



A leaflet written by Pupil Council for parents and children to talk about at home.

"To be the best we are able to be"

Why do we need to look after our emotional health?

It is really important that we all try to keep ourselves as healthy as possible – in our minds and in our bodies. Being healthy will help you to:

- grow and develop well
- be happy
- learn as well as you possibly can



How can we keep our minds healthy?

We have thought about things children can do to keep emotionally healthy:

- Sharing feelings
- Exercising and getting outside
- Doing something kind
- Sharing smiles
- Getting enough sleep
- Being a good friend and enjoying social times
- Try to keep your diet as balanced as possible–too much sugar will affect your well-being as well as your physical health

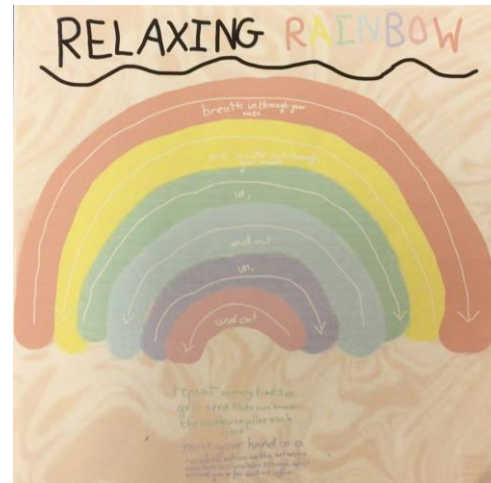
Tips for keeping calm:

- Stop and breathe – think about what you can see, hear and feel around you
- Drink water to keep you hydrated – take a few slow sips of your water if you need to calm down
- Try slow counting as you breathe to focus your mind on calmness
- Try the "Calm Palm" method– trace your hand up and down your fingers and breathe in and out as you go
- Try a calming activity that you enjoy.





- We have lots of lovely books and other resources to help us to learn about positive mental health



Tips for good sleep:

- Try to relax without "screens" for an hour before going to bed (e.g. quiet reading or calm music)
- Go to bed when your parents tell you to – they know what is best for you
- Tell an adult if anything is stopping you from sleeping well



How we support emotional health in school:

- Talking about feelings is very much encouraged – there is always somebody who cares that you can talk to

Think about who you can talk to in school

- Every class has a system for sharing emotions – emotion pebbles, visual cards, feelings boxes.....lots of support!
- We reassure children that having worries is completely normal – everyone has them!
- We encourage children to find solutions to help them to feel happier

More tips for healthy, happy minds:

- Do activities that make you feel happy and think about how they make you feel – you could try colouring, art work, music, physical activities...
- Celebrate the good things that are happening for you
- Tell someone you trust if you're worried about anything

Think about it.....

Are you feeling good today? Why?

What else could you do to feel even more positive?

Help us to help you to keep emotionally healthy.....

....make every day a happy, healthy day!

Thank you for taking time to read and discuss this booklet....

Your Pupil Council