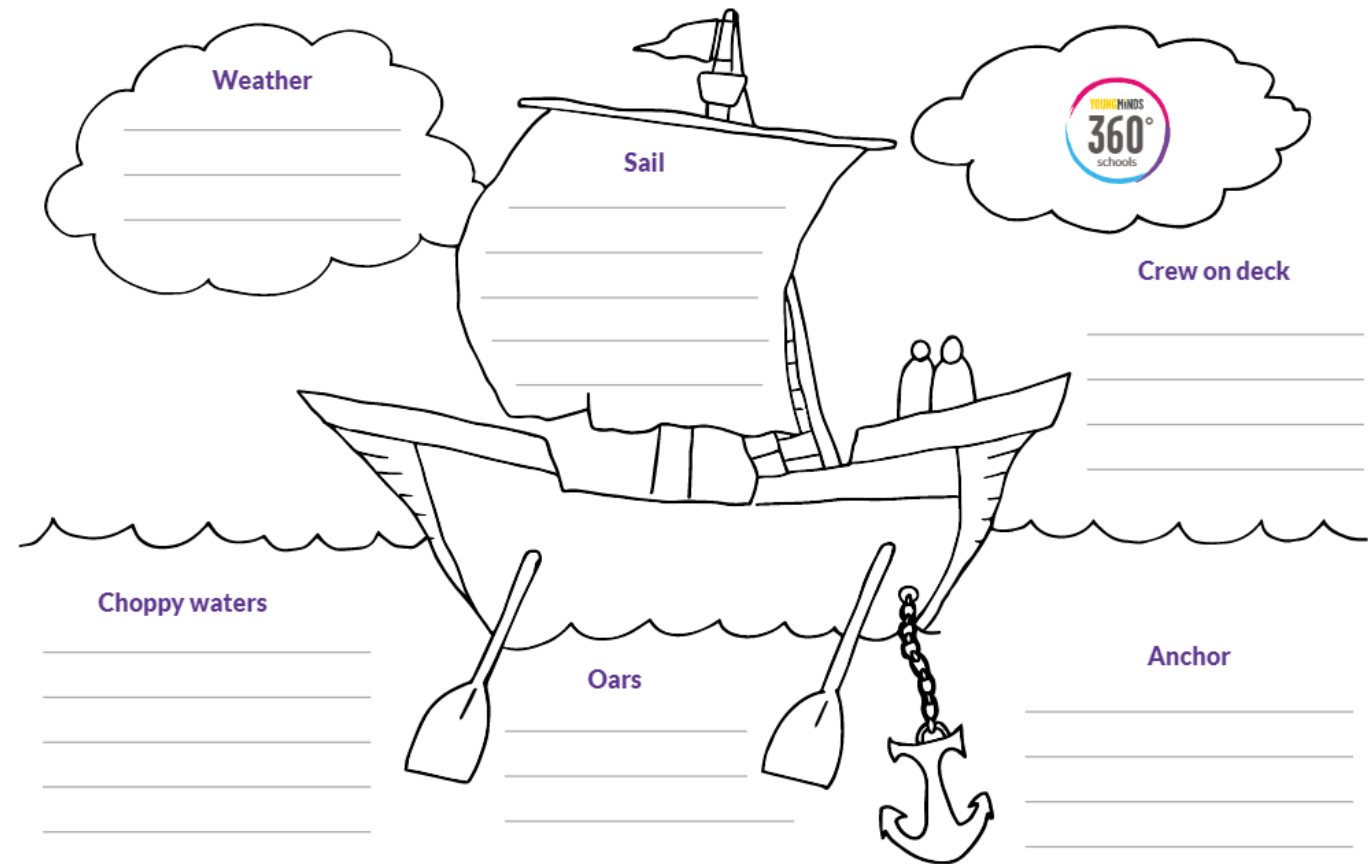
**If you are worried
about anything,
remember to speak
to your teacher or
an adult that you
trust.**

Activity- Resilience boat

This worksheet is to help you identify the things in their life that make you feel safe right now and things that may alter that. Although we're not all in the same 'boat' when it comes to our mental health, we may be dealing with similar 'storms' at the moment. This activity is going to help you understand how they can sail towards resilience.

Activity: **Resilience Boat**

Primary school



Clouds: What are the things happening right now that affecting how you feel?

Choppy water: How do they make you feel? Happy, sad, nervous?

Oars: What are your strengths?

Anchor: What helps you feel safe?

Sails: What helps us to have good mental health?

Crew on deck: Write down the people important to you.



GRATITUDE

Tree



CHALLENGE

This tree needs some puppy love! Brighten it up by cutting out some leaves, writing a thing you are thankful for on each, and sticking them onto the gratitude tree.

WWW.BOW-WOWZA.COM/CHALLENGE/

1 of 1

10 Second Gratitude challenge -

<https://youtu.be/0IRQkSPzJWk>

Watch this two-minute video, featuring our Bow-Wowzadogs, introduces the idea of gratitude and thankfulness to pupils, whilst also explaining why gratitude is good for the brain and how it makes us feel good.

Then can you write those things that you are thankful for on some home-made leaves and stick them on your tree.