

CHILDREN'S GUIDE TO HEALTHY MINDS

Suitable for age 4+

Do you know how to take good care of your body?
There are lots of ways - eating good food, getting exercise, lots of sleep...

What about taking care of your mind? We all need to take care of our minds as well as our bodies. Sometimes people call this 'mental health'.

Here are three things to do every day to keep your mind healthy:

1. **Ask yourself "How am I feeling today?"** and then tell someone! It can be your friend, an adult or even your pet - but it's great to talk about how you're feeling.
2. **Help someone else:** Sometimes it feels really good to help other people. Why not ask the person who sits next to you in class how they are feeling today? If they have a problem - see if you can find a solution together or ask an adult for help.
3. **Have a break!** Spend a little bit of time doing something that you enjoy - it could be playing music, doing artwork, reading, playing football, or just having some quiet time alone in your bedroom.

Always remember, if you're really worried about something, you can find an adult who you trust to talk to - it could be someone in your family, a teacher, or someone else in school. It can be helpful to think of all the adults you know who you might be able to ask for help.

