

Promoting Positive Mental Health

How can I look after my mind?



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Self Awareness is my Super Power!!!

What is self awareness?

It is the ability to think about how you are feeling and what you are thinking.

Why is this important?

When you focus on how you are thinking and feeling, you can control how you behave and respond. We can control our thoughts when we become more aware of them.

How can we get better at being self aware?

Ask yourself what you are thinking in the morning or during the day.

Use a journal or a diary to help you question yourself. Take time to think, be still and listen to your thoughts.

Talk through what you are thinking with your loved ones or your teachers.



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Mindfulness Magic!



What is mindfulness?

Being fully present and in the moment. This means focusing on the here and now and quietening all your other thoughts (including negative thoughts/worry).

What can it help with?

It can help you feel in control of your emotions and thoughts. It gives you time to slow down - which helps when you are feeling anxious or scared.

How can I get better at being more mindful?

- You can practise breath work when you go to bed and get up - box breathing or 4,7,8.
- You can practice using all your 5 senses when out in nature.
- You can spend time being still and being quiet. Focus on your breathing and how your body feels.



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worry work

What is worry?

Worrying starts with a negative thought. This negative thought creates a negative image in our minds. We can then think about this image over and over again and this can cause feelings of worry or anxiety.

How can you control your worries?

1. You can start to recognise when you are worrying. An adult can help you with this.
2. Talking to someone you trust can help you understand why you are feeling this way.
3. You can feel better if you take the worrying thought out of your mind. This can be done through talking, writing, drawing, physical activity and breath work.



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Sleep helps!

Why is sleep so important?

Sleep rests and restores your body and mind. Allowing you to feel ready to learn and take on new activities.

Why can't I get to sleep?

Sometimes when you sit or lie down quietly, you may find your mind comes alive with lots and lots of thoughts. This can stop you falling asleep.

You may also not have produced enough of the sleep hormone Melatonin.

Electronic screen time can disturb your sleep.

You could be distracted and be kept awake by light or noise.

What can I do to help?

1. Dark & silent room.
2. No screen time for 1 hour before bedtime.
3. Write down or talk about all of those thoughts in your mind.
4. Meditation & breath work.



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You are in
control of your
mind.



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