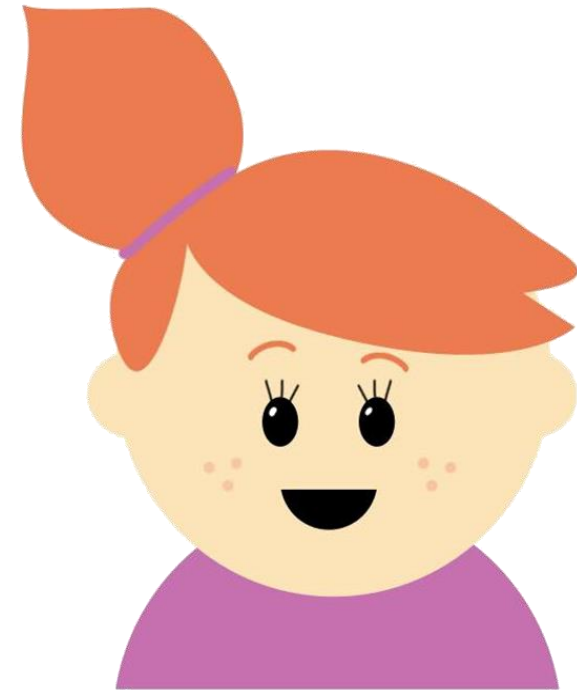


# Wonder of Well-being

## LKS2 – My Mental Health

Let's learn  
about mental  
health!



# Let's understand

Mental health is the way you think or feel about yourself and the world around you.



It's related to how you cope with life's challenges and stresses.

# Let's ponder

Discuss Millie's question with your partner.

How do you  
know if you have  
good mental  
health?



# Let's ponder

You have **good mental health** if you...

feel happy and  
positive about  
yourself.

enjoy life.

learn well.

have healthy  
relationships  
with family and  
friends.

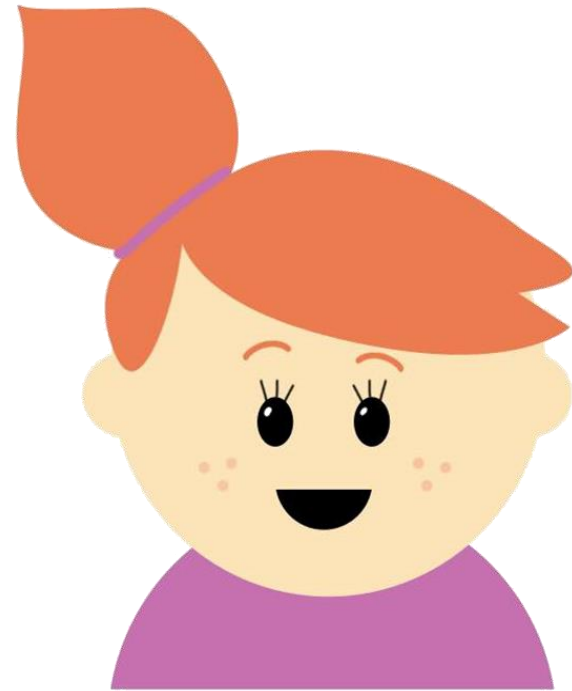
can manage  
sad, worrying or  
angry feelings.

can bounce  
back from  
tough times.

# Let's connect

Complete Millie's challenge with your partner.

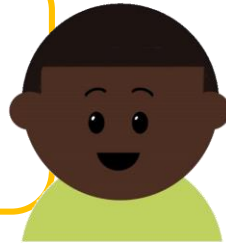
How many  
different  
emotions can  
you list?



# Let's connect

Here are some emotions you may have thought of...

happy



sad



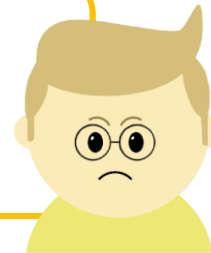
surprised



embarrassed



angry



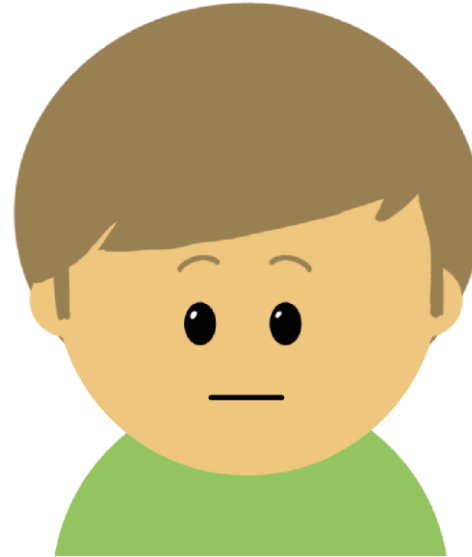
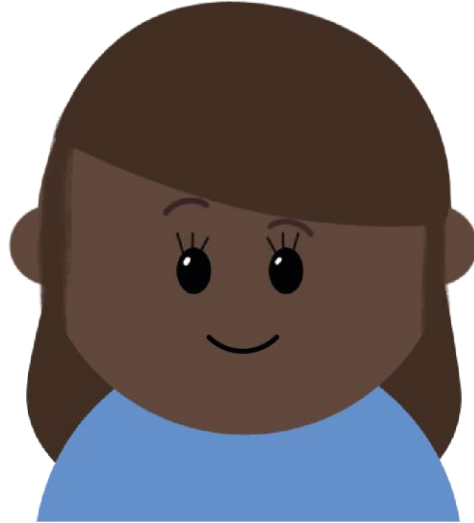
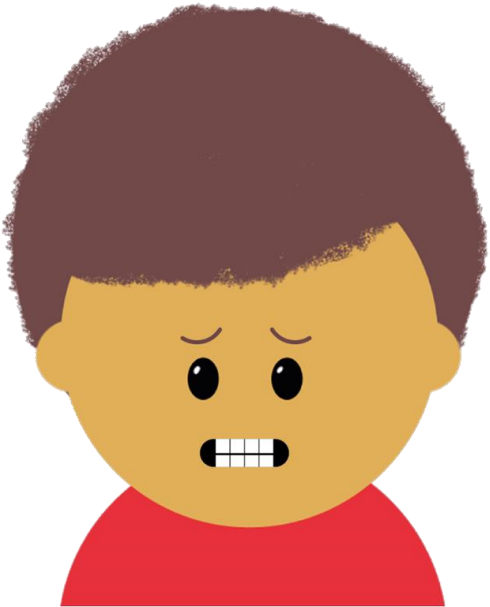
worried



Did you think of any others we could add to a class list?

# Let's connect

Look carefully at these faces...



What emotions do you think they are expressing?

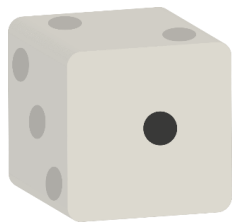
# Let's reflect

Did you know that you learn about feelings and how to express them by watching others?

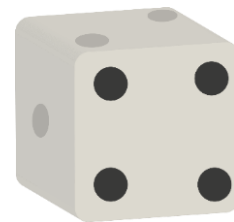


Pick a question from the next slide to discuss with someone at home or school...

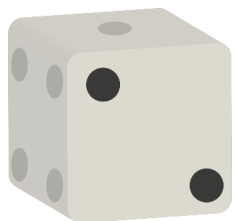
# Let's reflect



How can you tell if someone in your house is unhappy?



Do you have close friends who feel like your family?



What makes you proud of your family?



How does your family show they care about each other?



Who is in your family?

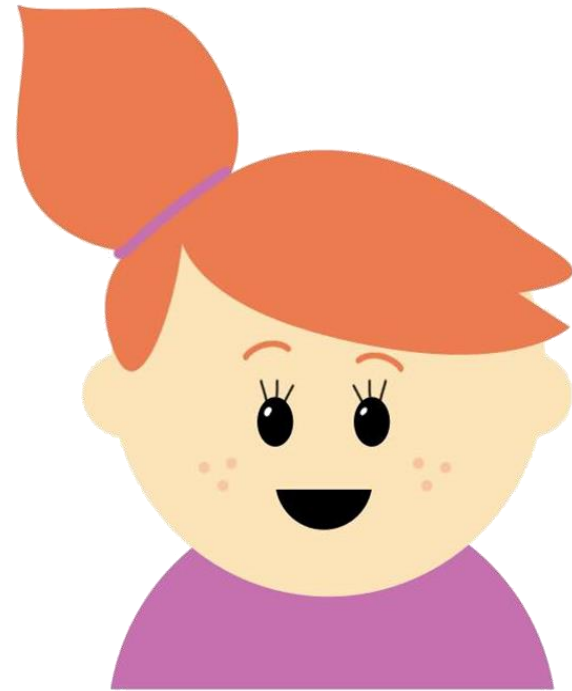


How can you tell if someone in your house is happy?

# Let's imagine

You may have already heard the word 'mindfulness'.

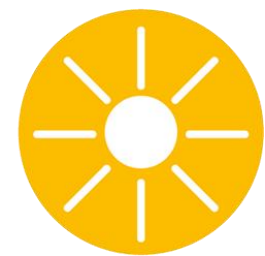
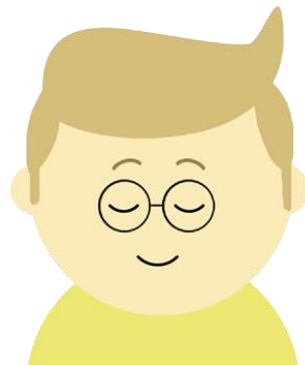
What do you  
think it means?



# Let's imagine

Mindfulness means paying full attention to something and not thinking about anything else in that moment.

It means slowing down and really taking notice of what you are doing, even if it means just focusing on your breath.



# Let's imagine

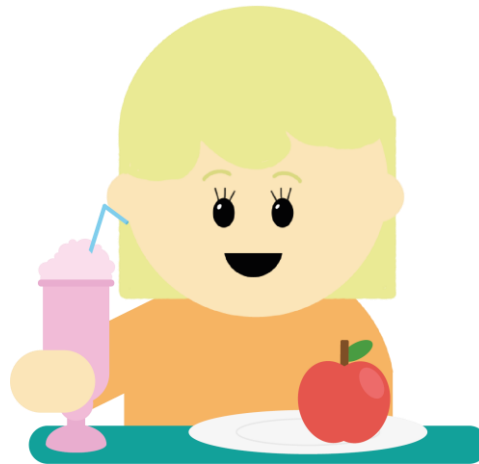
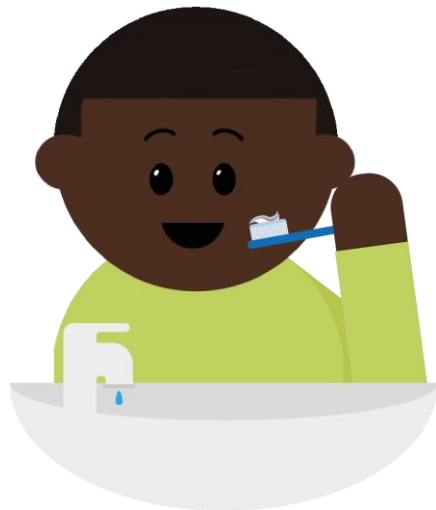
Being mindful is the opposite of multi-tasking.



# Let's imagine

Mindfulness doesn't need to be time consuming.

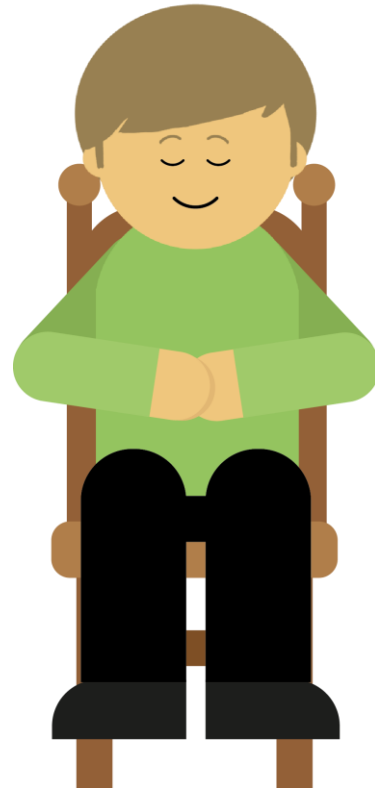
You can invite it into your daily routine...



# Let's imagine



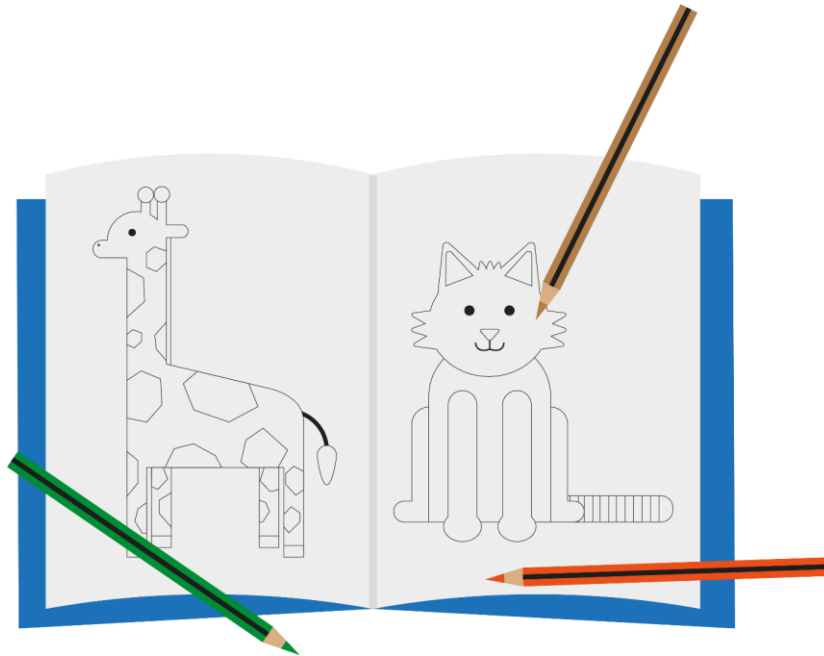
Let's try some mindfulness breathing by listening to sitting still like a frog. Link in our document.



# Let's innovate

Mindfulness colouring relieves stress.

It relaxes you by allowing you to focus on the colouring rather than things that make you feel worried and stressed.



# Let's learn

Now watch 'The Brain House' where Dr Hazel talk to us about our emotions. Link in our document.



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