

PSHE – Healthy Minds

Think about ways in which you can keep mentally well; create a list.

It may include some of the following:

- being in good physical health
- eating a balanced diet and getting regular exercise
- having time and the freedom to play, indoors and outdoors
- being part of a family that gets along well
- going to a school that looks after the wellbeing of all its pupils
- taking part in local activities for children

Changing your behaviour changes how you feel. One of the simple ways to combat anxiety and stress is laughter!

Watch this video clip:

<https://www.youtube.com/watch?v=K5yClbsdJkg&feature=youtu.be>

Explore this website so that you can see what to do if you are **not** feeling well mentally.

<https://youngminds.org.uk/>

Task: Do one thing this afternoon that makes you happy, smile and feel positive. It could be spending time with your family, exercising, art or relaxing.