



Mental health means being happy all the time.

Mental health is about feelings and emotions; knowing how to take care of ourselves so that we can cope with things that happen to us.

Mental health means there is something wrong with a person and they might behave in a strange way.

Mental health means that you often feel worried, anxious or depressed.

Mental health is a bit like a continuum – people can move along it and feel better or worse at different times, just like with physical health.



Going to bed at a sensible time to get enough sleep at night	Allowing enough time to do homework in	Expressing feelings
Drinking energy drinks	Having an internet/ phone free day	Reading a good story
Watching tv or favourite films	Eating lots of sweets	Helping someone you notice needs help
Practising mindfulness	Punching a pillow	Talking to a trusted adult
Chatting to a friend	Going to the dentist	Haircut and style
Volunteering to help	Smoking	Taking deep breaths
Learning something new	Tidying up	Walking to school

Year 5/6: Lesson 1 Resource 2a: Activities for health cards



Taking medicine	Spending time with friends	Eating a balanced diet that includes plenty of fruit and vegetables
Washing and keeping your body clean	Drinking water regularly	Swimming, dancing or indoor sports
Helping an elderly neighbour with their shopping	Having fun with your family	Stroking a pet
Taking rest, relaxing, quiet time	Going outside, fresh air	Talking about problems to a doctor, nurse or counsellor
Playing board games	Playing active games outdoors	Joining a sports club
Drawing, painting or making something	Listening to music	Playing on the computer
Thinking of happy times	Offering to do a chore at home	Taking the dog for a walk