

Year 6: Physical Health and Mental Wellbeing

What affects mental health and ways to take care of it; managing change, loss and bereavement, and managing time online.

What is mental health?

Mental health means the state of your emotional wellbeing, which affects how you **think, feel and behave**. Having good mental health means that you are able to make the most of your life, reach your potential and cope with the ups and downs of life.



What is grief?

Grief or loss is when you lose someone close to you. It could be a family member, a friend or a pet. It could be a big change in your life.



Who can I talk to?

- friends
- family
- school staff
- Place2Be or Place2Talk
- Childline



What is mental wellbeing?

Mental wellbeing concerns your **thoughts and feelings**, and how you manage the ups and downs of daily life. While mental wellbeing is not the same thing as mental health, the two things do influence one another.

What can cause mental ill-health?

- being bullied
- changes
- trauma
- loss
- health conditions



What feelings could you have?

- being sad, upset or tearful
- being restless, agitated or irritable
- guilt, worthlessness or being down on yourself
- feeling empty and numb
- not wanting to speak to others
- no self-confidence or self-esteem

It is important to remember that it is normal to feel sad sometimes.

People can have **conflicting feelings** too. This is when you feel different emotions at the same time. For example, starting a new school could be exciting but also scary.

Positive strategies

What can you do to help yourself?

- exercise
- talk to someone
- ask for help
- eat healthily
- get enough sleep
- limit time on technology
- take time out for mindfulness
- learn a new skill



Things to remember

- **Anyone** can be affected by poor mental health.
- There is **always** someone to talk to.
- It is okay to have different feelings.
- A healthy body leads to a healthy mind.

Mental health is just as important as **physical health** and both need looking after.



CRC Article 19: All children have the right to be safe.
 CRC Article 24: All children have the right to be healthy.



Vocabulary

cope/ coping	dealing with a situation
grief/ grieving	Grief is when you lose someone close to you. Grieving is your way of coping afterwards.
mental ill- health	when your mental health is unwell
positive strategies	things you can do to help stay positive