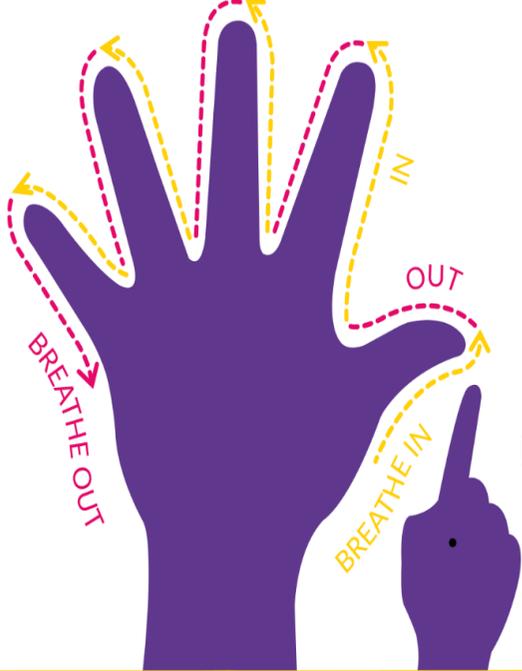






# Year 6



## Our top tips for better mental health:

- Sleep can really affect how you feel at school—make sure you get a good nights sleep!
- Find a quiet place when you're feeling overwhelmed—take some time to calm down before you talk to someone.
- Use a stress toy or fiddle toy if you need to as this might help you to calm down when you're angry.
- Try and rationalise how you're feeling—It might not be as bad as you think it is.
- Ask a friend or adult for advice as talking to someone always helps me!

## Happiness reminders:

**You're better than this!**

**Never compare yourself to others—you are amazing as you are!**

**You are an amazing person!**

**Smile more—the day will get better!**

## Mood battery



The mood battery helps you to understand things that happen in your day and how they affect your mood.

In green, these are positive things that may make you happy. In red, these are things that may make you stressed.

What events effect your mood battery?



Agony Aunt—What we have gone through might be the same as you!

“I sometimes feel judged by other people—I always remind myself about the good things I like about myself.”

“I had an issue a few years ago where I didn't feel confident – I thought of all the things that make me amazing like drama, playing with animals and sports. Remember the nice things in your life and try and cheer yourself up! If everyone liked the same thing, life would be boring!”

“Life is never as bad as you think it is. Remember the good things that have happened to you—not just the bad!”

“There is always someone that loves you in your life. Sometimes when I feel alone or like no one likes me, I think of one person that has shown me kindness and this always makes me feel better.”

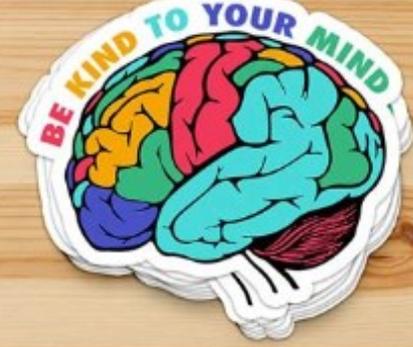
# Year 5

## I need help with my mental health:

- Tell your friends or an adult you trust how you're feeling.
- If you need time to think and calm down—finding a space like the book corner or quiet area in the class might help you.
- Let your emotions out—Don't keep things bottled up!
- Think about the reason you are feeling a certain way—What has made you angry or sad?

## Our top tips for better mental health:

- Talk about it—You will feel better when you let it out.
- You always have people around you that love you—even if you feel like you don't!
- Take some time to de-stress after school, like reading a book, watching a film or relaxing in the bath.
- Use strategies to help you when you feel angry or upset, like deep-breathing.
- Remember that it WILL get better.



## When emotions explode

### Very Angry

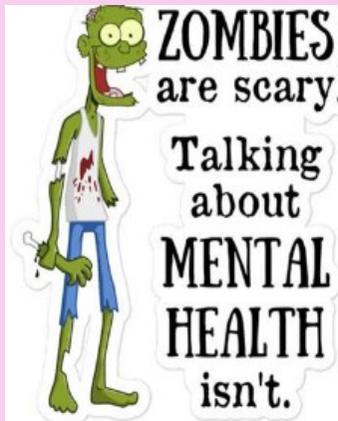
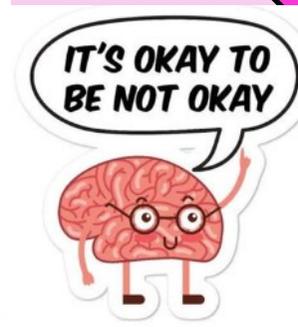
Stay calm.  
Stay safe.  
Walk away if possible and try to wait until you are both calm

### Frustrated, tense, but in control

Offer the young person a space to step out of the situation. Offer to lead them through some breathing exercises, or just give them some space.

### Calm

This is the time to ask questions, such as 'what happened there' or 'I noticed you were getting frustrated, what was going on'. Keep listening. You could ask 'how can I help you next time?'



## Happiness reminders

You are amazing, just keep trying!

Ignore the negative comments.

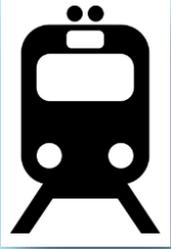
Be yourself and push to the limits.

Don't worry about things in the future—they are often easier than you think.

You are the best person you know—

You are amazing just the way you are.

"Happiness is not a station you arrive at,  
but a manner of traveling"



# Year 4



"Having good mental health is about feeling positive about ourselves and others and having the resilience to overcome challenges."

OUR TOP TIPS FOR BETTER MENTAL HEALTH:

1. Talk to teachers, a trusted adult or a friend—it's better than holding it in
2. Take some time out if you are feeling overwhelmed, the garden room or outside in nature is always good.
3. If you don't feel like talking yet (and that's ok) do something to take your mind off it like drawing or reading .
4. Help someone else—happiness is in helping others



"Sometimes everyone's head can feel like it's in a bit of a muddle—but that's ok"

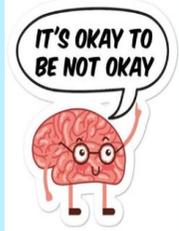
**Happiness reminders**

You are special—there is only one you. You **MATTER.**

You can and you will—keep going !

Remember it will **ALWAYS** get better!

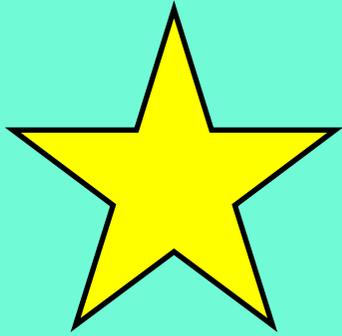
Don't worry about things in the future— they are often easier than you think.



ANGER SCALE HOW IT LOOKS & FEELS		
SCALE	I LOOK...	I FEEL...
5		I'm really mad! I scream, I hurt myself or others, I spit, I throw things.
4		I'm angry, I shout, I say things that aren't nice
3		Something bothers me, I frown, I don't want to smile.
2		I'm feeling ok, Not great but all is still good
1		I feel great! I smile, I laugh and I'm relaxed



Sad



# Year 3



1. Take 5 deep breaths
2. Sing a song in your head
3. Count how many things you see that are blue
4. Write about how you feel

You could try...

Writing down your worries on a white board or a piece of paper.  
Then rub them out or throw it away.  
Now they are no more!



### Happiness reminders

Often fear of doing it is more frightening than the actual doing.

You **HAVE** got this!

Without darkness there are no stars.

Smile at someone—make their day.

### OUR TOP TIPS FOR BETTER MENTAL HEALTH:

1. Talk to teachers, a trusted adult or a friend—its better than holding it in
2. Get out into nature—the Buddy Bench, by the pond or under a tree—nature is ALWAYS calming.
3. Take time out, grab a fiddle toy, draw, look at the sky BUT don't keep it all in !

Remember.....

**YOU MATTER—**

**It always gets better!**

IT'S **OK** TO FEEL:



EVERYBODY FEELS THAT WAY SOMETIMES. WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

**HUMAN.**

AND IT HELPS TO TALK ABOUT IT.





Keep learning things that interest you

Talk about your thoughts & feelings



# Year 2

## HOW TO FEEL HAPPIER:

1. Ask for help when you are struggling—it's ALWAYS there.
2. Find a good buddy to play with and talk to.
3. Go outside into a different environment, look at the sky or a tree.
4. Do something you LOVE doing when you get home—read a book, snuggle a pet—tell someone about your day.

## Happiness reminders

You are important.

You can decide how to feel.

You need rain to make a rainbow.

You can do it—just maybe not yet.

IT'S OKAY TO BE NOT OKAY



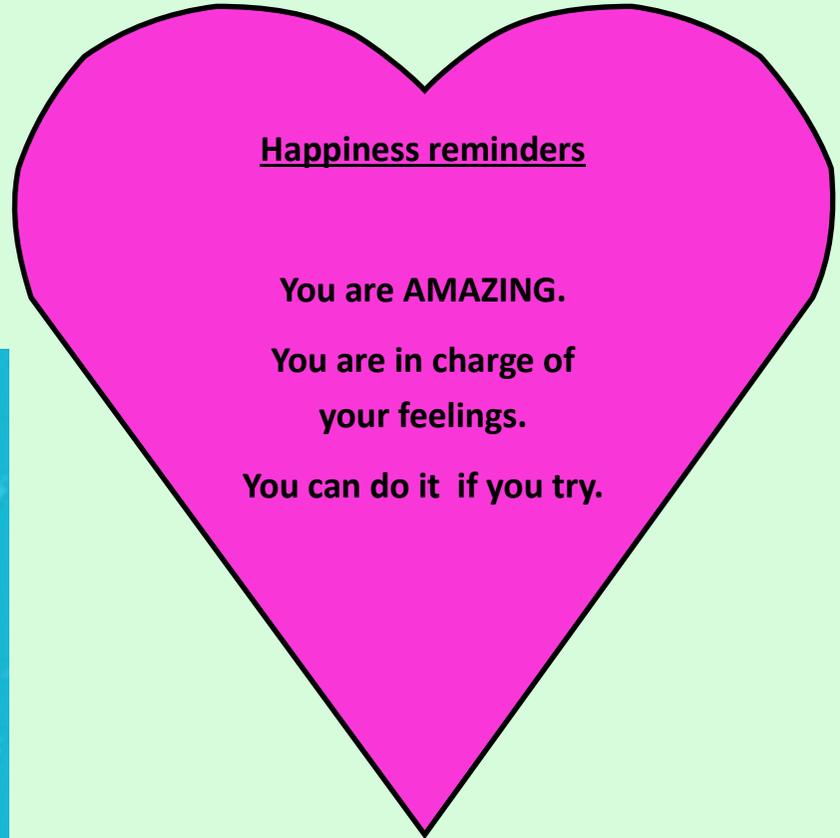
Try to be someone else's sunshine.  
Making others happy helps you feel happier and more positive.



Stand  
**TALL**  
and be  
**PROUD.**  
Be  
**YOURSELF**  
you are  
**AMAZING.**

CHALLENGES  
GIVE YOU A CHANCE TO  
GROW.

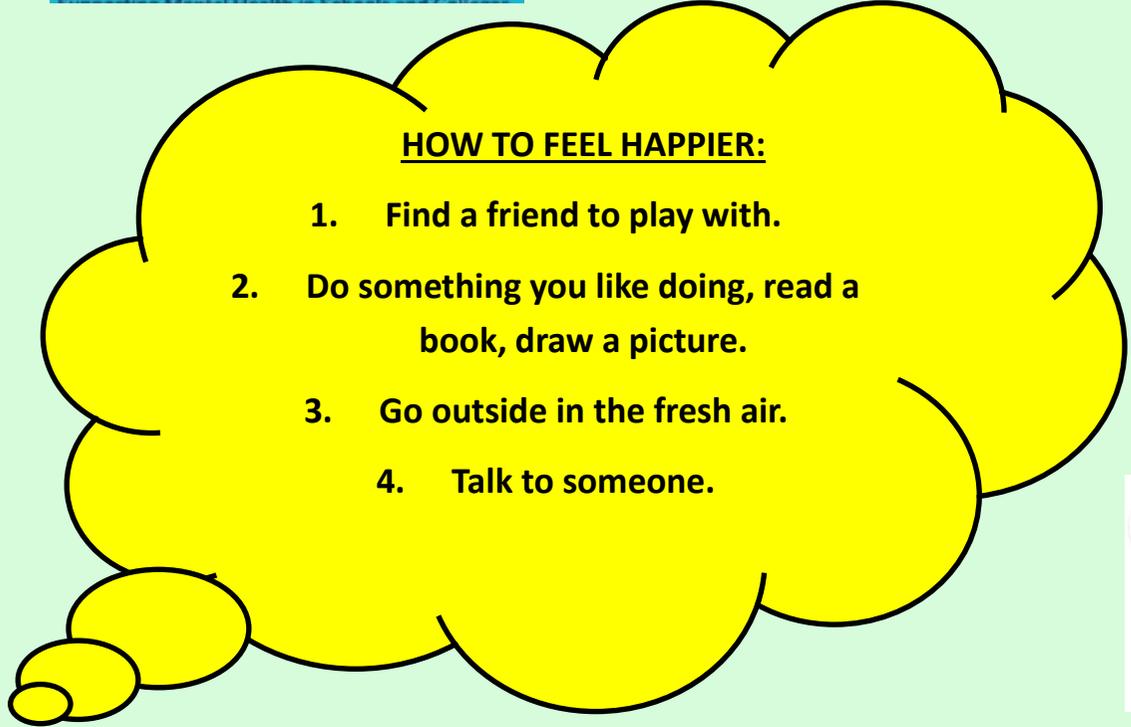
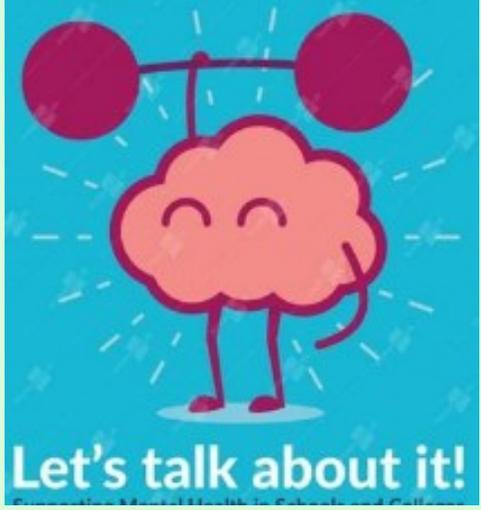
# Year 1



## 5 Steps to Managing Big Emotions



- 1.** Remind myself that it is never okay to hurt others.
- 2.** Take 3 deep breaths or count slowly to 10.
- 3.** Use my words to say how I feel and what I wish would happen.
- 4.** Ask for help to solve the problem.
- 5.** Take time to calm down.



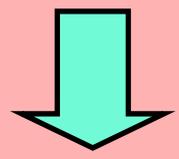
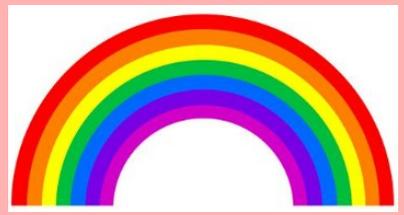
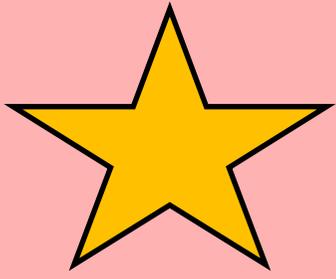
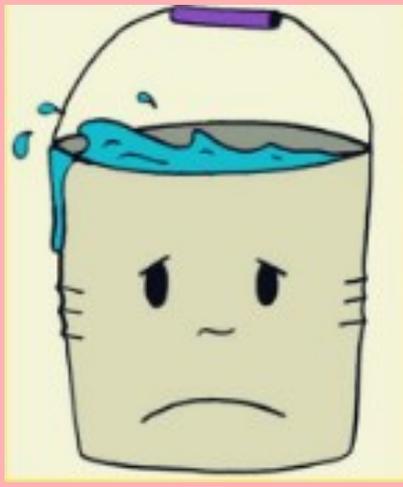
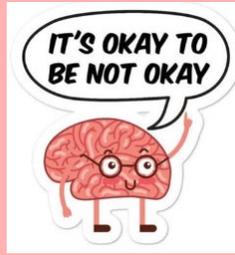
HOW TO FEEL HAPPIER:

- 1.** Find a friend to play with.
- 2.** Do something you like doing, read a book, draw a picture.
- 3.** Go outside in the fresh air.
- 4.** Talk to someone.



Change this

# Foundation



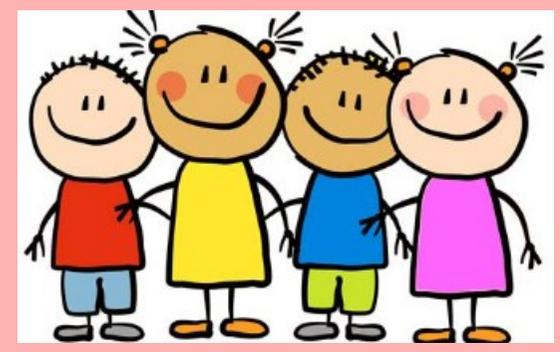
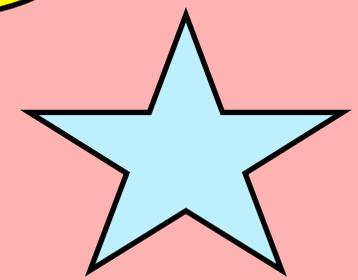
**HOW TO FEEL HAPPIER:**

1. Tell someone what's wrong
2. Do something you like doing.
3. Go outside.
4. Play with a friend.



**Happiness reminders**

You are AMAZING.  
Smile and share.  
You can do it .



To this

# Belonging

Show people you care, especially if you think they need a hand because we are all in this TOGETHER!

# Integrity

Talking about and listening to our own feelings is IMPORTANT.



# No Limits

YOU CAN AND YOU WILL!

# Resilience

It's not that you can't do it... You can't do it YET. Don't give up on yourself.

# Assurance

BELIEVE in yourself - You are amazing!