

Pupil Graffiti Board- Children's Mental Health Week

How do you feel today?

optimistic
alright
happy
tired
great
proud
loved
upset

What makes you feel better?

playing with friends
talking to someone
football
family and friends
animals- pets
hugs
reading a book

strategies you can suggest to others

- fidgets
- calm kit
- deep breaths
- brain breaks
- talk to a trusted adult



"sleep is important for your mental health"

"making sure that you are eating and drinking enough and think about other things can help you".

"it is important that you tell someone that you are upset"

