

Friday 4th October 2024

Welcome back to you Family Group. 😊



Warm up discussion ...

Mindfulness Word Search

m	e	n	t	a	l	h	e	a	l	t	h
f	i	w	p	p	b	r	e	a	t	h	e
y	h	w	p	u	u	n	w	i	n	d	u
q	y	p	p	q	l	u	f	d	n	i	m
d	h	v	v	y	p	p	a	h	l	e	b
g	s	q	o	d	r	e	l	a	x	o	j
c	e	w	s	e	l	f	c	a	r	e	j
j	p	o	s	i	t	i	v	i	t	y	d
p	o	d	r	l	u	f	e	t	a	r	g
n	u	x	a	t	n	e	t	n	o	c	u
e	m	o	t	i	o	n	s	k	y	m	q
o	i	s	u	c	o	f	n	f	b	h	o

mindful	happy	mental health
relax	content	emotions
unwind	grateful	focus
self care	breathe	positivity

World Mental Health Day

10th October 2024



CRC Article 24:

All children have the right to the best possible health.

CRC Article 13:

All children have the right to say what they think and be listened to.

CRC Article 12:

All children have the right to be heard.

CRC Article 19:

All children have the right to be safe.



Learning Objectives:



- To know that it is World Mental Health Day on 10th October.



- To be able to suggest ways to look after your physical health.



- To be able to suggest ways of looking after your mental health.



- To reflect upon your own mindfulness and ways to improve this.

Article 29: The right to be the best that you can be.

The Timothy Hackworth Child

is an independent learner
and decision maker

is morally, spiritually and
culturally aware

has high expectations of themselves by
endeavouring to be the best that they
can be

behaves responsibly online and
knows how to stay safe

co-operates and works as part of a
team

knows how to be physically
and mentally healthy

has a sense of well being and
can lead a safe, fulfilling life

is adaptable and
creative



demonstrates kindness, integrity,
generosity and honesty

knows how to develop and
value positive relationships

is tolerant, respectful and treats
everyone equally

is prepared for life in Modern
Britain and is able to contribute

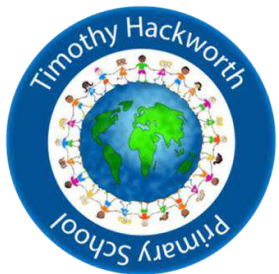
is adventurous, resilient and has a
positive growth mindset

knows and respects their rights and
the rights of others

is a confident, enthusiastic
reader, creative writer and has
the ability to apply Maths
skills to everyday life

When we talk about health, we often refer to our bodies and how we look after them. This is our physical health.

Talk to your partner about some ways we can look after our physical health.



Mental health focuses on our minds, our emotions and our mental wellbeing. It affects how we think, feel and act.

Mental health affects how we handle things in our daily lives such as the choices we make, how we treat others, how we behave and how we deal with different situations.

Today, we are going to think about ways we can look after our mental health.



Throughout the day, we can experience a range of different emotions. Some of these emotions can make us feel good and some of them can make us feel uncomfortable.

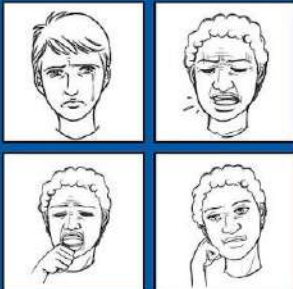
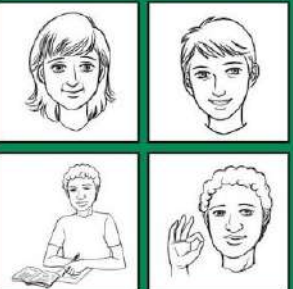
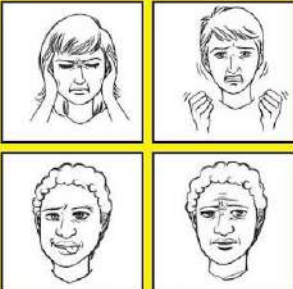
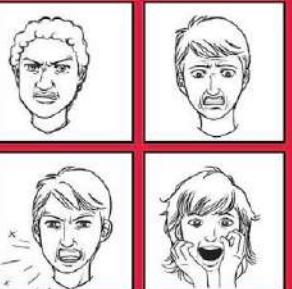
It is OK to feel different emotions.

The Zones of Regulation are one way in which you can recognise and regulate your own emotions.

Talk to your partner about which zone you are in and why.



The ZONES of Regulation®

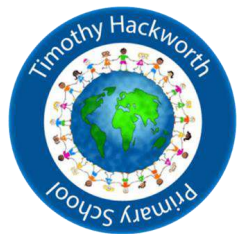
			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

If you were in the Red Zone, what strategies would you use to move back into the Green Zone?



Just like with our body, it is important that we do things to help our minds to be healthy, be in good condition and feel well. There are things we can do in our daily lives to feel good on the inside and to look after our mental health and wellbeing.

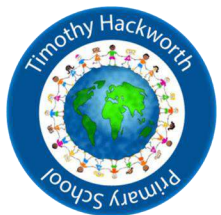
Talk to your partner about some ways you can look after your mental health.



October 10th is World Mental Health Day 2024.



The aim of the day is to help people learn about mental health and understand what it is and how they can look after it. World Mental Health Day also encourages people to talk about their feelings.



Mindfulness



Mindfulness is all about stopping and thinking about how we are, our state of mind and how calm and relaxed we are.

Mindfulness can help to prevent us from over-reacting to or getting overwhelmed by things that happen around us.

On the next slide there are lots of ideas of how you can improve your own mindfulness. Which ones do you think might help you?



Mindfulness

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graph TD; M((Mindfulness)) --- N1((What are three things you are grateful for?)); M --- N2((Take three big belly breaths, taking the time to feel your stomach grow and deflate.)); M --- N3((Right now, what are three things you can hear?)); M --- N4((Pick a muscle to tense and then relax it. Recognise what it feels like and what other muscles are impacted.)); M --- N5((Take a moment to lie down and observe the clouds. Can you see any shapes?)); M --- N6((Practise some mindful colouring.)); M --- N7((Start or add to a wellbeing journal. You can write your feelings, worries and/or things you are grateful for.)); M --- N8((Listen to some music and count how many different instruments you can hear.)); M --- N9((Think of three things you can do today to help someone else.)); M --- N10((What are three things you are grateful for?));
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What are three things you are grateful for?

Take three big belly breaths, taking the time to feel your stomach grow and deflate.

Right now, what are three things you can hear?

Pick a muscle to tense and then relax it. Recognise what it feels like and what other muscles are impacted.

Take a moment to lie down and observe the clouds. Can you see any shapes?

Practise some mindful colouring.

Start or add to a wellbeing journal. You can write your feelings, worries and/or things you are grateful for.

Listen to some music and count how many different instruments you can hear.

Think of three things you can do today to help someone else.

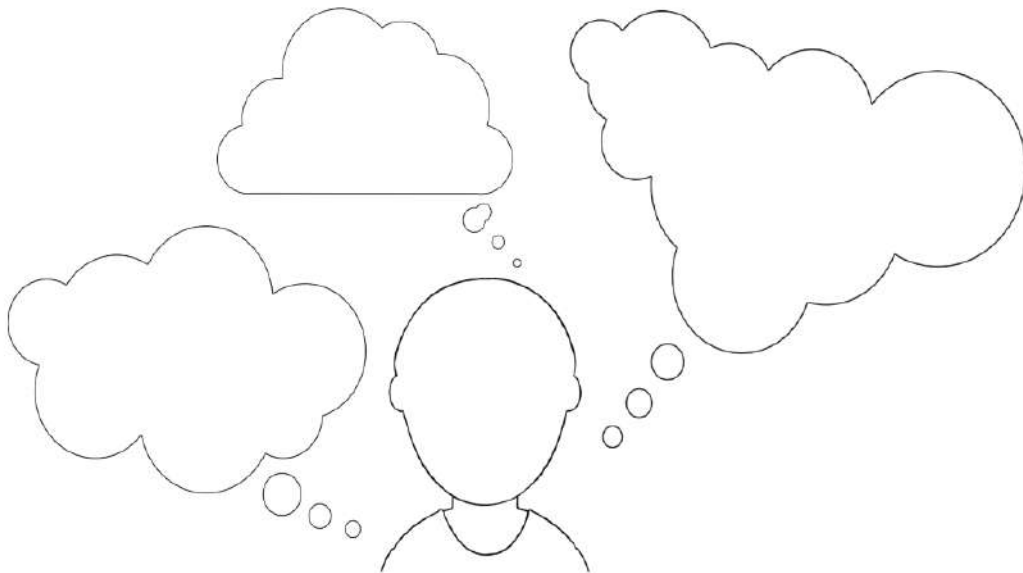
1. Think about three things which would make you happy and would help your own mindfulness. Write these in the thought bubbles on your sheet.

2. Listen to the music and take some time to complete some mindfulness colouring.

<https://www.youtube.com/watch?v=3GNiCfPbyiQ>

Things That Make Me Happy

What makes you happy? Have a think and talk about your ideas with a grown-up and your friends. Draw an idea into each thought bubble – you can draw a smiley, happy picture of you too!



Reflection



Understanding the consequences of behaviour and actions.



What is the impact of looking after our physical AND mental health?



Individual Liberty

I am responsible for my own health and wellbeing and for making sure I look after my mindfulness and health in the best possible way. We can choose actions that can help both ourselves and others.

Which of the 17 Global Goals have we focused on today?



Which of the 17 Global Goals have we focused on today?



Reading recommendations linked to our Family Group ... 😊

