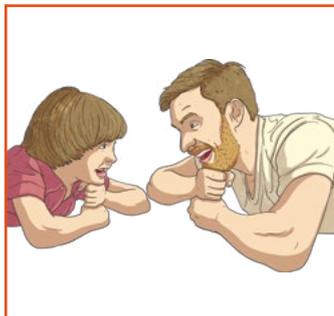


Stay Connected for Positive Mental Health

Hi! I'm Milo! Thank you for joining me to learn about positive mental health. Making connections with those around us can really help our minds to stay healthy. One way we can do this is to speak to people we feel close to. I love to chat to friends and family. Speaking to people we feel close to gives us time to share ideas, thoughts and space to feel understood. It is a good chance to talk about our feelings too.



Choose one of the pictures below and write an explanation of how you do this activity to make connections with people you care about.





We can also make connections with people to help them feel good. How could you connect with these children to help them feel happy?





When I write to my grandparents, get a message from a friend, chat to friends and family and play games, I feel really good. It makes me happy to know that others are thinking of me and want to share how they're feeling with me. If I'm feeling at all upset or worried, I can talk it through with them and I can find out how they are feeling too. It makes me feel good to know that I am valued and understood.

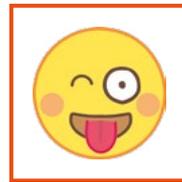
How do you feel when you make connections with those around you? Tick any emotion you feel and explain a little more by writing sentences underneath.



calm



happy



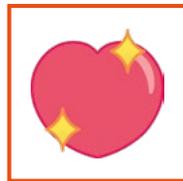
excited



relaxed



content



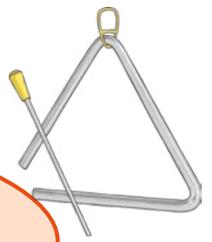
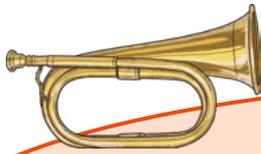
special



included



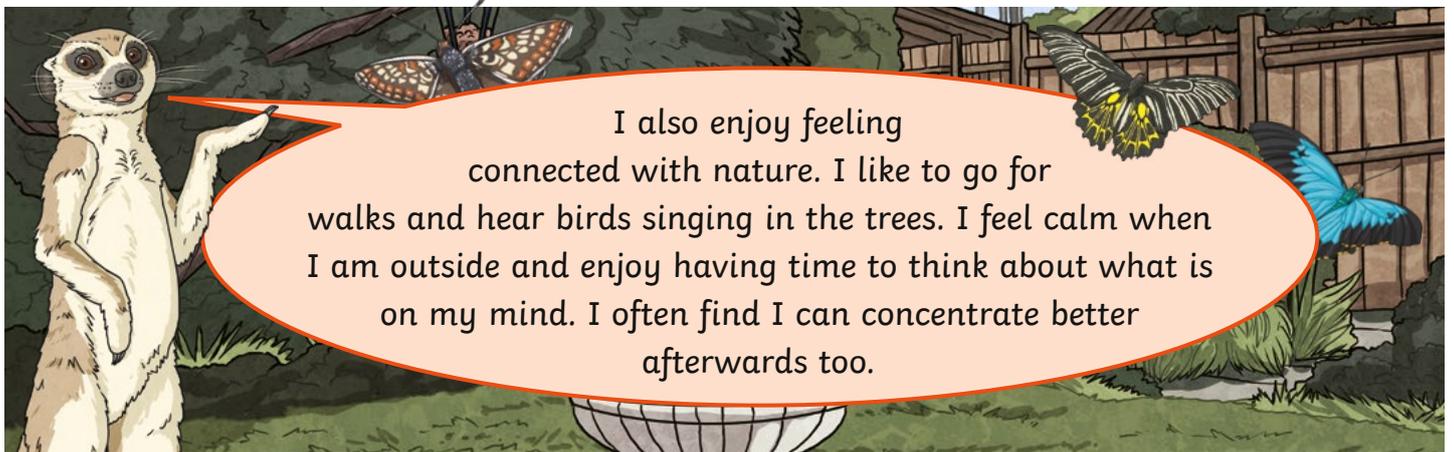
understood



One connection that is particularly important is the one with yourself. Sometimes, we can be so busy doing things that we forget to take time to think about how we really feel. I like to spend time listening to music and reflect on my day to really focus on how



What do you do to reflect on your day and your emotions? How does this make you feel?



Write a sentence next to each of these children to show how they are connecting with nature.

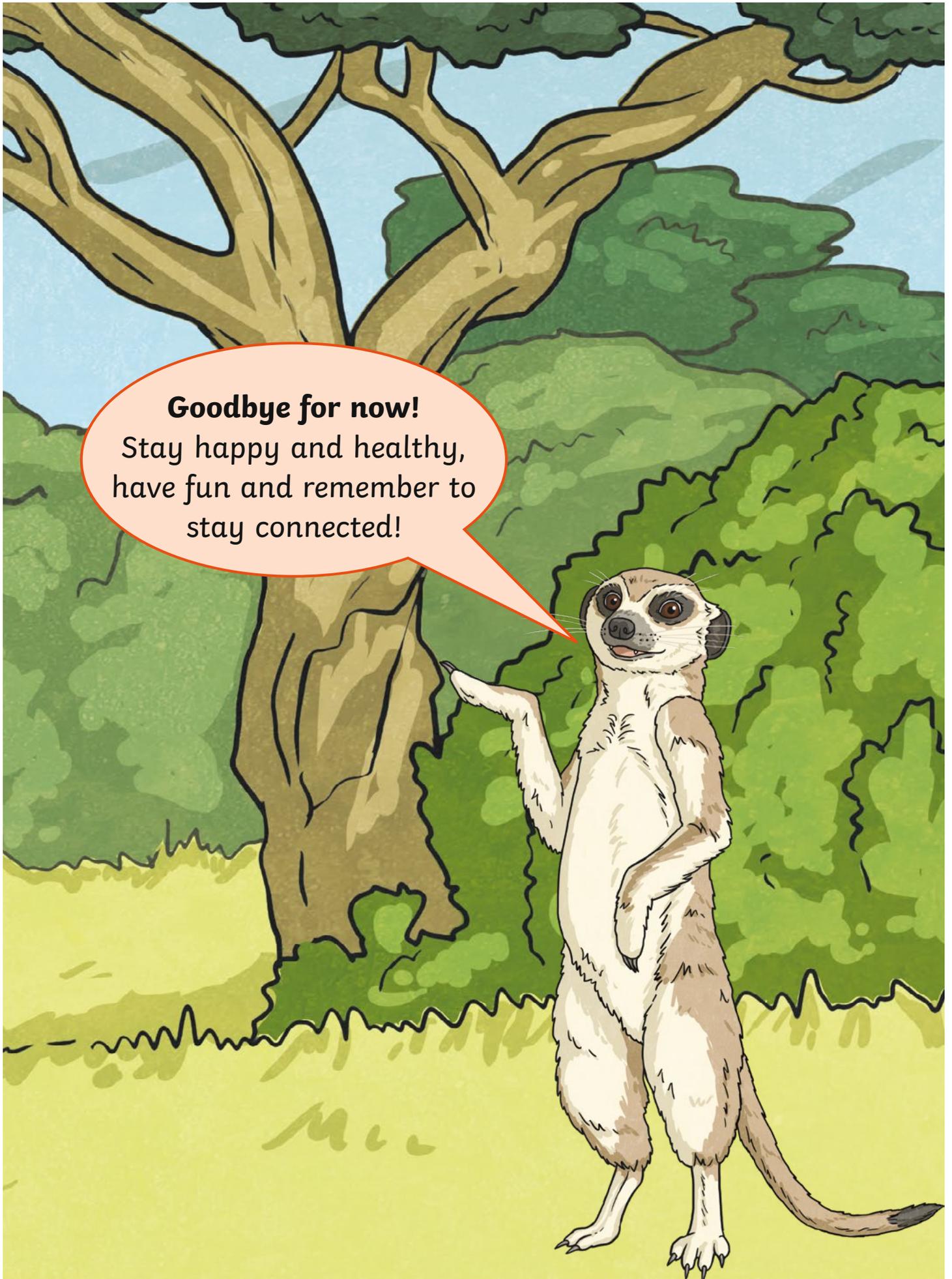




How do you enjoy connecting with nature?
Can you explain what you enjoy doing and how it makes you feel?

Making connections helps people to feel good. Let's keep our connections strong with those around us and look for chances to make new connections with others. Write about some ways that you will stay connected today: this might be to those around you, to yourself and to nature.





Goodbye for now!
Stay happy and healthy,
have fun and remember to
stay connected!