

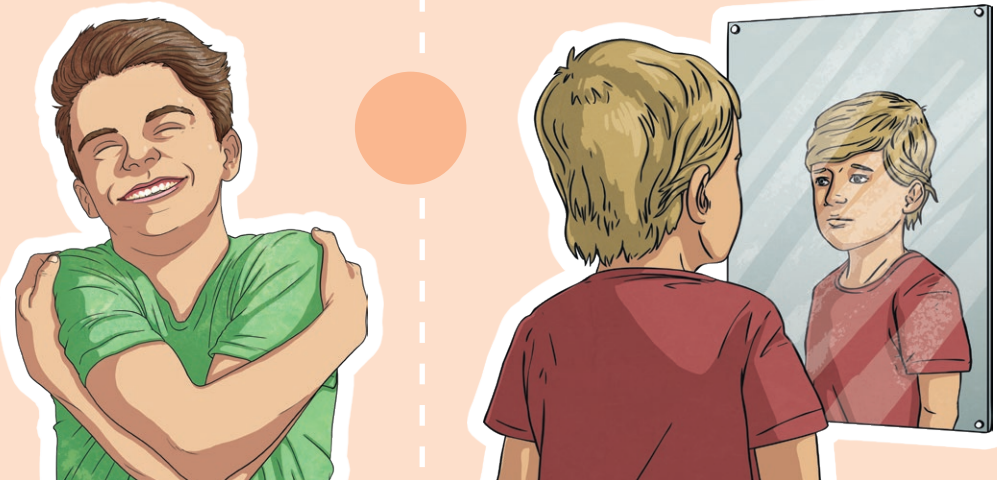
Health and Wellbeing | Think Positive

Key Knowledge

Our Happiness: Happiness is a comfortable emotion we feel when we are doing things we enjoy or when we are spending time with people we feel close to. There are lots of ways we can support our minds to feel healthy and happy. We can relax, get enough sleep, smile and laugh, spend time with family and friends, exercise regularly, eat healthily, be fair and honest, listen to music, care for others, enjoy a hobby, work hard to achieve goals, accept ourselves and feel proud of who we are. All these things support positive **mental health** and wellbeing.



Helpful and Unhelpful Thoughts: Our thoughts affect the way we feel and behave. It can be helpful to understand this so we can begin to understand why we are experiencing the **emotions** we are. Helpful thoughts focus on the positives in a situation or help us to cope with or achieve something. Unhelpful thoughts might make us worry or feel **emotions** that may be uncomfortable. We can help our minds think positively and try to look for the good in a situation or ways we can solve a problem or achieve something by adopting a positive **mindset**.



Key Vocabulary

positive attitude: Looking for the good in a situation and things that are going well rather than focusing on areas we find difficult.

mental health: How we are feeling and the thoughts we are having and the effect this has on the choices we make and how we behave.

change: When something becomes different.

mindset: Our attitude to something and how we feel about it.

mindfulness: Focusing on the present and what we are feeling, seeing and doing right now.

strategies: Ways we can work through or manage something.

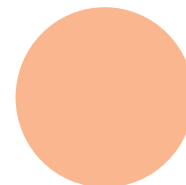
emotions: How we feel about things that are happening.

response: The way we react to things that are happening around us.

challenge: Something we may find tricky but can work to do well at.

resilience: Trying again and continuing to persevere when we find something difficult.

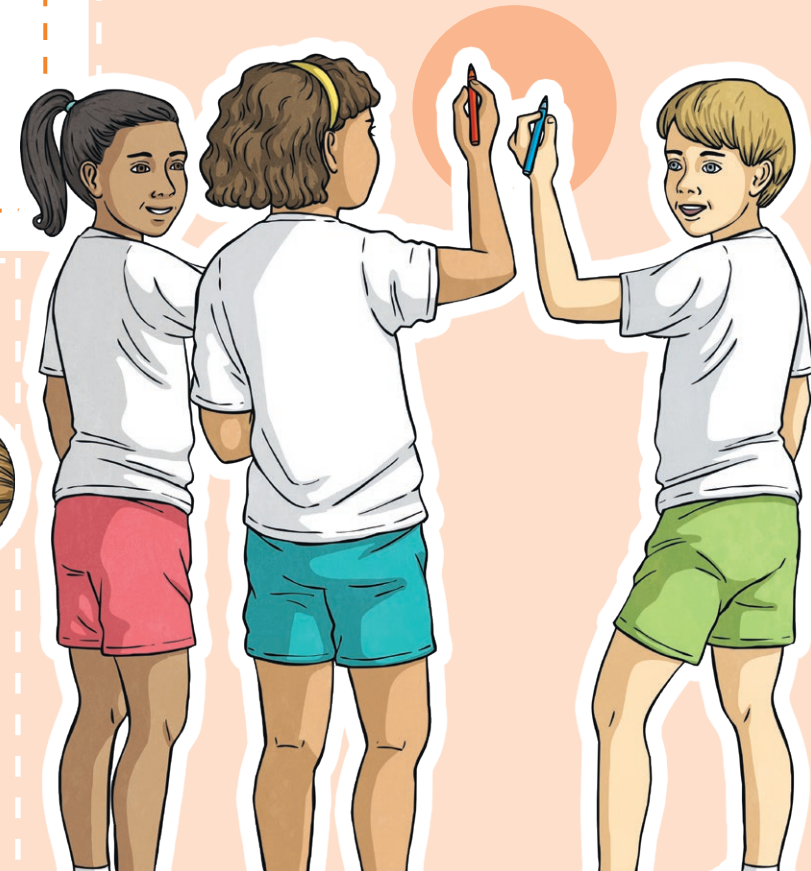
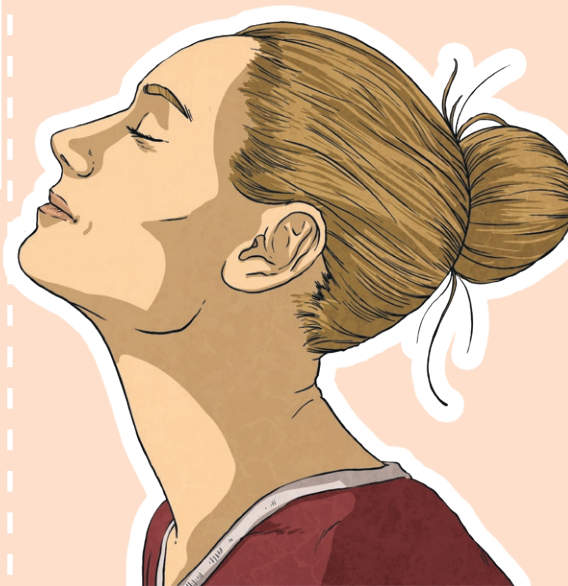
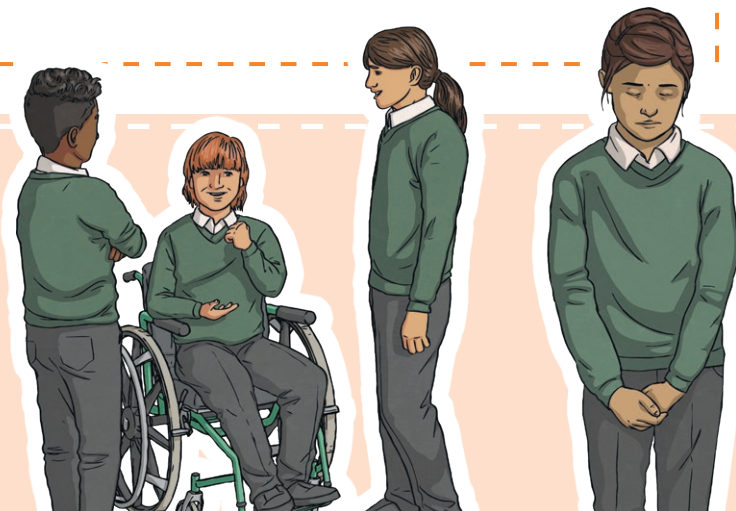
flexible: Making **changes** or adapting ideas when needed.



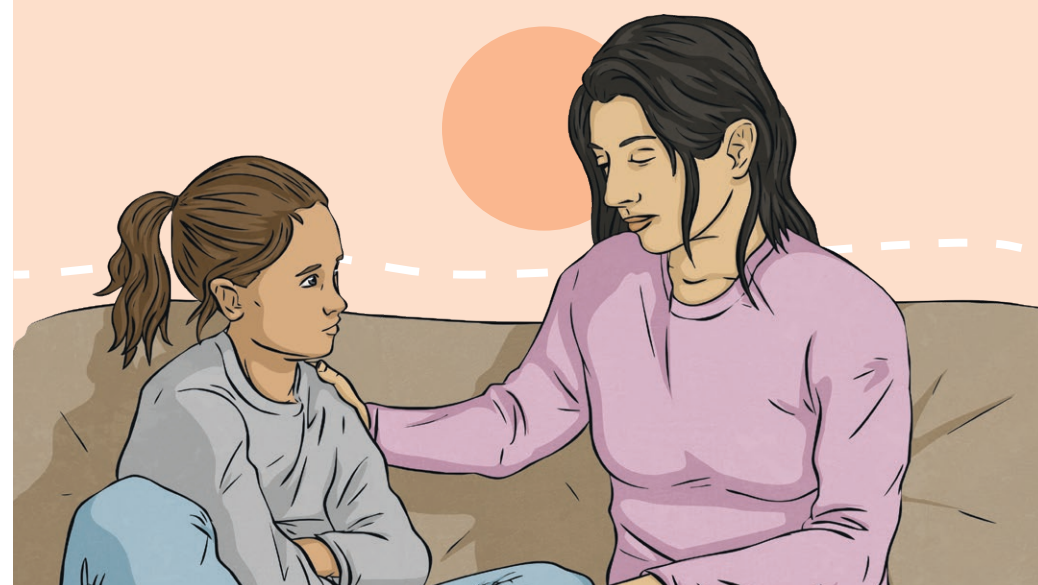
Changes: **Changes** might be big or small. They can be planned or unexpected and the way we each feel about different sorts of **changes** is personal to us. What one person might see as an exciting **change** might make someone else worried and anxious. It is important to respect the feelings of others and show kindness when listening to their **emotions**. We can also help ourselves prepare for or cope with **change**. Different **strategies** will help with different scenarios of **change**. It may help to talk to people we feel close to, plan how we will deal with a **change** that we know is coming so we can be prepared, write our feelings down or focus on a hobby or an activity that we really enjoy. Some people may find it helps to remember these feelings will pass and we will get used to the **change** and the new situation. It is very important to talk to a trusted adult if we feel any uncomfortable **emotions** about **changes** that we are experiencing.

Benefits of Mindfulness: There are lots of ways **mindfulness** can help us. It can improve our focus and concentration, it can help us to understand and manage our bigger **emotions**, it can help us to build our **resilience** by understanding these emotions and it can help us process decisions carefully. There are ways we can bring **mindfulness** into our routines quickly and easily. One example of how to be mindful is to focus on our senses and what we can see, hear, smell, touch and taste. We can do this easily through almost anything we do, for example, when we go for a walk or when we eat. We can also practise mindfulness by focusing on a hobby or activity and spending time with nature.

Positive Learning Attitude: Having a **positive attitude** to our learning can support our **mental health** and wellbeing. We can help ourselves to develop a **positive attitude** to learning by viewing **challenges** as exciting, asking questions to learn more, believing in ourselves, learning from the success of others, watching and listening carefully, learning from our mistakes, practising with determination, getting help when needed, asking questions and trying a different approach.



Managing Uncomfortable Emotions: Every feeling or **emotion** is OK and we are likely to feel a large range of **emotions** each day. Some **emotions** we experience may feel uncomfortable so having some **strategies** to manage these can be helpful. It can help to breathe calmly and deeply or to go for a walk or get active, maybe by playing a game or going outside. We can also spend time with people we feel close to. It is very important we get help and support if we feel uncomfortable **emotions** too often or for too long so speaking to a trusted adult is a very good place to start. Although we can't choose what happens to us or even how we feel about it, we can choose how to react. Having these **strategies** can allow us to take time to understand our feelings and have more choices about how we behave in **response** to them.



Key Learning Point:

Looking After Our Mental Health and Wellbeing: Adopting a positive **mindset** can contribute to our self-care routine for our **mental health** and wellbeing. There are many other things we can do to support our **mental health** and wellbeing as well. These include:

- spending time with family, friends and people we feel close to;
- enjoying hobbies, crafts or other focused activities;
- getting active and playing games;
- spending time in nature;
- showing kindness to ourselves and others;
- eating a balance of different foods;
- drinking plenty of water;
- getting enough sleep;
- learning something new.

It is very helpful to understand the ways we can support our own **mental health** and wellbeing. If there is anything worrying us or causing us uncomfortable **emotions**, it is also very important to speak to a trusted adult.

To look at all the planning resources linked to the **LKS2 Think Positive** unit, [click here](#)