



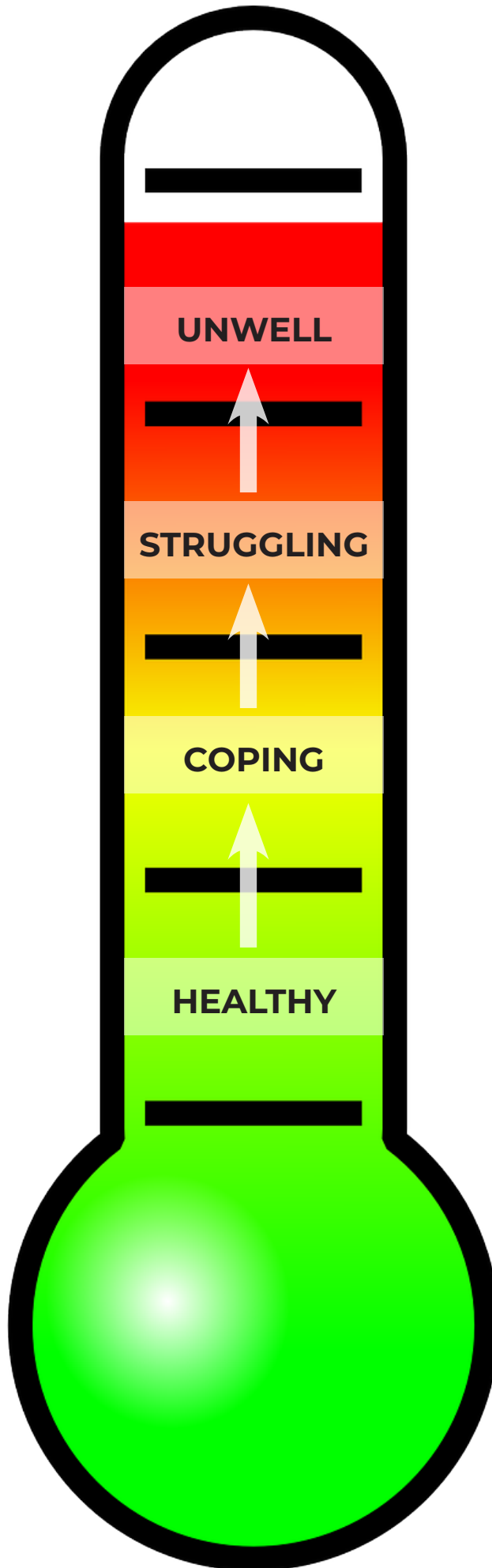
Mental health means being happy all the time.

Mental health is about feelings and emotions; knowing how to take care of ourselves so that we can cope with things that happen to us.

Mental health means there is something wrong with a person and they might behave in a strange way.

Mental health means that you often feel worried, anxious or depressed.

Mental health is a bit like a continuum — people can move along it and feel better or worse at different times, just like with physical health.



Year 5/6: Lesson 1 Resource 2a: Activities for health cards



Taking medicine	Spending time with friends	Eating a balanced diet that includes plenty of fruit and vegetables
Washing and keeping your body clean	Drinking water regularly	Swimming, dancing or indoor sports
Helping an elderly neighbour with their shopping	Having fun with your family	Stroking a pet
Taking rest, relaxing, quiet time	Going outside, fresh air	Talking about problems to a doctor, nurse or counsellor
Playing board games	Playing active games outdoors	Joining a sports club
Drawing, painting or making something	Listening to music	Playing on the computer
Thinking of happy times	Offering to do a chore a home	Taking the dog for a walk



Going to bed at a sensible time to get enough sleep at night	Allowing enough time to do homework in	Expressing feelings
Drinking energy drinks	Having an internet/ phone free day	Reading a good story
Watching tv or favourite films	Eating lots of sweets	Helping someone you notice needs help
Practising mindfulness	Punching a pillow	Talking to a trusted adult
Chatting to a friend	Going to the dentist	Haircut and style
Volunteering to help	Smoking	Taking deep breaths
Learning something new	Tidying up	Walking to school

## Year 5/6: Lesson 1 Resource 2b: Activities for health cards — Teacher guide

<p>Mental and Physical Health Taking medicine Every day / sometimes / if there is a problem</p>	<p>Mental Health Spending time with friends Sometimes</p>	<p>Mental and Physical Health Eating a balanced diet Every day</p>
<p>Mental and Physical Health Washing and keeping your body clean Every day</p>	<p>Mental and Physical Health Drinking water regularly Every day</p>	<p>Mental and Physical Health Swimming, dancing or indoor sports Every day / sometimes</p>
<p>Mental Health Helping an elderly neighbour with their shopping Sometimes</p>	<p>Mental Health Having fun with your family Every day / sometimes</p>	<p>Mental Health Stroking a pet Every day / sometimes</p>
<p>Mental and Physical Health Taking rest, relaxing, quiet time Every day</p>	<p>Mental and Physical Health Going outside, fresh air Every day</p>	<p>Mental and Physical Health Talking about problems to a doctor, nurse or counsellor Sometimes / if there is a problem</p>
<p>Mental Health Playing board games Sometimes</p>	<p>Mental and Physical Health Playing active games outdoors Every day / sometimes</p>	<p>Mental and Physical Health Joining a sports club Sometimes</p>
<p>Mental and Physical Health Drawing, painting or making something Every day / sometimes</p>	<p>Mental Health Listening to music Every day / sometimes</p>	<p>Mental Health (depending on time spent and content of game) Playing on the computer Sometimes</p>
<p>Mental Health Thinking of happy times Every day / sometimes / if there is a problem</p>	<p>Mental Health Offering to do a chore a home Every day / sometimes</p>	<p>Mental and Physical Health Taking the dog for a walk Every day / sometimes</p>
<p>Mental and Physical Health Going to bed at a sensible time to get enough sleep at night Every day</p>	<p>Mental Health Allowing enough time to do homework in Every day</p>	<p>Mental Health Expressing feelings Every day / sometimes / if there is a problem</p>
<p>Drinking energy drinks Rarely or not at all</p>	<p>Mental Health Having an internet/ phone free day Sometimes</p>	<p>Mental Health Reading a good story Every day / sometimes</p>
<p>Mental Health (depending on time spent and content) Watching tv or favourite films Sometimes</p>	<p>Eating lots of sweets Rarely or not at all</p>	<p>Mental Health Helping someone you notice needs help Every day / sometimes / if there is a problem</p>

<p>Mental Health Practising mindfulness Every day</p>	<p>Mental Health (instead of harming self or other) Punching a pillow Sometimes / if there is a problem</p>	<p>Mental and Physical Health Talking to a trusted adult Every day / sometimes / if there is a problem</p>
<p>Mental Health Chatting to a friend Every day</p>	<p>Physical Health Going to the dentist Sometimes / if there is a problem</p>	<p>Mental Health Haircut and style Sometimes</p>
<p>Mental Health Volunteering to help Every day / sometimes</p>	<p>Smoking Rarely or not at all</p>	<p>Mental and Physical Health Taking deep breaths Every day</p>
<p>Mental Health Learning something new Every day</p>	<p>Mental Health Tidying up Every day</p>	<p>Mental and Physical Health Walking to school Every day / sometimes</p>

Jay enjoys drawing cartoons and skateboarding. Jay is quiet and thoughtful, has good friends and likes school. Mostly Jay feels generally happy, although like everyone, Jay has ups and downs.

Jay has recently started feeling sad. Most days the sadness seems to come and go, but some days it feels as though a dark cloud is gathering above and following Jay around all day. Skateboarding takes Jay's mind off it and when the feelings start to get stronger Jay draws a cartoon that shows the feelings and the cloud.

Jay feels very sad most of the time. Every day when Jay wakes up, Jay feels the day ahead is just too much. Everything feels grey and dark. Jay is finding it hard to concentrate at school and some days doesn't want to go to school at all. Nothing seems enjoyable anymore, not even skateboarding! Jay's friends are worried.