

Thursday 4th February

Mental Health Week

Answer these questions:

- How are you feeling right now?
- How do you want to feel right now?
- What can you do to help you feel that way?

What do you think Physical Health is?

What do you think Mental Health is?

- Everyone has physical and mental health.
- Mental health is not the same as mental illness.
- Feeling negative emotions does not mean you have a mental illness (feeling sad when something sad happens is a healthy response and a sign of good mental health).

Physical Health - The condition of your body.

Mental Health - How we think, feel and behave

Activity!

Create a table that has the headings:
Physical Health, Mental Health and Both

Use the activity cards and decide whether they help support your physical health, your mental health or both. Place them into the correct column of your table!

Challenge! Can you explain why you think each card has been placed in the correct column?

Are there any activities you will start to do to look after your physical and mental health?