

Y5-6 home learning:

Mental health: keeping well and managing feelings

Mental health and keeping well: What's our starting point?

Imagine someone, about your age (or a bit older than you) who lives near you and goes to a school like yours.



Draw and write about the things they can do to help look after their mental health.



What is mental health?



Read the statements about mental health.
Which do you feel best explains mental health?
Have you got a different idea?

Click on the box to reveal a possible answer

Mental health means being happy all the time.

Mental health is about feelings and emotions; knowing how to take care of ourselves so that we can cope with things that happen to us.

Mental health means there is something wrong with a person and they might behave in a strange way.

Mental health means that you often feel worried, anxious or depressed.

Mental health is a bit like a continuum – people can move along it and feel better or worse at different times, just like with physical health.

Mental health definitions

There are different definitions of mental health but most agree that it is about our thoughts and feelings, and how we behave.

The World Health Organisation describes mental health as:

'A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.'

NHS England describes mental health as:

'How we think, feel and behave'.

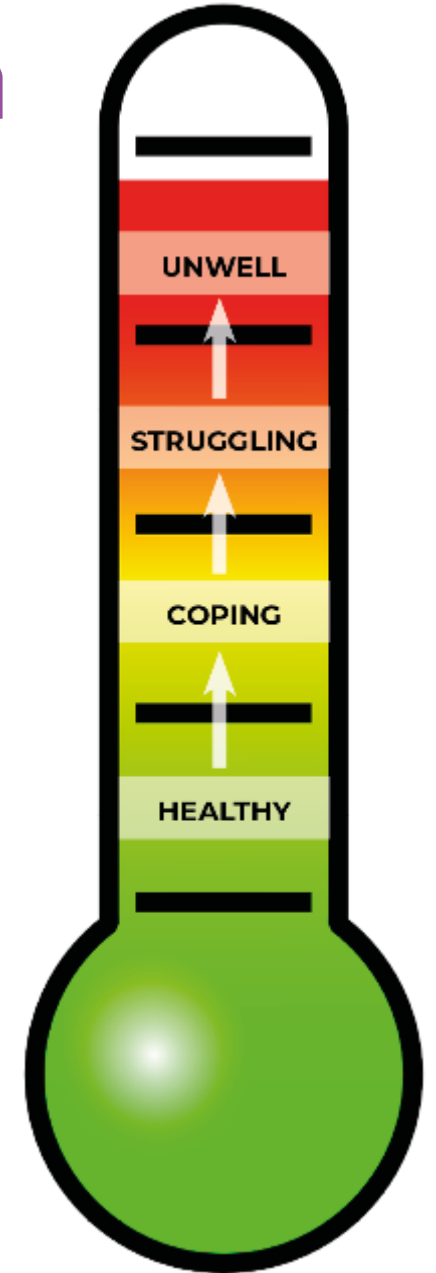
Thinking about mental health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can do to help us stay healthy.

There are things that can be put in place if someone is not feeling so good, is struggling or unwell.



Activities for health



Read the **Activities for health** cards in your worksheet pack
(**Resource 1**)

Organise the activities into 3 lists:

1. Things that support mental health
2. Things that support physical health
3. Things that support both mental and physical health

Activities for health – some answers

Your list might look similar to this...

mental health	physical health	mental and physical health
<ul style="list-style-type: none">• Chatting to friends• Stroking a pet• Drawing, painting, music• Watching a funny film• Learning something new• Expressing your feelings• Offering to do a chore• Reading a good story• Playing games• Thinking of happy times		<ul style="list-style-type: none">• Balanced diet• Drinking water• Keeping your body clean• Rest, relax, quiet time• Getting enough sleep• Going for a walk• Taking medicine• Talking to a trusted adult

What did we find out?



Answer the next two questions:

1. What do you notice about the lists?

Click here to reveal some things to think about

2. Were there any things that did not help mental or physical health very much or at all?

Click here to reveal some things to think about