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Time to talk
29th January 2024

‘Let’s Talk About It’

Throughout this assembly we're going to learn more about looking after our own mental health, and how we can support others with their mental health too.



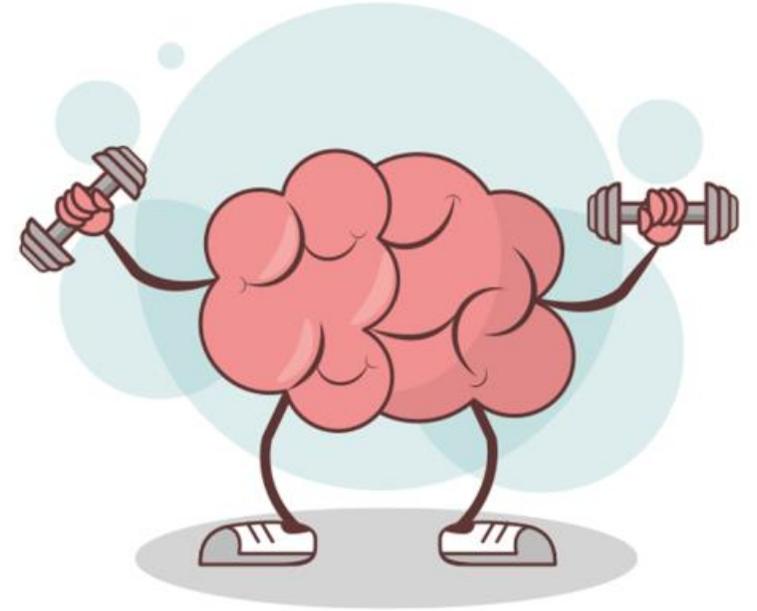
Just like our physical health, we must look after
our mental health.

Looking after both our physical and mental health
is important to our overall well-being.



Physical health is the overall physical condition of a living organism and means being free from illness or injury.

Mental health includes our emotional and social wellbeing. It affects how we think, feel, and behave.



When we feel good we might be/have...



Feeling happy

Good concentration

Feeling calm

Sleeping well

Feeling secure

Lots of energy



When we are **not** feeling good we might be...

Feeling anxious/worried more often

Low mood

Tearfulness

Sleeping more or less

Lack of energy

Feeling overwhelmed

Poor concentration

Can you think of any more?



During our time at school,
we grow together in many
different ways.

We will learn together, play
together, and go through new
experiences together.



Unkindness from others

However, there are many ways our growth can be negatively impacted, including our mental health and well-being.

In school, or at home, we should always try to be kind, supportive, and help others where we can.



How do we treat other people?

How are
you?

Something
bothering
you?

How are
you doing?

Let me know if
you want to
talk about it.

**When did you last ask
someone else how they
were?**

Do you
want to talk
about it?

Any thing on
your mind?

What's
up?

Hey, how is
it going?

When you asked...

...did you really listen to their response?

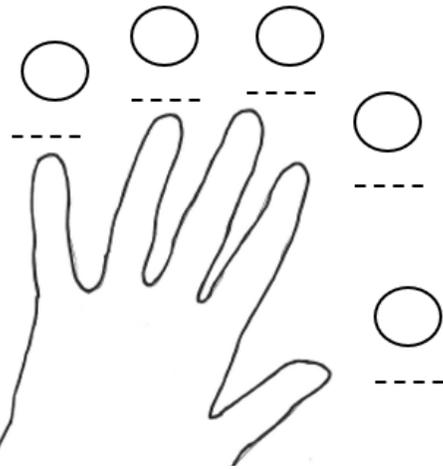


Research by Yasmin Anwar (2019) has found humans can show communicate up to 24 emotions with their tone of voice.

Who could we talk to if we were worried .



My Network Hand



My network people:

☺ Listen to me

☺ Believe me

☺ Do something to help me

If you do not feel comfortable talking to family, friends, or teachers, you can always contact Childline for support.

childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Why talk about it?



Talking about how we are feeling can stop feelings from building up and becoming overwhelming.



Sometimes we can get help to sort our problems.

Other times, we just need to talk about them to make them feel heard.



Nobody wants to feel deflated and upset for ever.



Following this assembly, we hope you will take more time to look after your own mental health, and make sure you are aware of how your behaviour could be impacting the mental health of those around you.

We can all help each other grow by being **kind, being **thoughtful**, and by **supporting** one another.**





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