

## Keeping our mind healthy

Keeping our mind healthy is a very important skill that we all need to learn and it is all about our emotions/ feelings. Emotional health is about how we think and feel. It is about how we cope when bad and good things happen in our life.

Remember having a healthy mind does not mean you have to be happy all of the time. It means that in times that you feel sad or worried you have strategies to cope and you know how to make yourself feel better.

To do this you may have a list of things to do – go for a walk maybe or listen to some music. It may be to talk to a friend or someone you trust. Every person is different and you just have to figure out what is best for you.

We are going to go through some activities to help you figure out how to keep our mind healthy.

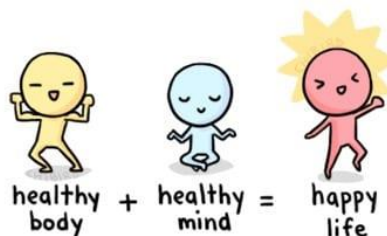
What you will need...

Felt tips

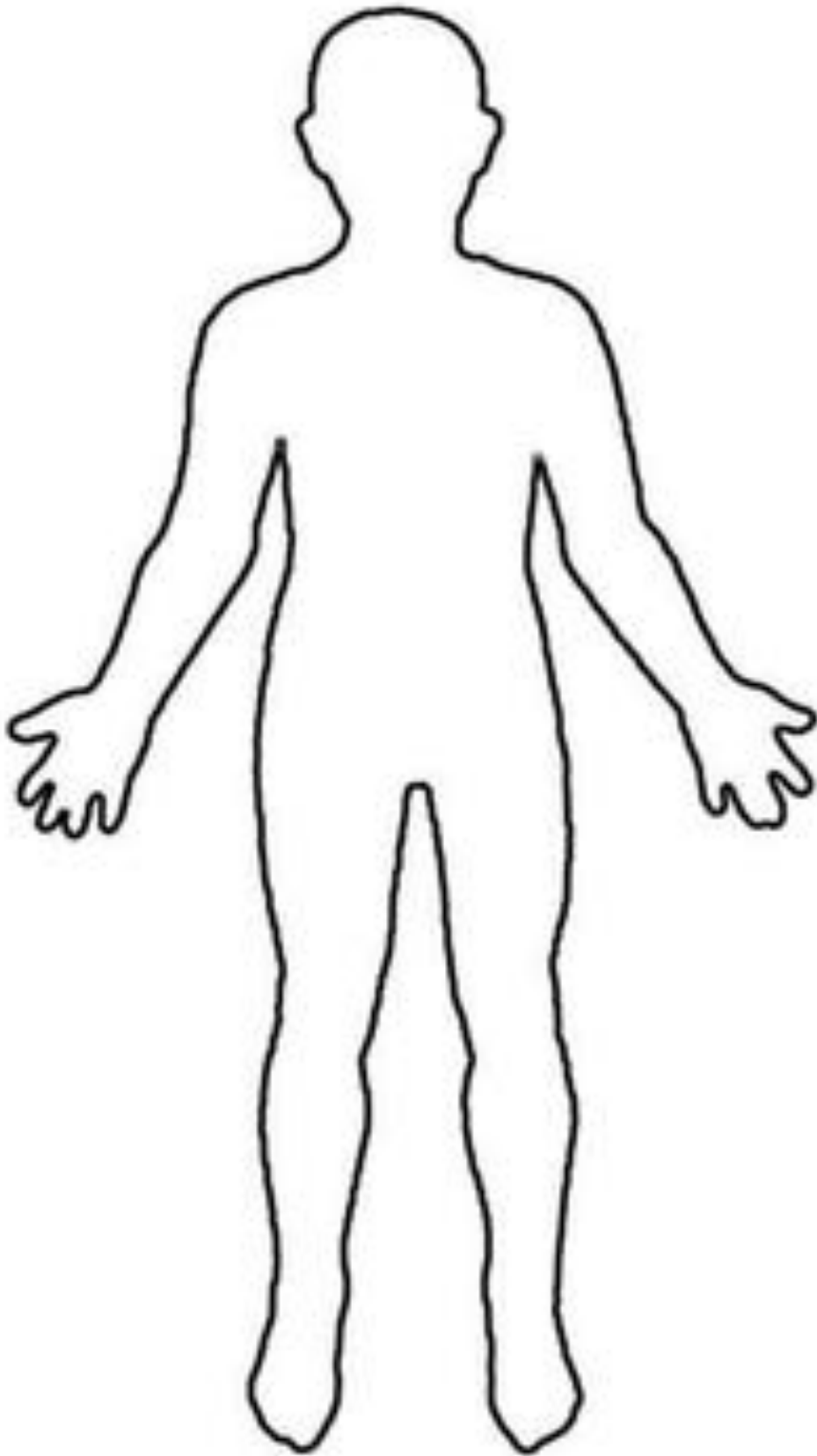
A few magazines

Scissors

On the next page there is an outline of a person. Use pictures from magazines and your own words and drawings to show what it takes for a person to be healthy physically and mentally. Eg. Having friends, going out for walks.



A healthy person



Extension – Talk about what things help our physical health and what helps our mental health