

# TALKING MENTAL HEALTH

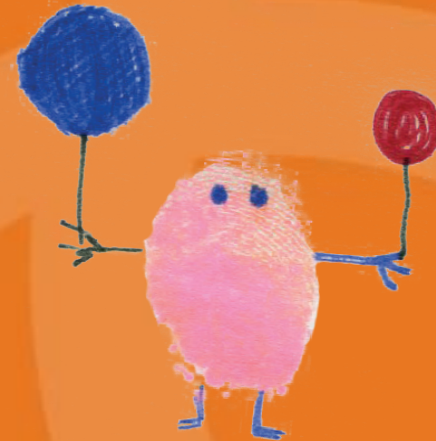


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Children and Families

# TALKING MENTAL HEALTH

**Watch the animation found [here](#).  
Watch it once, then go through this  
presentation and rewatch each  
section before completing the tasks  
described on each page. The  
worksheets you need are on our  
web page in the topic folder.**

We all have **mental health**.



Mental health is about our **feelings**,  
our **thinking**, our **emotions** and our  
**moods**.

Everybody knows how to look after  
**physical health...**



**...looking after our mental health is  
just as important.**

# 1. MENTAL HEALTH

Rewatch the video up to 2:50.



We all have feelings that come and go everyday. These are **small feelings**.

grumpy

happy



nervous

sad

Can you think of other examples of small feelings that come and go everyday?





**Sad**



**Worried**



**Confused**



**Excited**



**Proud**



**Silly**



**Angry**



**Happy**

**Did you think of any of these?**

# **TASK 1: Think of a small feeling you have experienced recently – it can be positive or negative.**

- How would you describe that feeling?
- How did you cope with it? Did you use any of the strategies shared in the video or something different?
- Use the Feeling Worksheet to help you to write about this experience.



**Big feelings** are feelings that go on for a very long time and stop us doing what we want in life.



They can affect our **mental health**.

# Who can help us?

**teacher**

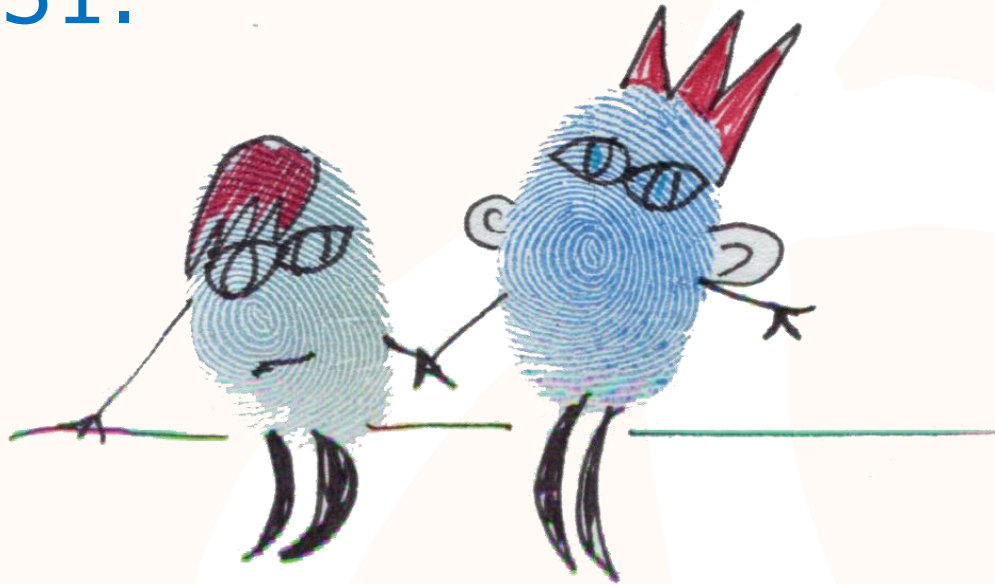


**parents**

**friend**

# 2 TALKING

Continue watching the video up to 3:31.



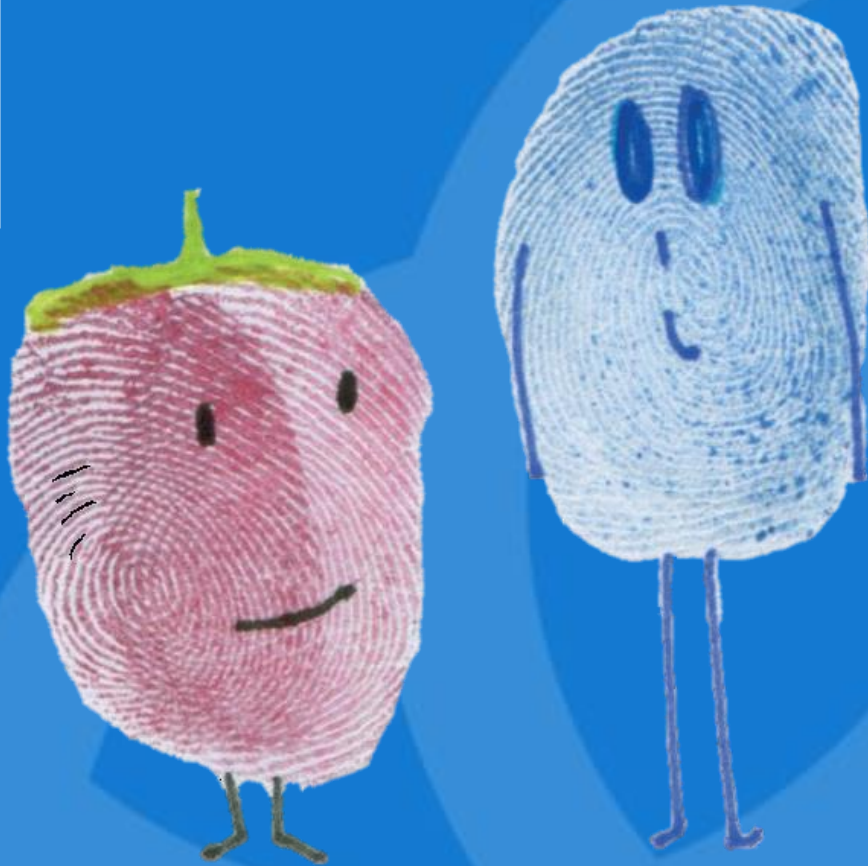
# How do you share your feelings?

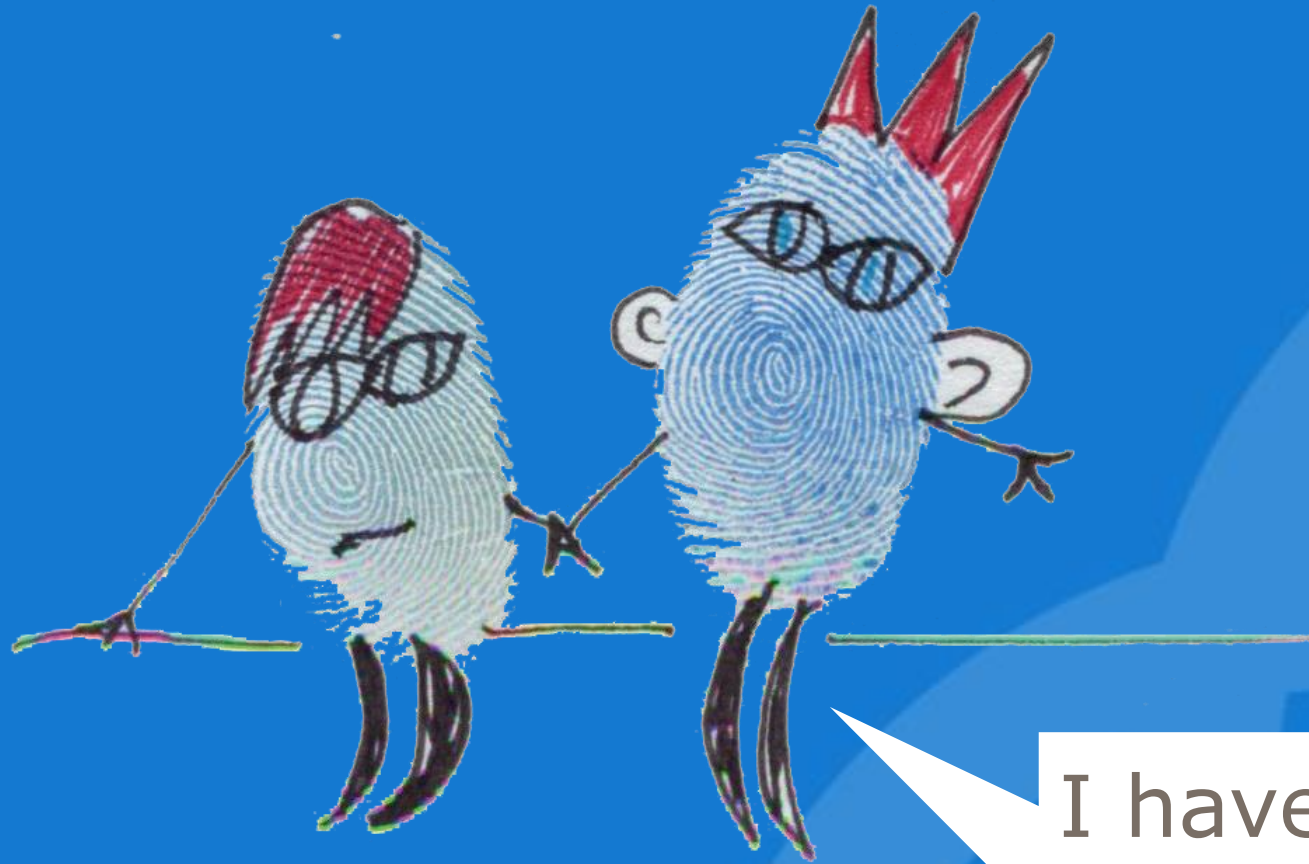
9



I've got  
something  
to say

Do you have  
time to  
speak about  
something?





I have something important I would like to talk to you about...



**What was happening to Jay when her big feelings got too much for her to cope with on her own?**

**What could Jay do?**

## **TASK 2: Complete Circle of Support Worksheet.**

- 1. Identify who the trusted people are in your life who you can talk to when you are feeling worried. Write or draw them on the worksheet. On the sheet, place the people who you would speak to first, closest to you.**
- 2. This activity will be kept private. This is to help you and you will not be expected to share what you have written.**
- 3. In our live lesson later, we will try some role play to practice how to ask for help with managing your feelings.**

### 3. LISTENING

Watch the rest of the video.



**Jay needed someone to listen to her.**

**How can we be good listeners when people want to tell us about how they are feeling?**





sit side by  
side

make them feel  
comfortable

always listen  
carefully

help them  
find an adult  
if necessary





## **TASK 3: Complete the Good Listener worksheet.**

**Use what you have learnt from the animation and the images in this presentation in order to draw or write down the rules of being a good listener.**

**Be ready to share this in our live session later.**

**Remember** if your feelings are getting too big to cope with on your own and you feel you want to change things...

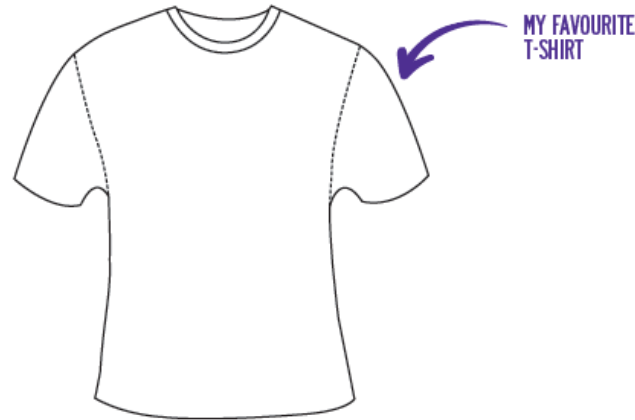


**...talking to someone you trust might really help.**

Also for our live session, remember it is Inside Out Day so ...

### OTHER OPTIONS.

1. Wear your favourite t-shirt on Inside out day.



2. **Decorate** a t-shirt with the words **BE KIND**. (Some people might need help with ideas about how to decorate their t-shirt whereas other people will be able to think of their own.)



On Wednesday  
3rd February 2021

**Wear an item  
of clothing  
inside out!**

Be kind always... you never  
know how someone is  
feeling inside.