

2808 802 5544



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half to commonly you trust and share with them your anations. Do comething committee like draw a picture or during a traver and of tigo. Coul or write in a dway.

Exercise year hody or mind like an elimbing or do year.
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Talking To An Adult You Trust

Talking to adults you trust can holp let your feelings out, and control your mental health better. Mental health is every let as important as physical health, and so adults who have experience could help you sent out those uncomfortable feelings in your brain. It is also important to latk to an adult because they have experienced what you feel, and they would know the best way to holp control your mental health.

Doing Something Creative

If talking to an adult doesn't make you feel better (which sometimes happens) doing something creative can help take your mind off your worries. Try focusing as hard as you can on what you are doing, and **BO MOT** hink about why you are and, or what is making your feel that word, Creating nativork, writing striests, building models and reading are some of the most common ways to feepral about ampthing that is making you upset or









CHILDLINE 08001111 Have no one to talk to?

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Year 5





As part of our PSHE day all about mental health and well-being, we learnt about what mental health is and why it is important to keep our minds as well as our bodies healthy! We also thought about who we can talk to if we feel we need to. We then created posters, leaflets and videos to showcase what we had learnt.