Primary school assembly slides

Now and Beyond >>> on Inside Out Day

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 <u>some</u> of the time, but when these feelings are there <u>all</u> 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

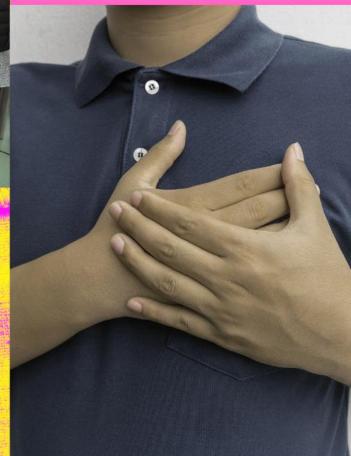
wear an item of clothing inside out

makes us all stop and think





you never know how someone is feeling inside



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



Ask for help and talk about your feelings



Final Reminders

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.