Looking after our Mental Health at Walter Infant School and Nursery







What is physical health?

Physical health is about looking after our bodies to help us grow and stay healthy.

How can we look after our physical health?



Why do we look after our physical health?

- Keeps us healthy
- Helps to keep us free from illness
- Keeps us strong
- Keeps us fit
- Keeps us happy



Looking after our mental health

A healthy mind is as important as a healthy body!





What do we mean by mental health?

Mental health means keeping our minds healthy.

Having good mental health helps us feel good about ourselves and cope with life's ups and downs.



How can we look after our mental health?



- Eating well
- Sleeping well
- Drinking plenty of water
- Talking to people we trust about how we feel
- Doing activities we enjoy
- Having good friends
- Working towards our goals



Problems with our mental health

Just like our bodies can get ill, so can our minds.

We can have problems with our mental health - just like our physical health.

That's ok





https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/talking-mental-health-animation-teacher-toolkit/#Accept

We can help each other to look after our mental health by...

Talking

Listening

Telling





Talking



- About how we are feeling
- Being honest about our feelings
- Asking our friends if we think something is wrong
- Asking a trusted adult to help us
- Use kind words to others
- Telling somebody that you care



Listening

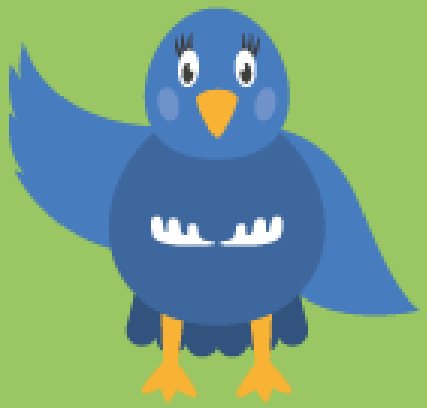
- Being supportive friends to each other
- Taking time to listen to each other
- Being kind to each other and ourselves
- Listening when somebody needs to talk





Telling

- Telling a teacher or adult you trust if you are worried about something
- Tell someone even if you are not sure
- If something feels difficult to tell, it might be even more important to tell.





So remember:

- We all have physical and mental health.
- There are ways we can look after our minds and bodies.
- Talking, listening and telling can help
- Being kind to each other is important.

