



St Barnabas

Monday 3rd October 2021

Church of England Primary Academy

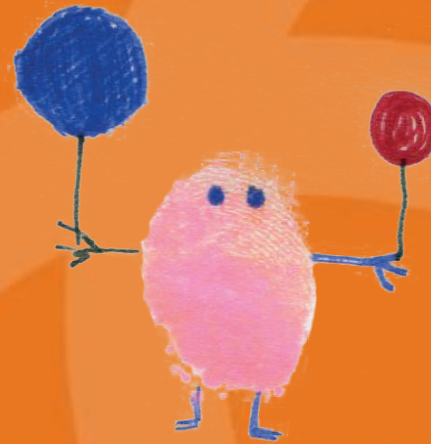
A member of **CDARI**

TALKING
MENTAL
HEALTH



Anna Freud
National Centre for
Children and Families

We all have **mental health**.



Mental health is about our **feelings**,
our **thinking**, our **emotions** and our
moods.

Everybody knows how to look after
physical health...



**...looking after our mental health is
just as important.**

1. MENTAL HEALTH



We all have feelings that come and go everyday. These are **small feelings**.

grumpy



nervous

happy

sad

Big feelings are feelings that go on for a very long time and stop us doing what we want in life.



They can affect our **mental health**.

Who can help us?

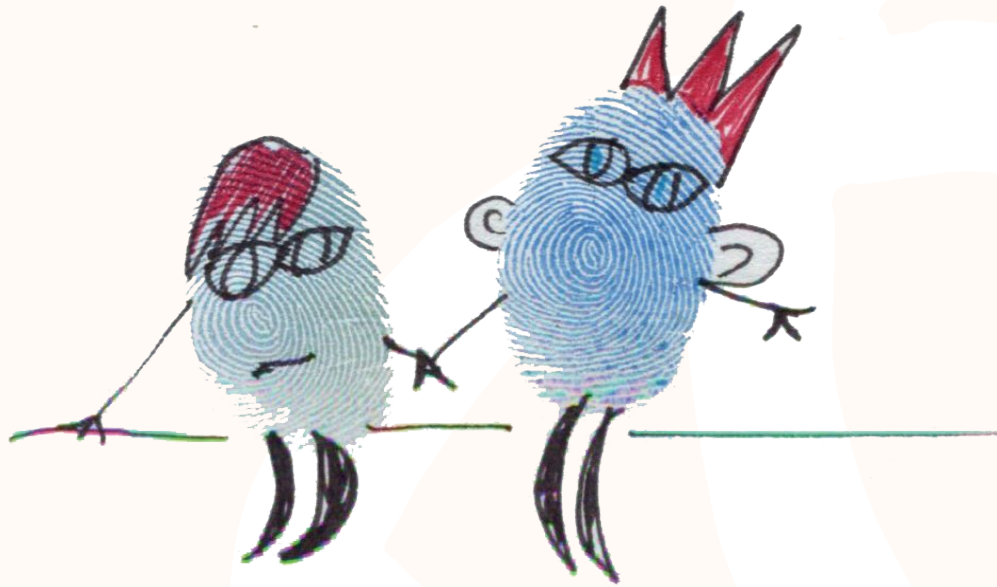
teacher



parents

friend

2 TALKING



How do you share your feelings?

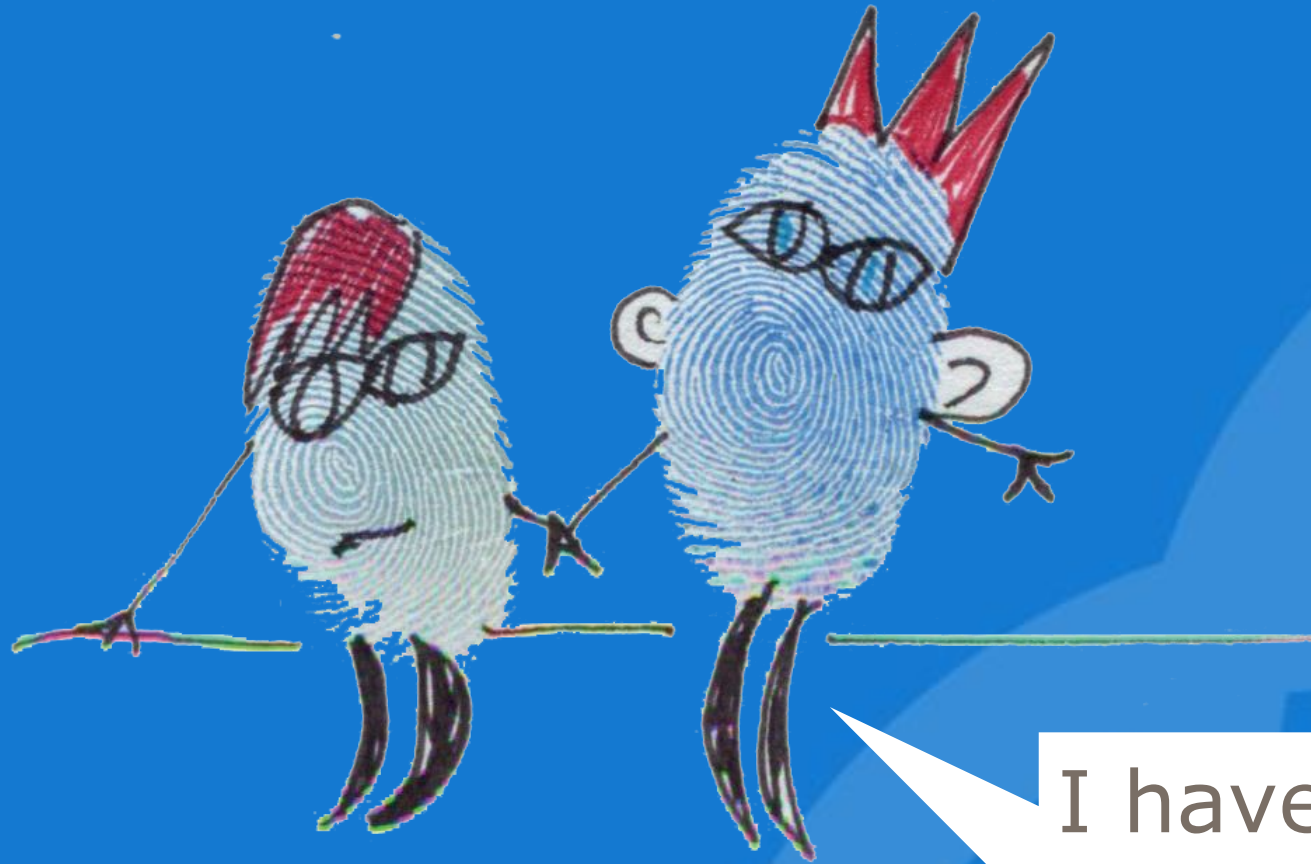
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I've got
something
to say

Do you have
time to
speak about
something?





I have something important I would like to talk to you about...

3. LISTENING





sit side by
side

make them feel
comfortable

always listen
carefully

help them
find an adult
if necessary



Remember if your feelings are getting too big to cope with on your own and you feel you want to change things...



...talking to someone you trust might really help.

Reflection

How can we show our Christian value of friendship to others who might have big feelings that are affecting their mental health? Can we be there for them and listen to them?

Can we show our Christian Value of courage by talking to others if we have big feelings?

How can we keep ourselves happy and healthy?

Can we show kindness to help each other be happy and healthy? Helping others or offering kind words might just support someone else and improve their mental health.

IT'S OKAY TO NOT BE OKAY



WORLD
MENTAL
HEALTH
DAY





Build Up

Every word you say

Every game you play

Every silly face

Every single place

You can build up, 1,2,3,4,5... or you
can tear down



***Build up one
another
Build up your
sisters and
brothers
Build up one
another
Build up***



Every joke you tell
Every name you spell
Everywhere you go
Everyone you know
You can build up,
1,2,3,4,5... or you can
tear down



***Build up one another
Build up your sisters
and brothers
Build up one another
Build up***



Can you build up
(We can build up!!)

Can you build up
(Yes we can!!)



Every song you sing
Every bell you ring
Everything you spend
Every special friend
You can build up,
1,2,3,4,5... or you
can tear down



***Build up one another
Build up your sisters
and brothers
Build up one another
Build up***