

# Children's Mental Health Week

## Be Mindful

Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.

## Talk about It!

How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.

## Healthy Body, Healthy Mind

Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.

## We Are All Unique

Remember – you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.

## Be Kind

Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!

## Make Time for Fun

Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!

## Ask for Help

We don't have to feel happy all the time. It's ok to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.



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