Mental Health and Wellbeing

Across the school, children will be learning about what mental health is (at an age appropriate level) and the ways in which they can look after their mental health. We will talk about different emotions and ensure that children know that it is OK to feel all different emotions.

We will learn about:

Across the school, pupils will learn:

- Different emotions, how to recognise them and how to cope with them.
- What makes us feel happy and relaxed
- How to cope with bereavement, change and loss
- Self –esteem and how to build it
- Worries and anxiety
- Growth mindset and resilience
- Warning signs or mental health conditions
- Stigma and discrimination of people with mental health conditioNS

MINDFULNESS

We will be spending some time practising calming, mindful techniques.
Mindfulness can help all of us by:

- Helping us to focus on the present moment
- Teaching us to stay calm
- Promoting patience
- Improving attentiveness and impulse control

Try this!

Spend a few minutes writing, drawing or thinking about things you are grateful for.

Useful Websites

www.nspcc.org.uk
www.youngminds.org.uk
www.mind.org.uk
www.childline.org.uk
www.place2be.org.uk
You can access Cosmic kids yoga/ mindfulness and GoNoodle mindfulness videos on YouTube

AT HOME...

Talk about feelings – even if you're having a bad day. It is important that children know that everyone feels sad/ angry/worried sometimes. Explain what helps you feel better when you are sad.