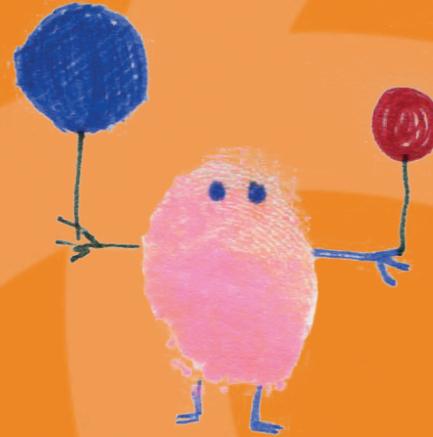


We all have **mental health**.



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

# Feelings

How many different words can you think of that describe your feelings?

Have a  
go!

Tell your partner as many feeling words as you  
can think of.

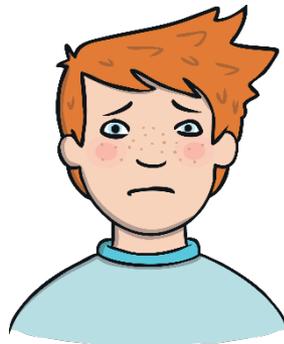
Look at these feelings words:



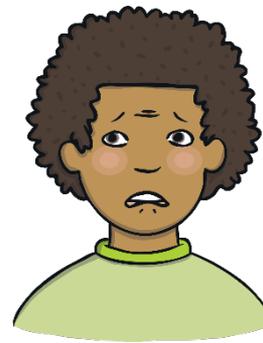
happy



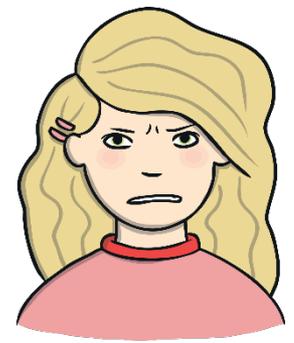
sad



lonely



scared



cross

# Feeling Good and Bad

Some feelings make us feel good. Some feelings make us feel bad. Can you sort these feelings into the right place?

happy

sad

excited

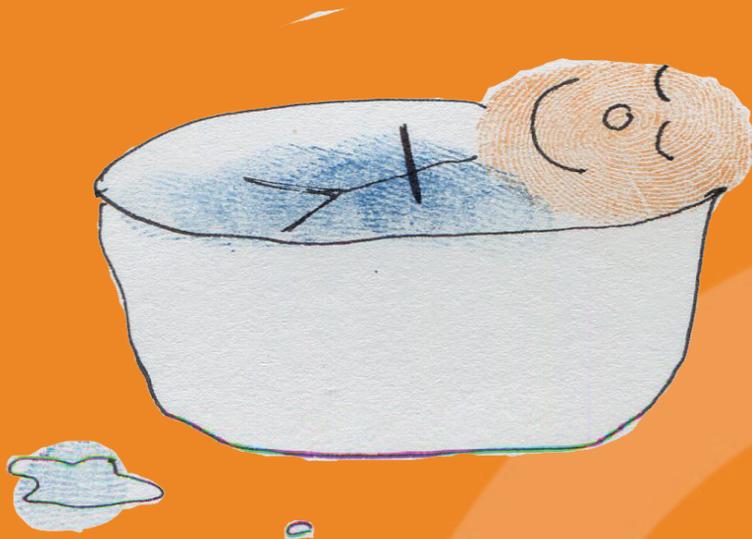
lonely

scared

cross

Feeling Good	Feeling Bad

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



How do we  
look after our  
bodies?

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

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

worried



nervous

happy

sad

Can you name anymore?

# How are you feeling today?

**It is important to listen to your feelings.**

**Take a minute to close your eyes and listen to what your body and mind is telling you.**

**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 with these big feelings?



# Who can I talk to?

Parents



Brothers/ sisters/ friends



Carers



Remember to  
always tell  
someone if you  
have feelings that  
make you feel  
bad.



Teachers

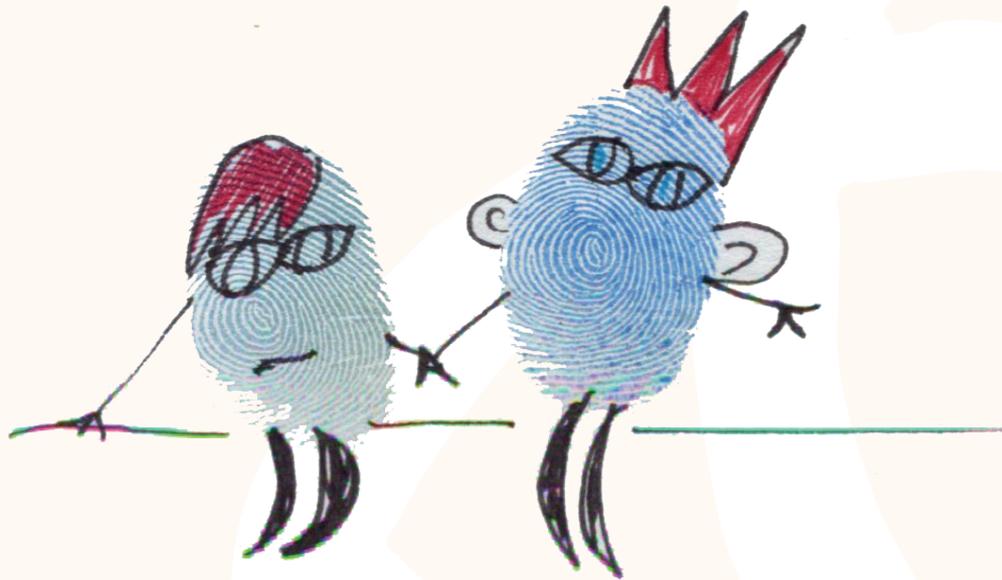


Grandparents



Doctors

# 2 TALKING



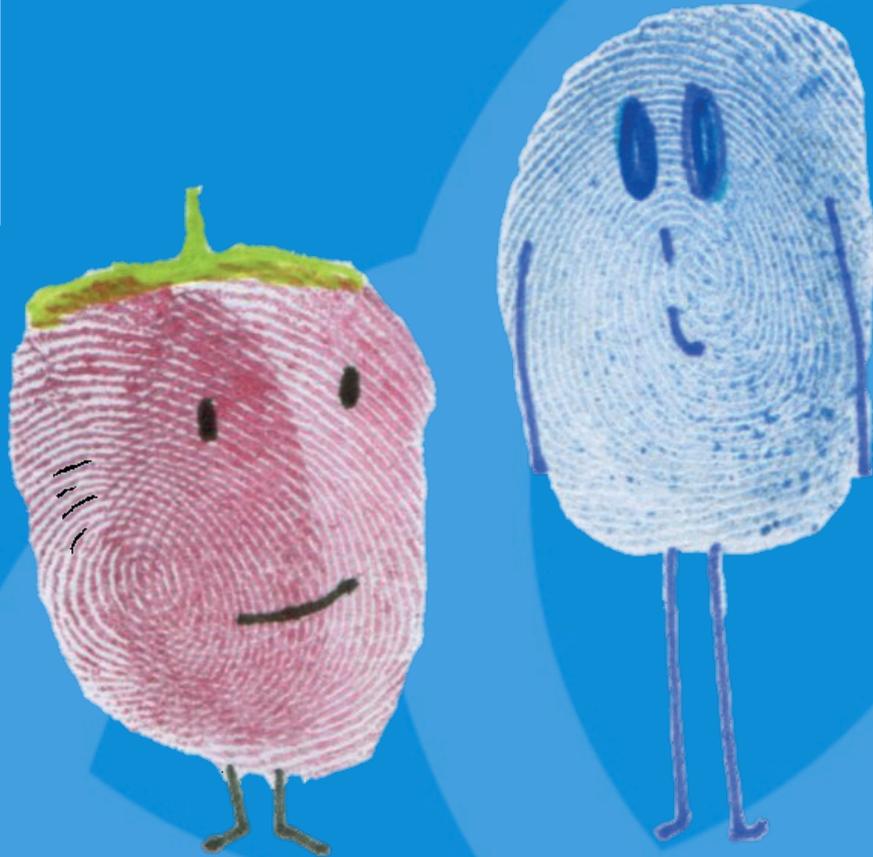
# How do you share your feelings?

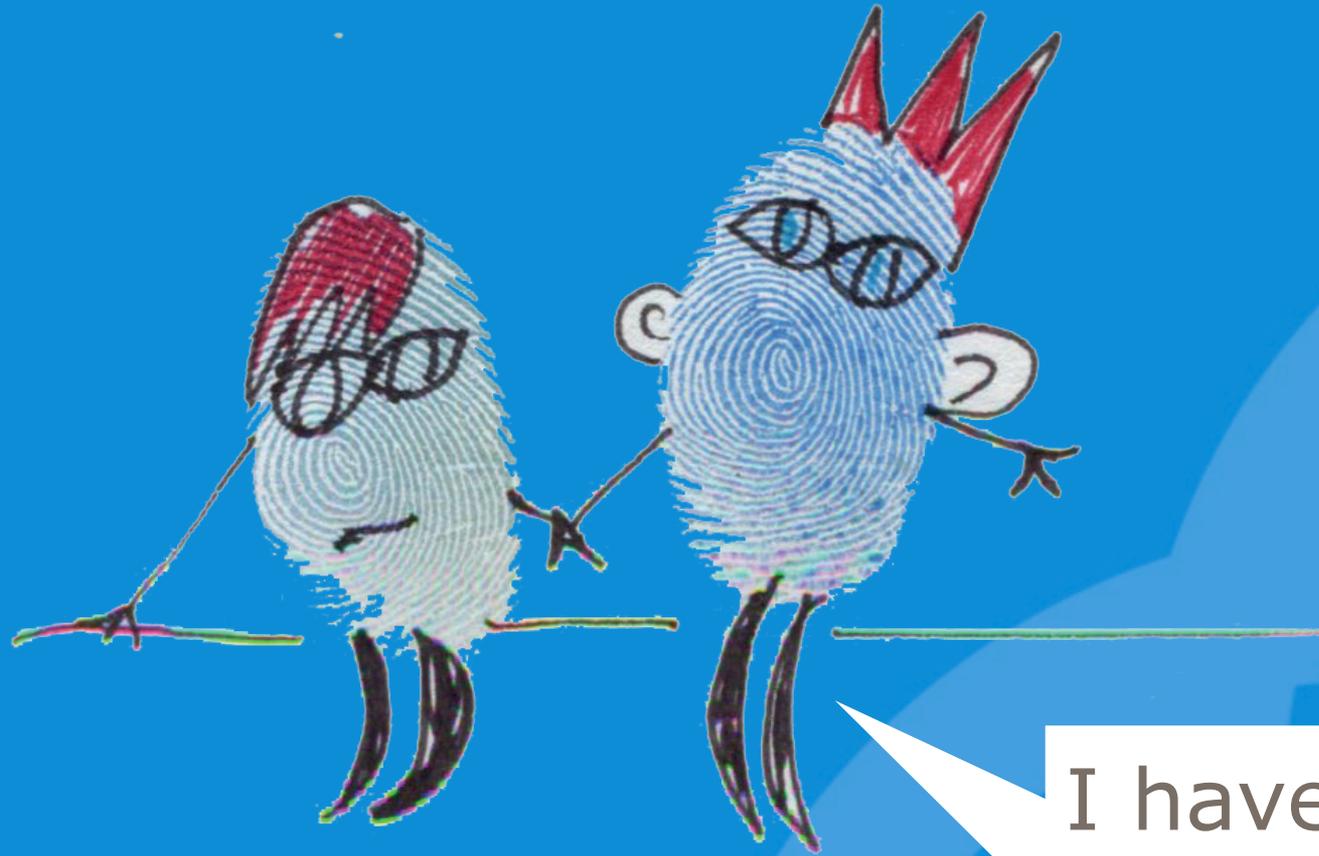
9



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...

# 3. LISTENING





sit side by  
side

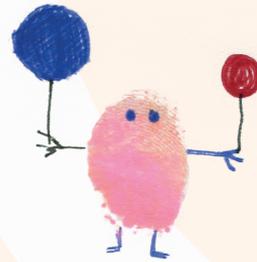
make them feel  
comfortable

always listen  
carefully

help them  
find an adult  
if necessary



**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.**

Read a book



Listen to music



Play a game



Play with toys



Paint a picture



Do something that makes you feel happy.

## Meaningful Message

1. Recognise your own feelings

2. Talk to others

3. Do something that makes you feel happy

