

CHILDREN'S MENTAL HEALTH WEEK COMPETITION

- having to be safe on the internet is a important role to yourself.

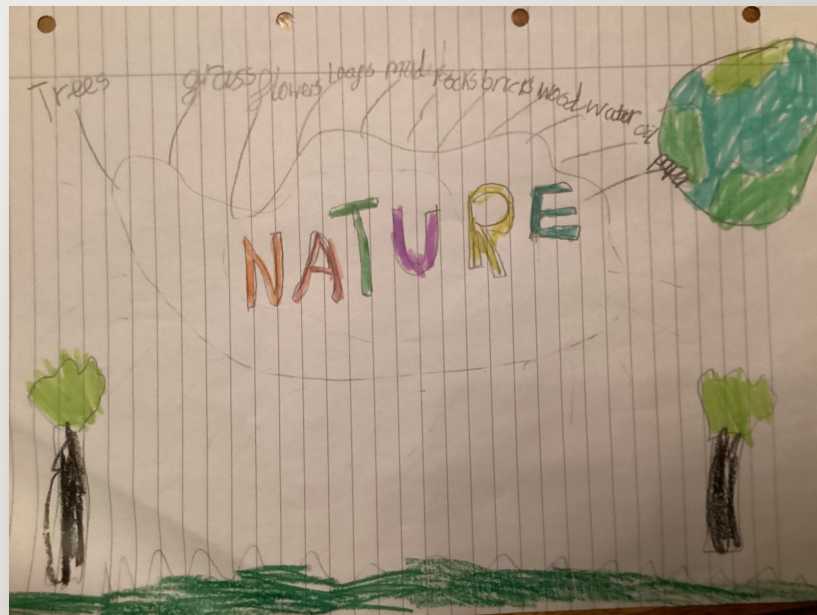
= ways in which you can keep yourself safe, is big.

- going on apps to your age range, 5-7

- do not respond to those you do not know.

- tell a trusted adult, or elder.

SAMS







Priority

Mental health

Be kind to your mind



Childline 0800 11 11 } Mental health matters

MENTAL HEALTH

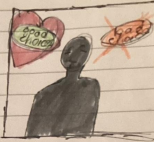
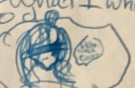

Why is mental health important?
It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

How does nature affect our mental health?
Nature can generate many positive emotions, such as calmness, joy, and creativity and can facilitate concentration.

What do you mean by mental health?
Mental health includes our emotional, psychological, and social well-being.

FUN
• We all have mental health.
• An estimated 1 in 4 people will struggle with mental health.

Did you know?
• One in 5 American adults experienced a mental health condition in a given year.

Why can't we just go inside and play for **FOR EVER**

I know what I want to do

I know what I want to do

I would go camping

It seems like fun

Elle here will do a

I would make a bird nest or elect sticks and make a mini man by tying the sticks together with the end of a flower

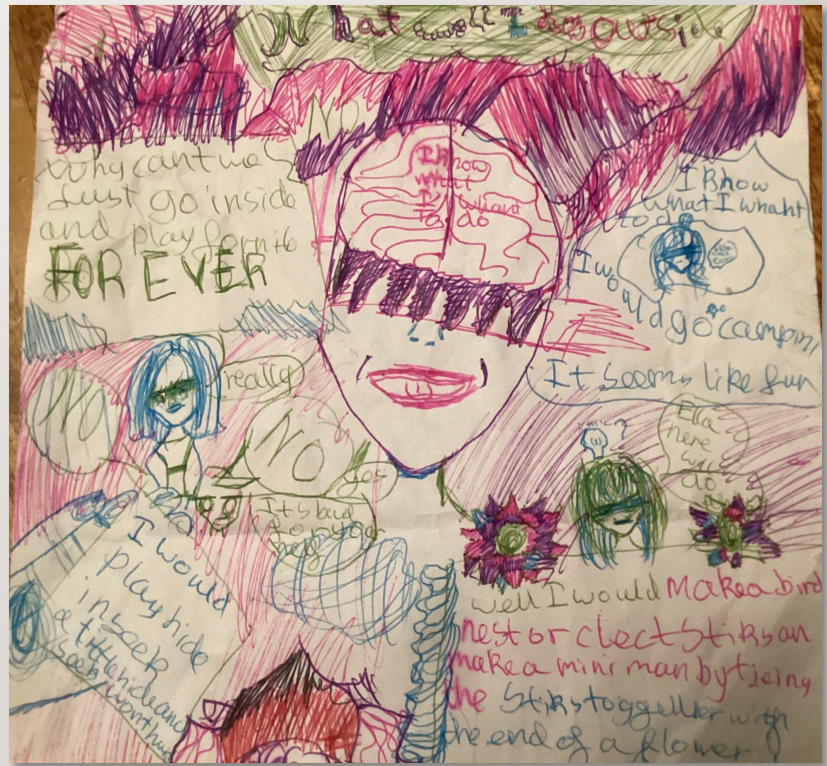
I would play hide in a tree and catch a little bird

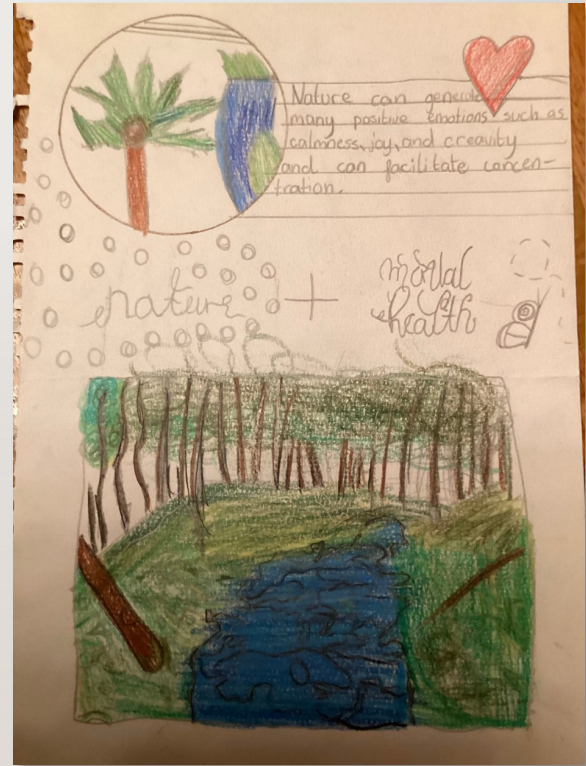
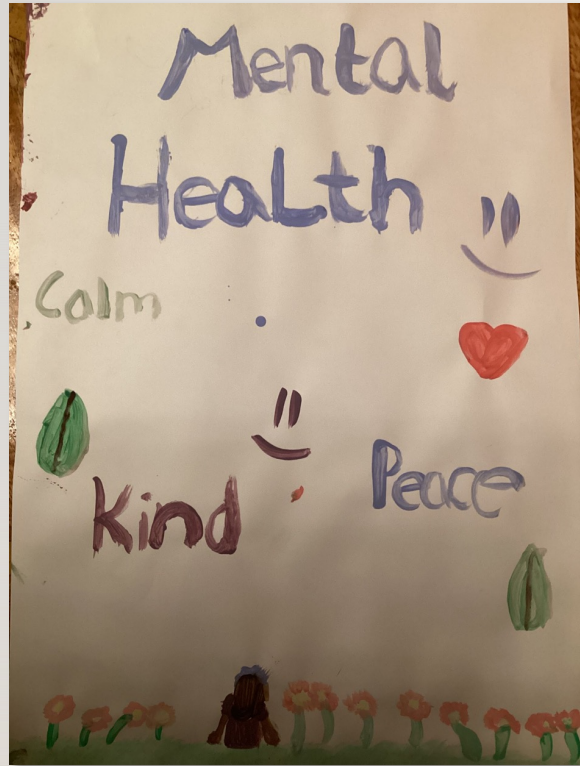
It's kind of a good idea

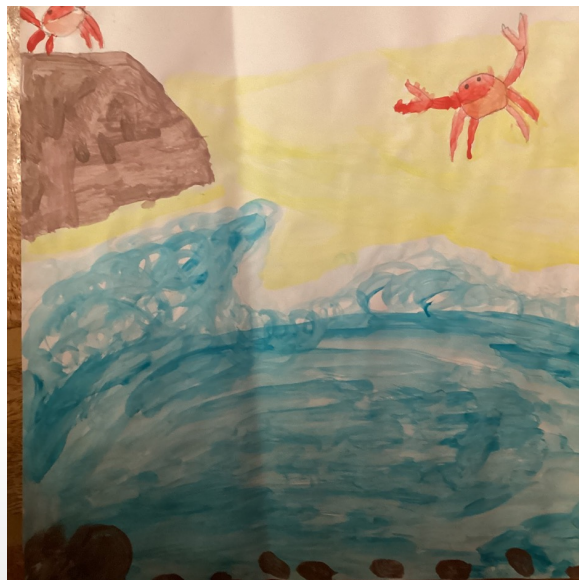
Really

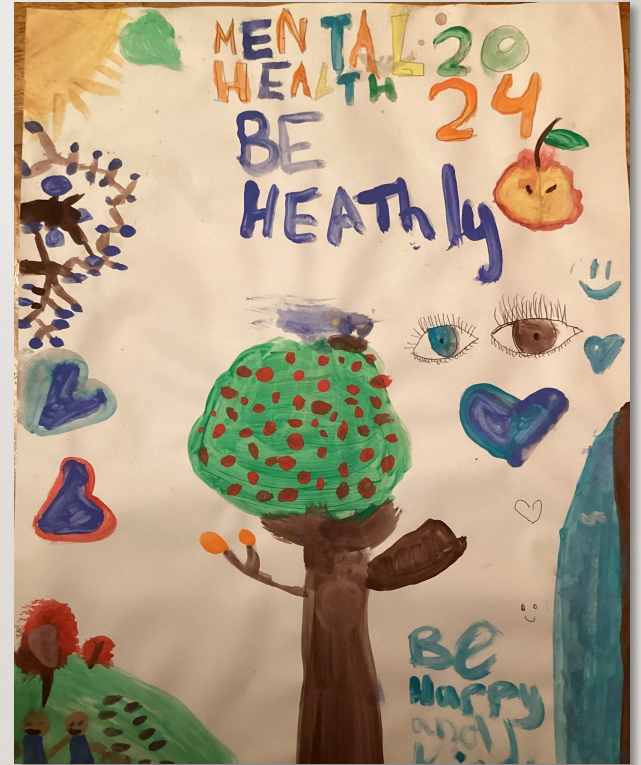
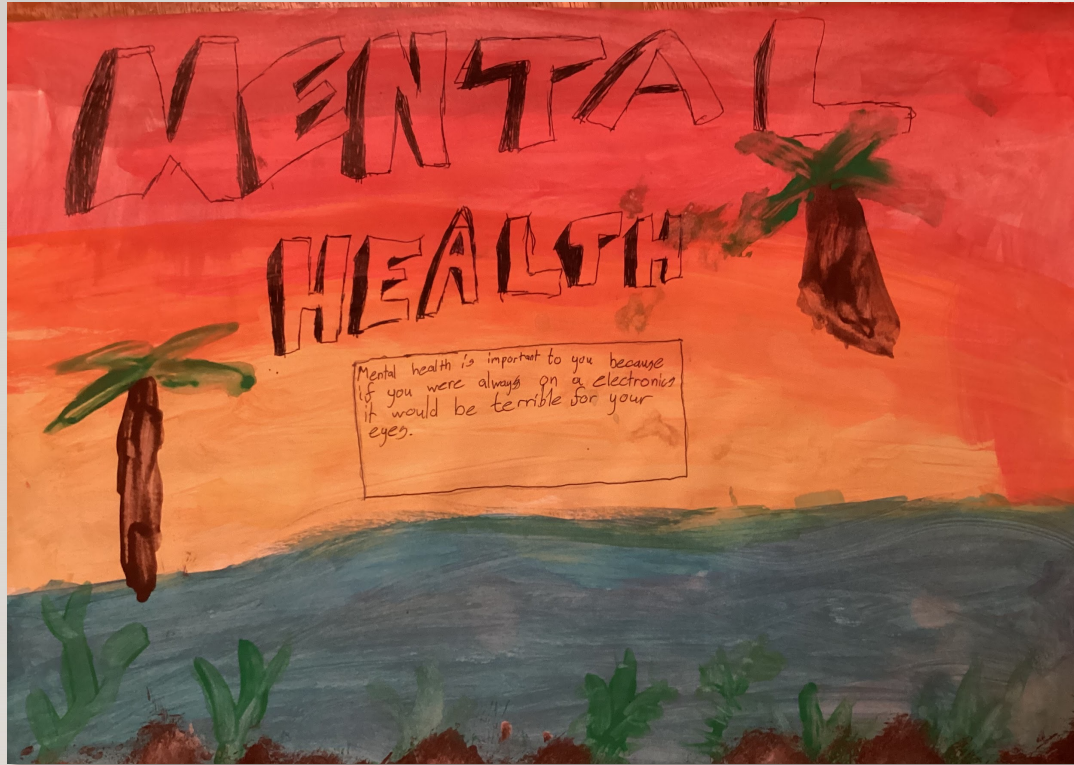
No

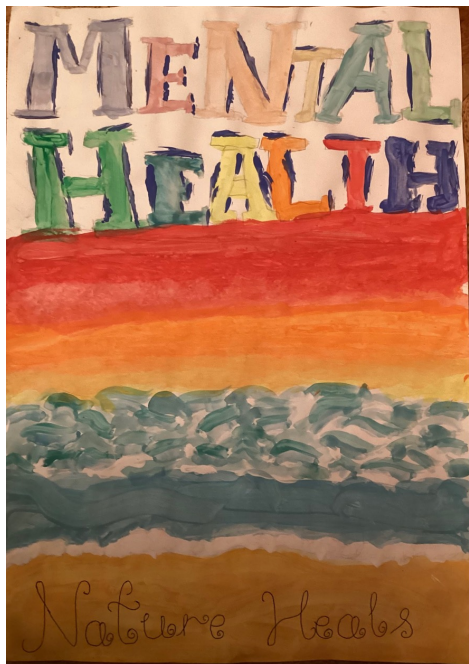
What would I do outside

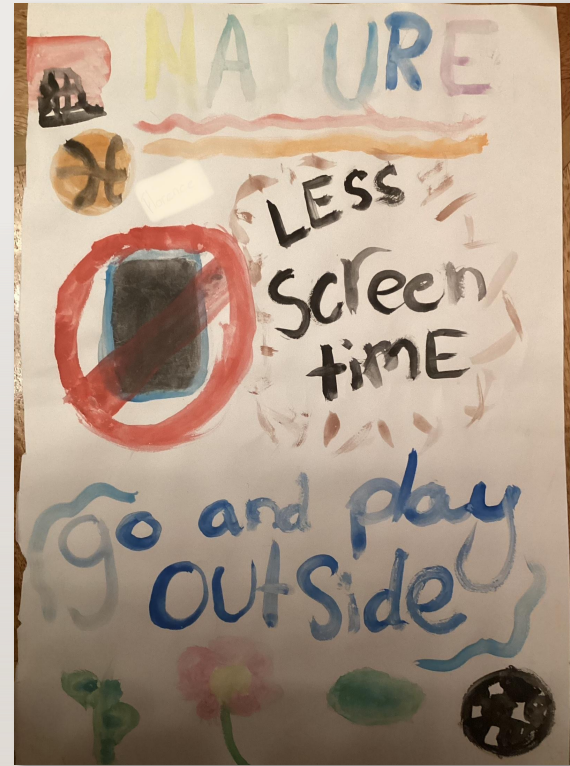
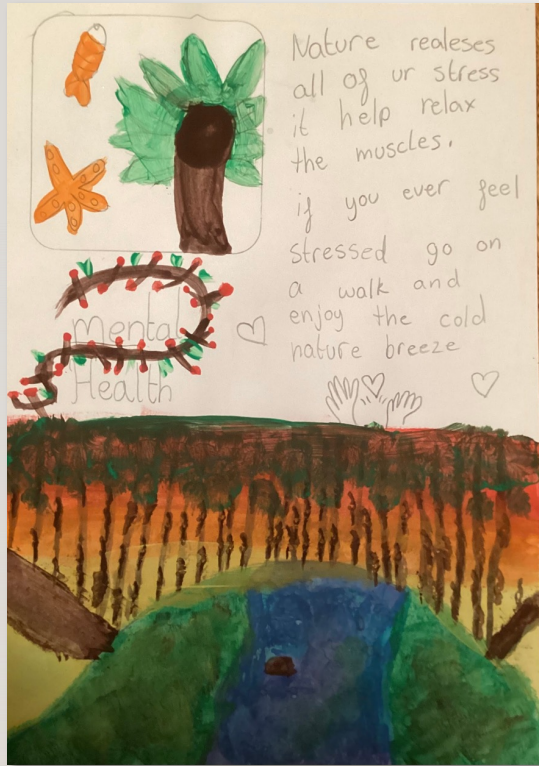












MENTAL HEALTH

You should go outside because if you don't you will get bored and just watch your phone all day.

If you don't take care of your mental health, it will impact your education and everyday life.

Your Mental Health
MATTERS

You can bloom even more if you take care of yourself.

It's important to socialise outside with others to meet new people.

Going outside can do all sorts of good to you such as: Reduce stress levels, open up creativity, being more present, improve your mood and better your physical health.

Love Yourself AND Take care of yourself