

**#HelloYellow**

**I'm wearing  
yellow**

**To school for young  
people's mental health**



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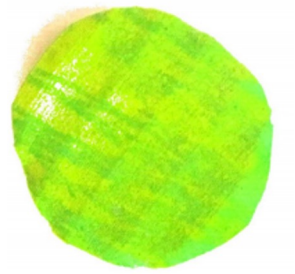
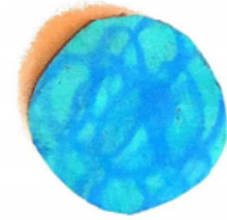


**South West London**  
Clinical Commissioning Group



**achieving**  
for **children**

# TALKING MENTAL HEALTH


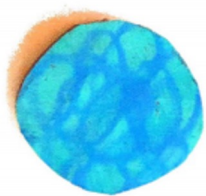




# What is mental health?

We all have mental health

Mental health is about our **feelings**, our **thoughts**, our **emotions** and our **moods**



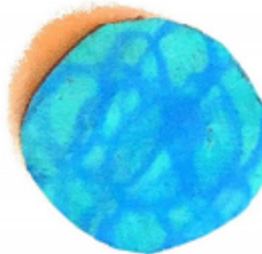




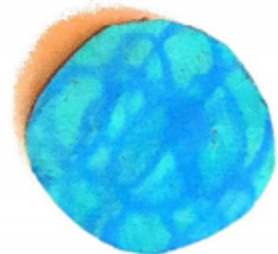
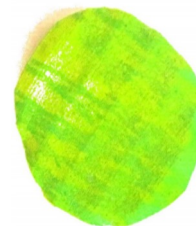
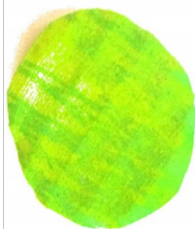
We all take care of our physical health...

- Healthy eating
- Sports and activities (P.E.)

...so it is important to look after our mental health too!  
We can do this by learning about our feelings!



Let's explore some feelings together!





Sad





# Sad



What does our face and body look like when we are sad?



# Sad

What does it feel like in our bodies?

- Empty
- We might cry
- We might hunch over or want to curl up in a ball



# Sad

What makes us feel sad?

- When we lose a favourite toy
- When we fall over or get hurt
- When we fall out with our friends or family members





Happy



# Happy

What does our face look like when we are happy?



# Happy

What does it feel like in our bodies?

- Bouncy
- Energetic
  - Light
- Laughing



# Happy

What can we do to feel happy?

- Things we enjoy
- Spending time with friends and family
  - Playing and having fun







**Scared**



# Scared

What does our face look like when we are scared?



# Scared

What does it feel like in our bodies?

- Wobbly
  - Shaky
- Heart beats fast
- Breathing fast





# Scared

What makes us feel scared?

- Thinking something bad might happen
  - Not knowing what might happen
- Doing things we haven't done before



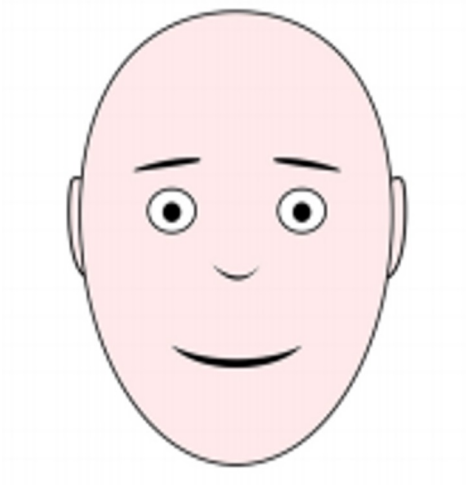


Calm



# Calm

What does our face look like when we are calm?



# Calm

How does it feel in our bodies:

- Relaxed muscles
- Breathing slowly
- Slow heart beat



# Calm

What makes us feel calm?

- Having a bath
- Reading a book
- Listening to music
- Having a hug
- Being in a quiet space
- Going for a walk





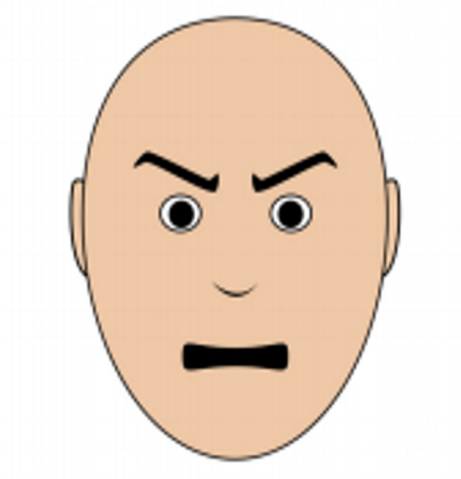


**Angry**



# Angry

What does our face look like when we are angry?



# Angry

What does it feel like in our bodies?

- Heart beats faster
  - Face turns red
  - Fists clench
  - Tense body
- Pacing and stomping
  - Crying



# Angry

What makes us feel angry?

- When things are unfair
- When people don't share
- When people won't play my game
- When I am not listened to





It's normal for everyone to feel all of  
these feelings sometimes

Sometimes these feelings will be small  
and not stay around too long...





But sometimes feelings are  
**BIG...**

They might last a long  
time...

And they might stop us  
from doing the things we  
want to do.



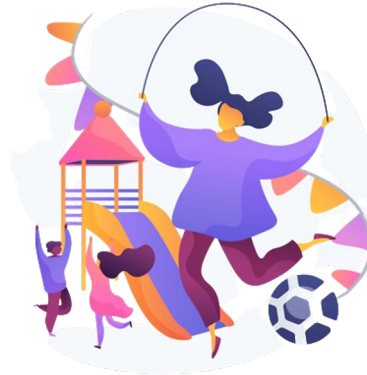
# What can we do when we have big feelings?

Do things we enjoy

Do things to relax

Spend time with people who make us happy

Speak to people we trust



# Sometimes **we need help** to manage our feelings

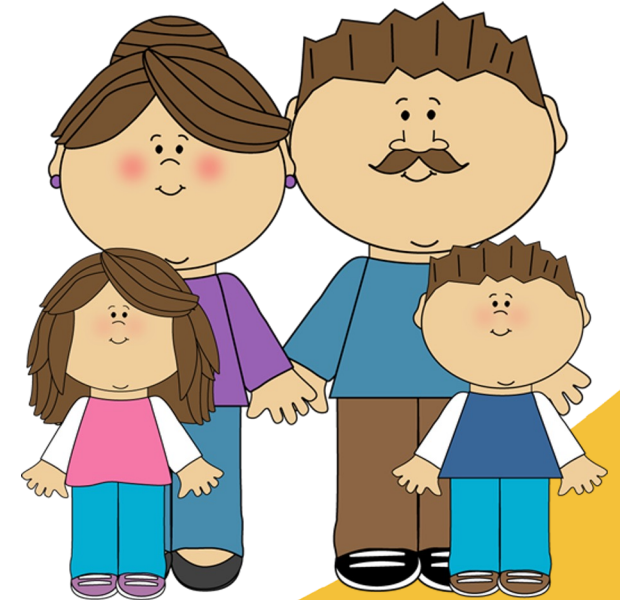
Who can we talk to?



Teachers



Friends



Family



# How?

I feel \_\_\_\_\_

Can I talk to you  
about something?

I am worried about \_\_\_\_\_



**#HelloYellow**

**HOW YOU  
FEEL MATTERS**

**YOUNG**MINDS

THANK YOU

