

LO: Understand and explain physical, mental and emotional health. Describe how others are feeling and how you can support them.

These three terms are linked. Let's explore how.  
Firstly - what do you think of when we say each one?  
Discuss with your talk partner and then when you are ready, write your thoughts on the sheet.

Physical  
health

Emotional  
health

Mental  
health

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Let's look at what you have written.

Physical  
health

Emotional  
health

Mental  
health

Now let's discuss what might happen with some of these actions. Will it be positive or negative?

Emotional health can be a response to NOW and is short term. Mental health can be long term and can involve anxiety and depression. Physical health affects our bodies and both of the above.

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Let's look at a few ideas from others.

## Eat Well, Feel Well

We have all been told about healthy eating, and usually it's to keep our bodies fit and healthy. However, a good diet helps our mental health too.

Don't skip meals. We are designed to have three meals a day with some healthy snacks in between. If we don't eat regularly or healthily, we can feel grumpy, tired, lose concentration and lack motivation to do anything.



Eat breakfast every day. Our bodies and minds have run out of fuel during the night and we need to give ourselves a good start.

Avoid takeaways and ready meals. They are often full of things which don't help our minds to work efficiently.

Drink at least 6 glasses of water a day. It's vital for our brain's wellbeing.



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## Get Out there!

Exercise is very important for your mental health. Moderate exercise is recommended for up to 30 minutes a day. Have a go! You could:



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## How Are You Feeling?

Sometimes we can't always explain how we are feeling. That's usually the time someone we know asks us if we're ok.

Sometimes we feel low, anxious or unhappy and we can't think why.

Feeling like this is ok. But sometimes we feel like this for so long that we don't want to do anything at all.



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## What Might Happen?

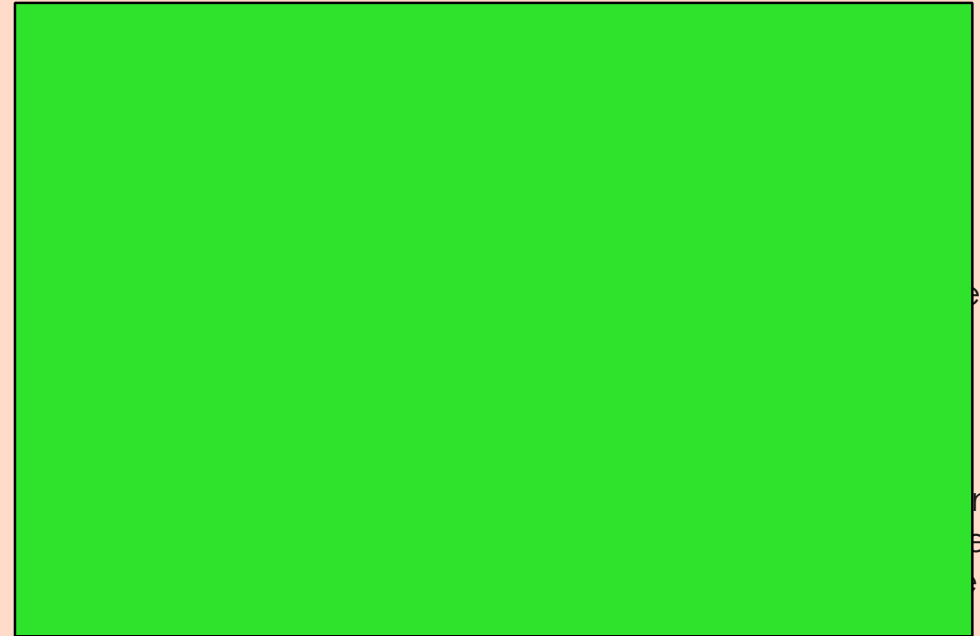
If we don't deal with these feelings, things can get very messy. We might fall out with our friends. We might get into trouble at school. Our parents might get angry with us.





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We will all sit in a circle:  
Swap places with someone if:



End of  
part 1.  
Keep  
the sheets.

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Part  
2

Physical  
health

Emotional  
health

Mental  
health

Let's look at the sheets you wrote on.  
We will take a few situations which could have negative results.  
What could we do about them?



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Let's look at a few suggestions describing how we can deal with negative thoughts or unpleasant situations.

## Think Good Things About Your Self

Thinking positively is tricky when you feel low, but following a few of these tips could help that downward spiral of negativity.

Consider your achievements – all those swimming certificates and dance exams mean you are doing really well!

Control your temper and walk away. Breathe deeply and concentrate on that until you feel calmer.

Avoid people who are unkind to you. Don't try to make them be friendly.

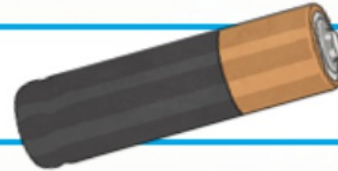
Think about things you enjoy doing and that you're good at.

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## Take Time Out

Things get really hectic at school these days and we can be just as busy at clubs and groups we go to after school. When do we make time for ourselves?

Recharge your batteries – even if you just lie on your bed for 10 minutes in peace and quiet.



Write down how you're feeling. It's a good way to get things off your mind without upsetting anyone else.

Think of your favourite place. Remember what you might hear, see and feel like when you're there.



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## Spend Time With Friends

Our friends are called friends for a reason!



Confide in someone you trust. Tell them how you're feeling. You never know, they have probably felt like that too, and might have some good advice.

## Ask For Help

There are people out there to help you.



**Ask for help.**

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Think about the situations we recorded on the sheet and any positive outcomes that have arisen from them. Let us know your positive outcome from a situation by starting your sentence

I am proud of....



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### Your task:

Choose one or more of these 5 pictures. Sequence them to prepare a story.

Anything could have happened to cause a problem.

Your task is to make up a scenario using the pictures and solve the problem.

What happened?

What was the result?

Was it positive or negative?

How was the event resolved?

Think about how you would support people following the story you have made up.



