

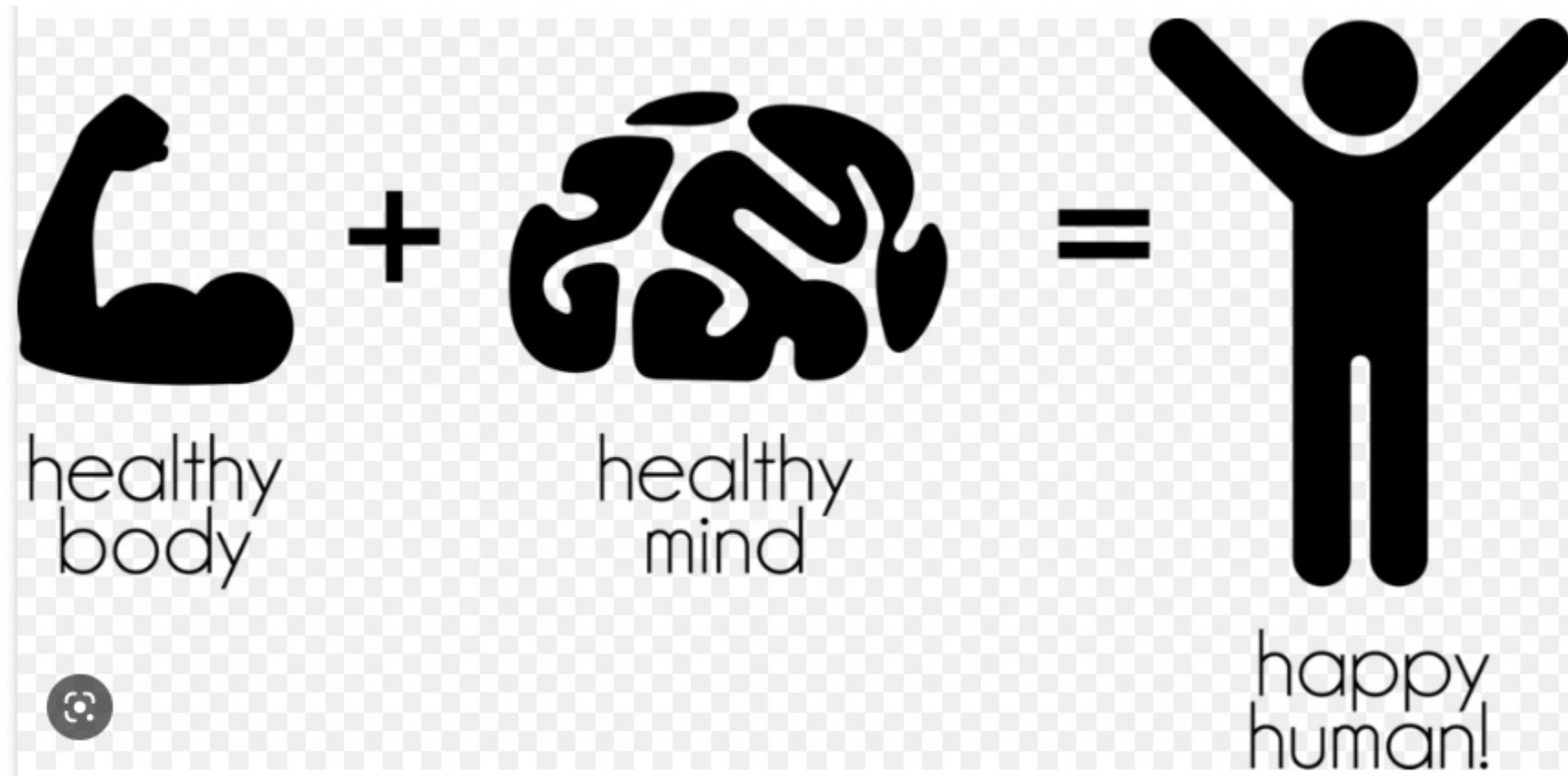


Tudor Grange Primary Academy
Meon Vale



We have explored what we mean
by our mental health as part of World Mental
Health Day (10th October 2023)

What makes up our health?





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Meon Vale

WORLD
MENTAL HEALTH
DAY | OCTOBER 10





MENTAL HEALTH IS

- **How we think, feel, behave**
- **How we feel about ourselves and others**
- **How we relate to others,**
- **How we cope in ups and downs,**
- **and all of our emotions**





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How do we support our mental health at school?

In Year 1 we:

- ✓ Eat healthy food
- ✓ Share
- ✓ Take turns
- ✓ Take part in PE
- ✓ Are respectful
- ✓ Take part in PSHE with Jigsaw Jack
- ✓ Take care of each other
- ✓ Play with our friends
- ✓ Listen to each other
- ✓ Write notes for the worry and happy boxes
- ✓ Use movement breaks
- ✓ Use the Calm Corner
- ✓ Exercise when we are outside
- ✓ Do yoga
- ✓ Have sensory calming boxes
- ✓ Look at the fish
- ✓ Follow the school values
- ✓ Are quiet inside when we are learning



**POSITIVE MENTAL
HEALTH TOOLKIT**



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How do we support our mental health at school?

In Year 2 we:

- ✓ Share and take turns
- ✓ Show respect to each other
- ✓ Talk to a teacher/friend
- ✓ Use our worry and happy boxes
- ✓ Taking part in PE
- ✓ Use kind and positive words
- ✓ Calm corner/book corner
- ✓ Take part in PSHE lessons with Jigsaw Jo and Jerry the cat
- ✓ Jigsaw chime/Listening to calming music
- ✓ Listen to each other
- ✓ Eat healthy snacks and lunch
- ✓ Play outside and get plenty of exercise
- ✓ Get fresh air
- ✓ Positive thoughts



**POSITIVE MENTAL
HEALTH TOOLKIT**



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How do we support our mental health at school?

In Year 3 we:

- ✓ Take part in PE
- ✓ Do Marathon Kids
- ✓ Eat healthy snacks at break times
- ✓ Do lots of reading
- ✓ Do PSHE
- ✓ Enjoy art lessons
- ✓ Are kind to each other
- ✓ Use our worry and happy boxes
- ✓ Enjoy all of our lessons
- ✓ Take deep breaths to calm ourselves down
- ✓ Participate in 'Sharing and Caring' (Show and Tell)
- ✓ Use kind words and have kind hands
- ✓ Have positive thoughts



**POSITIVE MENTAL
HEALTH TOOLKIT**



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How do we support our mental health at school?

In Year 4 we:

- ✓ Enjoy healthy snacks at break and lunch times.
- ✓ Form and maintain healthy friendships in class.
- ✓ Use our worry and happy boxes in class.
- ✓ Look after Jigsaw Jaz and Jerry and enjoy PSHE lessons.
- ✓ Have a calm corner where we can read and relax.
- ✓ Listen to relaxing music in class and break times.
- ✓ Use the rainbow room when we need to.
- ✓ Talk to our teacher if we are worried about something.
- ✓ Have playtime leaders who help people.
- ✓ Enjoy weekly PE lessons.
- ✓ Visit the library every week and enjoy reading in school and at home.
- ✓ Have pride in our work and classroom.



**POSITIVE MENTAL
HEALTH TOOLKIT**