

Mental Health

Write down
your feelings
then throw
it in the
bin.

Don't
focus on
the bad

Use a
Stress ball



Happy



Sad

Do something you
love



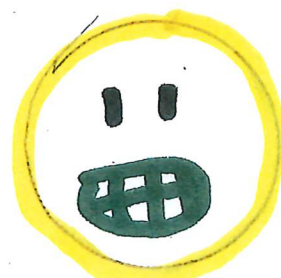
Scared



Worried



embarrassed



Stressed



tired



excited



Angry

Count

Go run
outside

Talk to:

1. Parents
2. Teachers
3. Siblings
4. Friends
5. ANYONE YOU TRUST

Take a nap

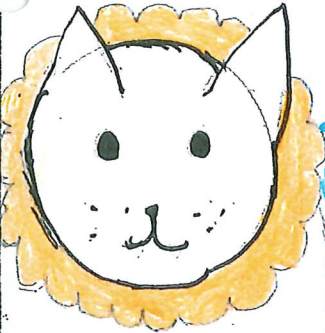
Think
about
the good things

Mental health!!

Be Brave



When I'm scared at night, I enter my dream world and think of things I have or love! ♥



When I'm scared to say something to the class, I take a deep breathe and focus to myself. ♥

Believe in yourself!

Right up the stairs!

Alright to be scared!

Violence will be gone!

Everyday... Believe!!

Find your

BRAVE!

B

Believe in yourself!

R

Recognise how Amazing
you are!

A

Achieve all your
Goals!

V

Now to do your Best

E

Expt all the opportunities
around!

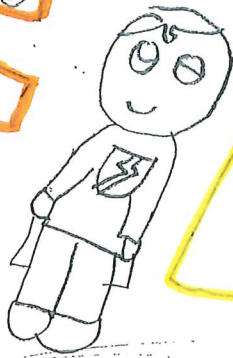
Find your Brave



don't
think you
are useless
because you
can do
anything!

BE BRAVE

out side



In Side



Stella



Stella

TELL SOME- ONE

If Your Feelings are getting to big to cope on Your own Like Stella in the picture. tell someone or find Strategies Online to help You. You could write things down or Make worrie dolls but if You KEEP it all in it is bad for Your Mental heath and

FIYODRAVE



MENTAL

Let it out!

HEALTH!

?? What is mental health?

Mental health is the emotion that people feel. If you feel that your emotions are getting out of your control, it helps to talk to someone you trust.

???

What do you do if your feelings get out of control?

???

If your emotions are out of control

you could go and talk to someone so

If you are Stressed

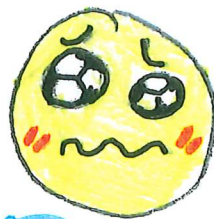


What to do?

If stress starts to invade you, you could do things to calm you down. You could have stress toys, which help you calm down, and you can listen to music.

???

they can help you.



Stress



???



SAD

ANGRY



HAPPY

MENTAL HEALTH

Do you feel

Sad



Annoyed

Worried



Cross

Angry

Frustrated

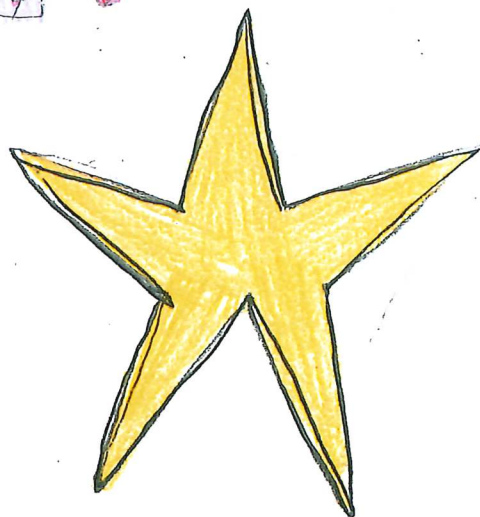
Try to write down
your worries so
that you stop
think about it

Remember that
you can't always
see what someone
is feeling on
the outside.



BE
BRAVE!

Be brave

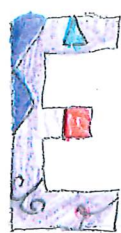


Recognise your fears and face them

Angry, when you're angry calm
down by counting



Validity doesn't define your worth



Encourage someone to
face their fears

