

# **Y5-6 home learning:**

## **Mental health: keeping well and managing feelings**

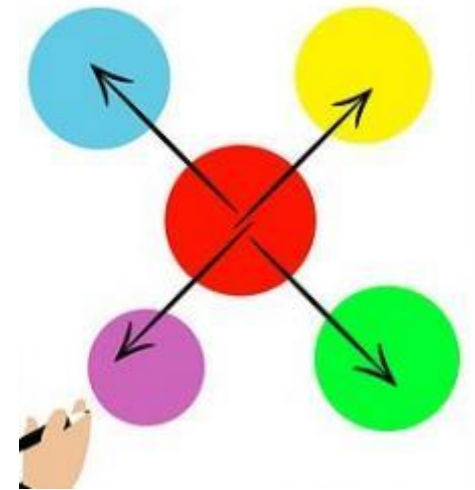
# Activities for health – some ideas

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

# Looking after ourselves



- Looking at the previous slide, organise the activities into four groups.
  - You could colour-code them, write them in lists or make a mind-map.
- A. Things someone could do everyday
- B. Things someone might only do sometimes.
- C. Things someone might do if there is a problem.
- D. Things someone should do only rarely or not at all



# Reflection time



Look at the **Helpful for mental health list (Resource 2)**. Is there anything included that you could do to help take care of your mental health everyday? What would you choose to do?

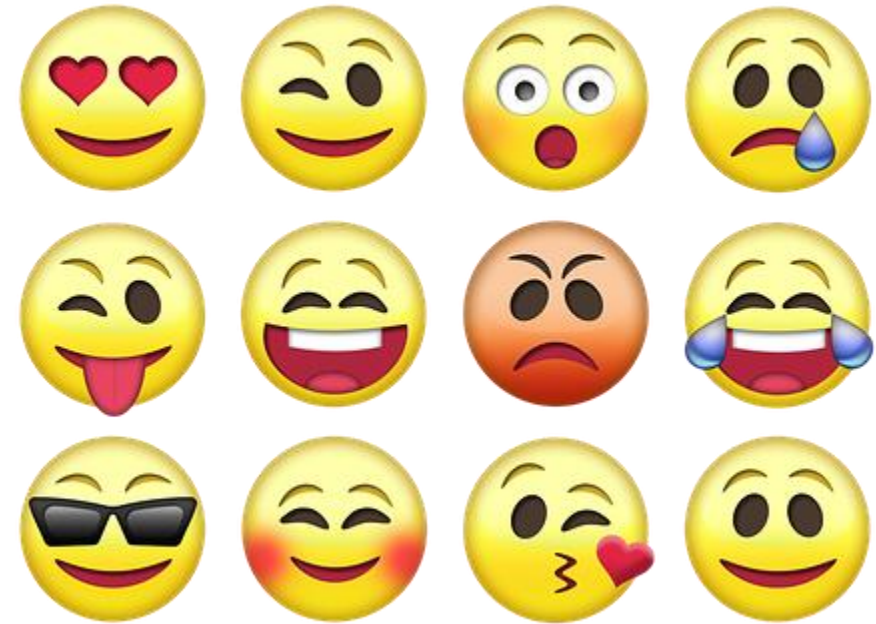


# Changing feelings

Emotions and feelings change throughout the day and over time. Taking care of our mental health helps us to manage.

Feelings can grow or get stronger with time.

Some feelings seem to fade or pass over time.

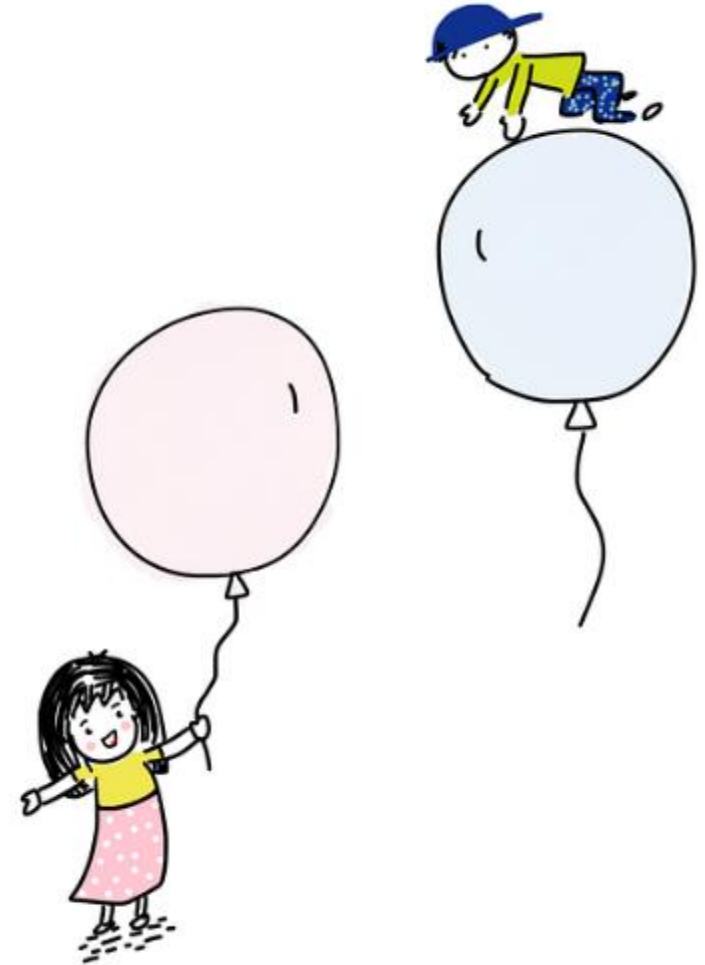


Usually feelings that don't feel so good, don't last long.

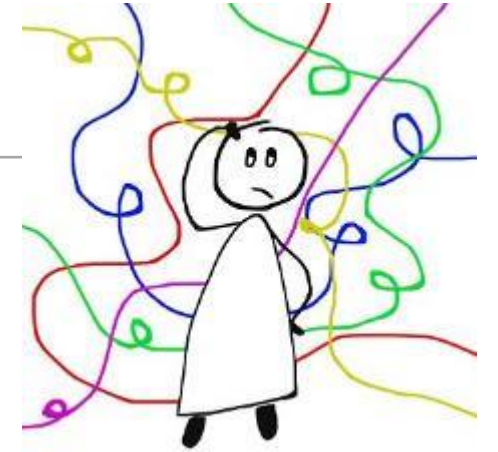
# Mental health – asking for help

Expressing and talking about feelings – especially those that don't feel so good, seem very strong, or go on for a long time – is an important part of mental health care. It is usual for people to need help with their feelings sometimes.

**Read Sasha's story on the next slide.  
What could help Sasha?**



# Sasha's story



Dear Diary,

I am so confused... my emotions feel all mixed up!

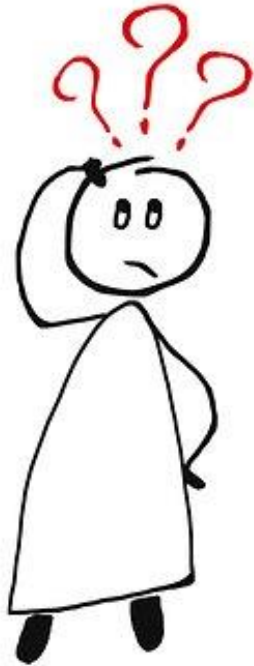
One moment I feel happy and the next I feel worried and scared about everything.

I can feel my body tense, my teeth chatter and I notice my fists clench. I feel shaky.

I am concerned. It's been happening for a while now. It's a really strange feeling. I am sure no-one feels like me. I don't think I can explain it to anyone.

What can I do? Will anything help?

# Who can help Sasha?



Friend

Teacher

Parent

Childline website [www.childline.org.uk](http://www.childline.org.uk)

No-one

Childline text / phone line 0800 1111

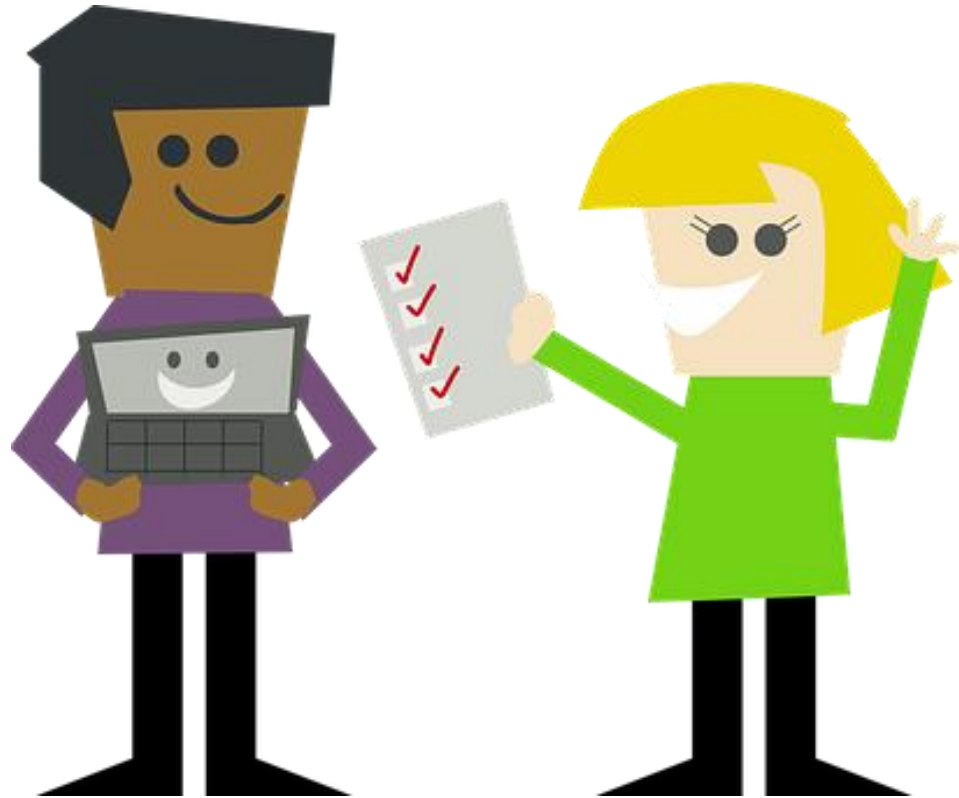
Someone else

If your emotions feel all mixed up or you often have feelings that make you feel bad, talk to a trusted adult – they can help you find the right support.





# More activities



## Top tips checklist

Create a top tips checklist to help people take care of their mental health.

Who might be a good audience to write for?  
(other pupils in school, parents/grandparents or teachers?)