

World Mental Health Day

10th October

Your mind matters!



World Mental Health Day is a day to think about our **feelings, thoughts and wellbeing.**

Just like we look after our bodies by eating, sleeping and exercising, we can also look after our **minds.**

Sometimes we might feel happy, worried, cross, sad, tired, excited...



All feelings are okay. Feelings come and go, and we don't have to deal with them on our own.

Little things that can help

My Wellbeing Toolkit

Talk to someone
Tell a trusted adult how you're feeling.

Do something you enjoy
Play, draw, read, listen to music or spend time outside.

Be kind
A smile, kind word or helping hand can make a difference.

Look after your body
Rest, drink water, eat regularly and get some fresh air.

Remember your strengths
Think of something you are good at or something you are proud of.

5,4,3,2,1

TAKE 5 BIG BREATHS & NAME...

5 THINGS YOU CAN SEE

4 THINGS YOU CAN FEEL

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THINGS YOU CAN TASTE

HOT CHOCOLATE BREATHING



1 **IMAGINE A WARM MUG**
Hold it gently in your hands.

2 **SMELL THE CHOCOLATE**
Breathe in slowly through your nose.

3 **COOL THE CHOCOLATE**
Breathe out slowly through your mouth.

Repeat a few times, gently and slowly.

A-Z CHALLENGE



1 **PICK A CATEGORY**
Try animals, food or things at school.

2 **START AT A**
Apple, banana, carrot...

3 **KEEP GOING**
Think of one for each letter.

Stuck? Skip a letter or ask someone to join in!

DID YOU KNOW?



Trees don't just look lovely — spending time around nature can help us feel calmer!

What's your favourite place outdoors?

To find out more about WEST, scan the code