

PSHE - A healthy mind

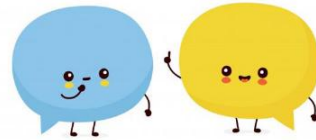
Year 1, Week 5, Summer 2

Overview

As part of healthy living week, we are considering how to keep our minds healthy.

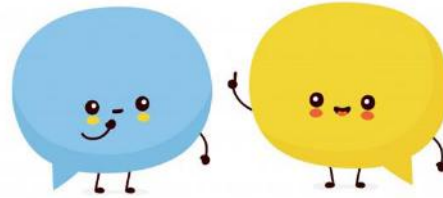
This image indicates discussion points.

Please view slides using present mode.



This week is healthy living week at Burlington!

What keeps our bodies healthy?



Let's watch this video to check if we were right!

<https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p>

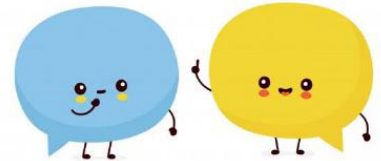
What do humans need
to stay healthy?



Were you right?



But how do we keep our minds healthy?



Some of the things that keep our bodies healthy
also keep our minds healthy.



But there are other things we can do to look after our minds. Can you guess what some of them are from these pictures?



playing with friends



laughter



**talking about
how we feel**

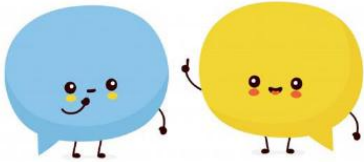


relaxation

Doing activities we enjoy also helps us feel good.



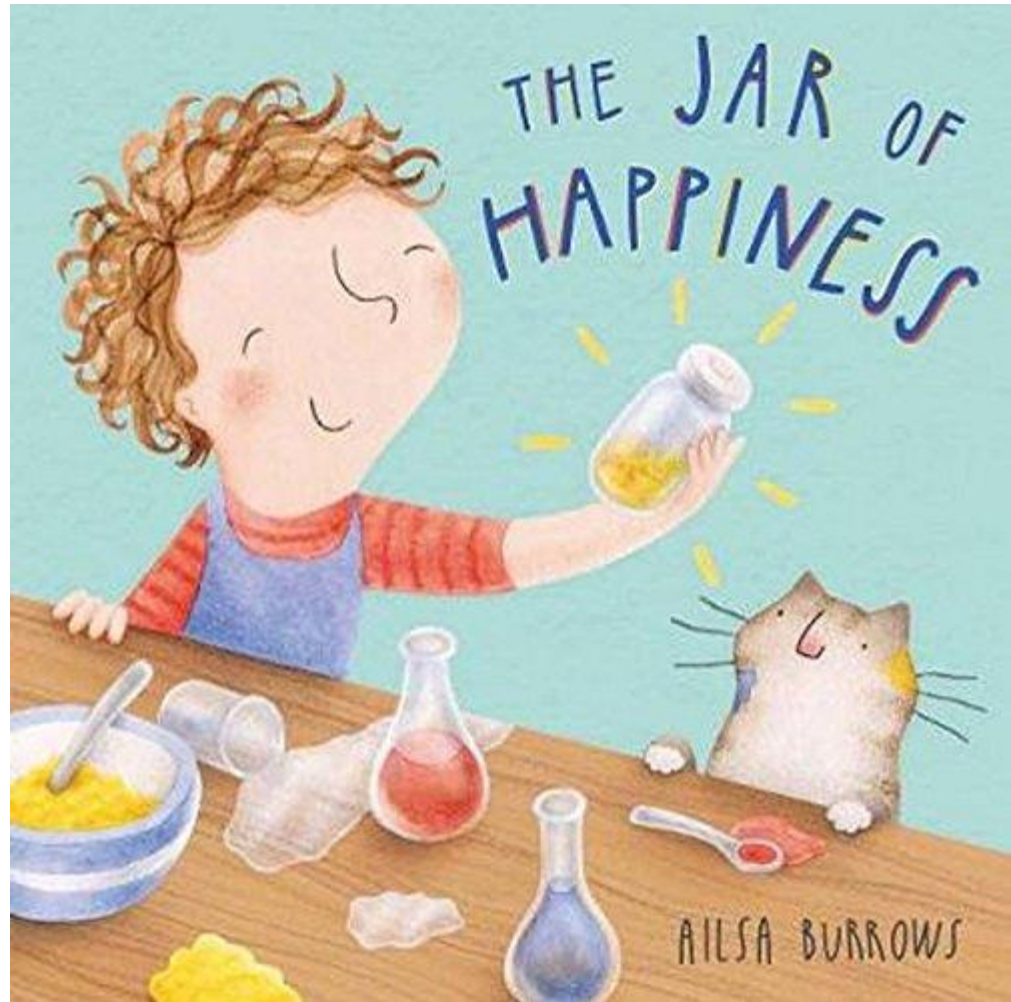
What do you do each day that helps look after your mind?



The Jar of Happiness

Last week we read the Jar of Happiness and made our own Happiness Jars.

Thinking about what makes us happy can help keep our minds happy!



But it is OK not to always feel happy.

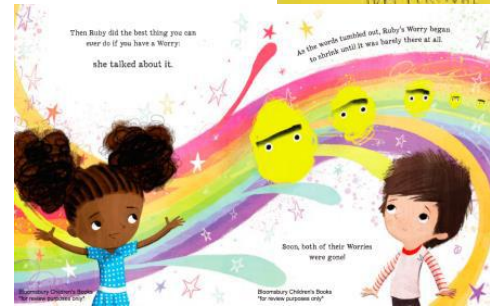
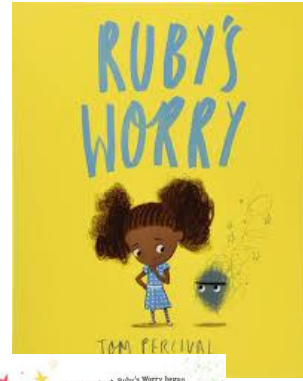
Sometimes we might feel sad, worried, angry or confused.

All these feelings are normal.

There are lots of things we can do when we feel these different emotions.

Do you remember how Ruby coped with her worry in Ruby's worry?

She talked about it!



Relaxation



Learning how to relax is very good for your mind.

Some people like to do yoga or meditation. Some people relax by reading or going for a walk.

Finding out what works for you helps you build up a toolkit that you can use when you don't feel so great.

Let's try some different relaxation techniques to keep our mind healthy.

Mindfulness is a technique that helps us be aware of our different emotions and just allow them to flow through us.

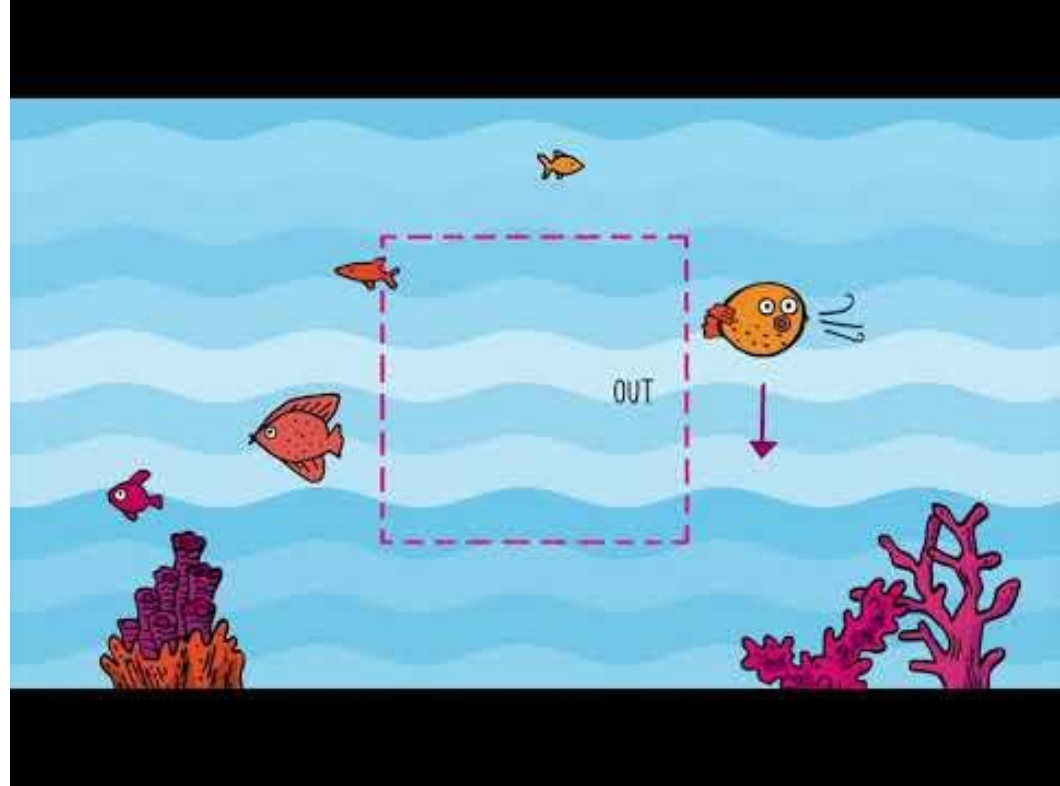


Another relaxation technique to to use our breath.

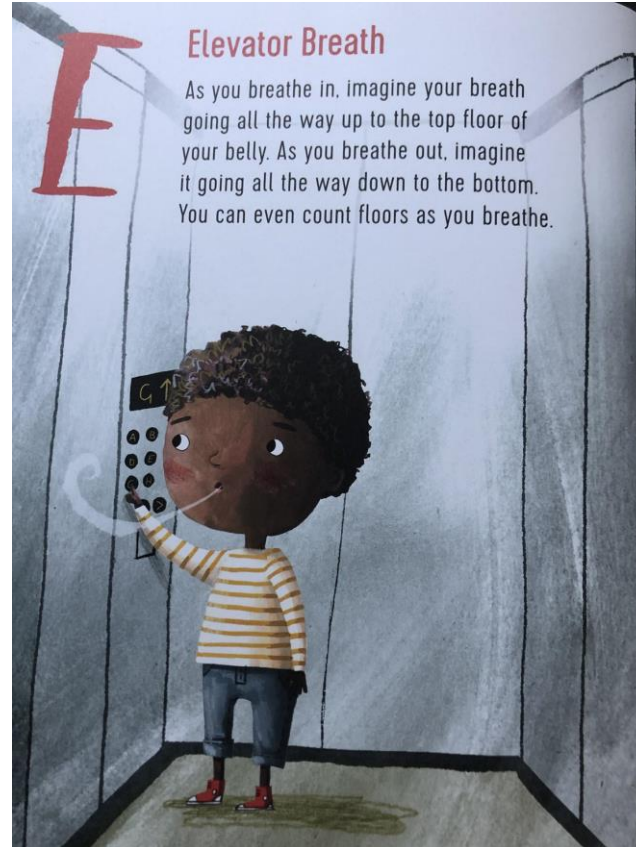
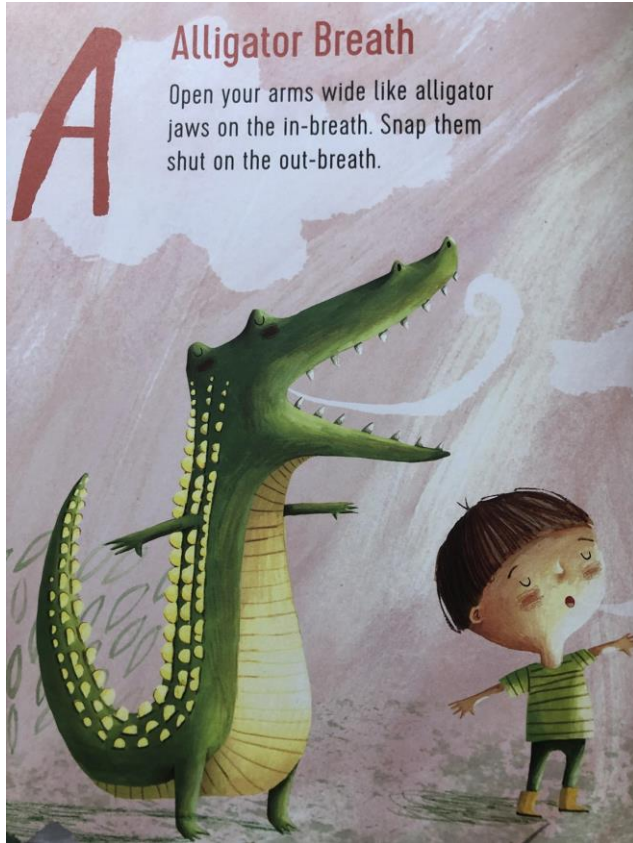
Let's try out a breath technique called square breathing or box breathing.

Breathing techniques are great as once you have learned them you can do them anywhere!

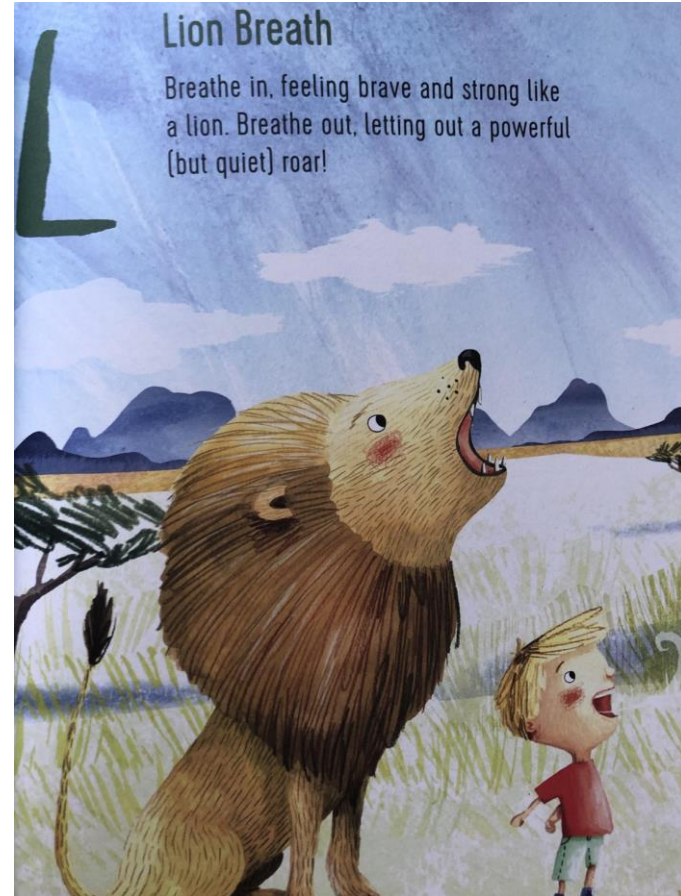
They are like a secret superpower.



Try these other breath techniques too!



And these...



Looking after your mind is as important as looking after your body.

It is about making sure you sleep well, eat well and get plenty of exercise.

And knowing what makes you feel good and doing that!

Well done

Understanding
how to look
after your mind
is as important
as looking after
your body.

