

# 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.**