

Positive Mental Health



Aim

- I can explain what mental health is and talk about ways people can help their mind be healthy.

Success Criteria

- I can think of ways to stay healthy.
- I can suggest positive actions which could help with an uncomfortable thought or feeling.
- I can think about ways I can help others to feel good about themselves.



The Big Questions

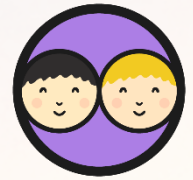
An illustration of two children, a girl on the left and a boy on the right, standing in a field with mountains in the background. The girl is wearing a green t-shirt and has her hand to her chin in a thinking pose. The boy is wearing a yellow polo shirt. Above them are two large blue thought bubbles. The background features rolling green hills and a sky with soft clouds, transitioning from blue to orange and red on the right side, suggesting a sunset or sunrise.

What is mental health?

**What can people do
to help their mind
be healthy?**



Reconnecting



Being Healthy

How can people be healthy?



With a partner think of different things people can do to be healthy.
Write your ideas on your sticky note.

Display your
sticky note at the
front of the class
once you have
finished.

Let's look at all
of our ideas!

What a lot of
wonderful ways
of being healthy.

Exploring

Mental Health

Mental health is all about the thoughts people are having, how they are feeling because of these thoughts and how these thoughts and feelings are affecting their actions and behaviour.

Sometimes people have happy, comfortable thoughts and feelings. Sometimes, people have thoughts and feelings that don't feel so good and might feel upsetting or uncomfortable.



Mental Health

People might be feeling excited, happy, content, safe or loved. They might be proud of themselves for something they have done. These are comfortable thoughts and feelings.



People might be feeling worried, afraid, stressed, sad or lonely. They might find it difficult to think positively about themselves. These are uncomfortable thoughts and feelings.



Everyone's experience of mental health is different as no two people are the same.

Mental Health

Everyone can have uncomfortable thoughts and feelings;
this is nothing to be worried or embarrassed about.

When people experience these uncomfortable thoughts and feelings,
there are lots of things they can do that could help them to feel better.



Helping Our Minds Be Healthy



There may be times when these actions don't help people manage their uncomfortable thoughts and feelings, and they might feel like they are struggling with their mental health.

It is important to know that if this happens it is ok and there are others who can help them, like doctors and counsellors.

If you ever feel like you can't cope with uncomfortable thoughts or feelings, or you are worried about a friend, be sure to tell a grown-up that you trust.

Consolidating

Reflecting



Reflecting

Helping Hearts



In a moment of quiet, read and think about this statement:

By helping someone feel good about themselves, you help them feel happier, and you may even help yourself feel happier too.



What does this statement make you think or feel?



Helping Hearts

Helping others may be as simple as saying something kind to another person, whether they are a close friend or someone you have just met.

You could try giving compliments to the people that you care about to let them know how special they are to you.

By helping others to feel good about themselves and showing how much we care, we can help them feel happy and cared for.

Doing something positive and kind for somebody else, however small, can make a big difference.



Helping Hearts



Sit in a circle.

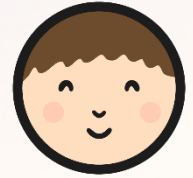
What can we do to try to help others feel good about themselves?

If you feel comfortable, share your ideas. Or, why not share a positive thought from the lesson.

Take a moment to think about this question.



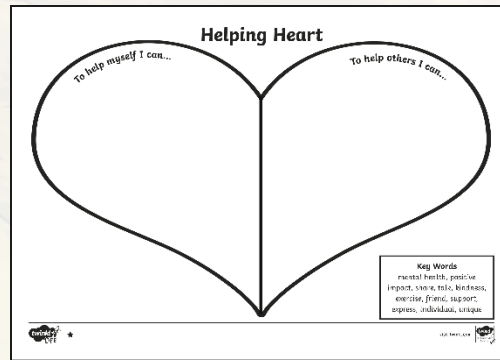
Helping Hearts



What can you do to help yourself think positively and feel good?

What can you do to help someone else think positively and feel good?

Write and draw your ideas on the [Helping Heart Activity Sheet](#).



Key Words

mental health
positive impact
share
talk

kindness
exercise
friend
support

express
individual
unique

Helping Hearts

Doing our best to help others feel positive and good about themselves is important.

Looking after our own mental health is important, too.

Remember that you can talk to someone you trust whenever you need to.





The Big Questions



What is mental health?

What is the most important thing you have learnt today? How might it help you?

What can people do to help their mind be healthy?



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