



Promoting Positive Mental Health

Positive Changes Action Cards

Cut out the cards below and match the thought, feeling or behaviour to the action that would promote positive mental health.

Sasha is feeling very grumpy because she had a late night.



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Go to bed on time.



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Adnan is worried about having no one to play with.



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Talk to someone you trust about how you are feeling.



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Simon has had a very busy, noisy day and is feeling stressed.



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Do something calm and quiet, such as reading, colouring or meditating.



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Rochelle has been watching TV inside all day and is starting to feel cross.



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Play outside with people who make you smile.



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Junaid feels really sad inside.



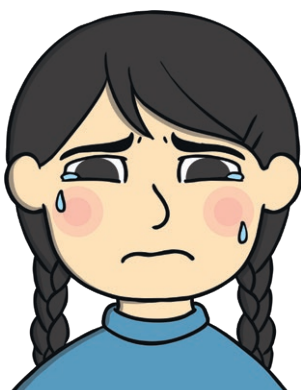
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Ask someone you trust for help.



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Beatrice wishes she was more like her friends.



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Remember you are special just the way you are.



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My Positive Mental Health Jar

Fill your jar with words or drawings of things that you can do to promote your mental health. We've included some ideas below to get you started!



Promoting Positive Mental Health Conversation Starters

Cut out the cards below and take it in turns to ask and answer the questions.

How can we keep our minds healthy?

What is positive mental health?

What makes you happier when you're feeling sad?

What would you do if you saw someone looking upset?

How are you feeling today?

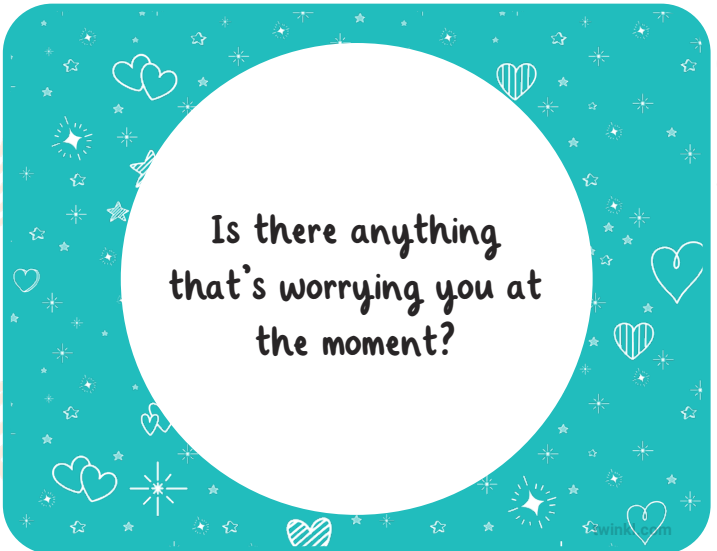
How could I support you if you were feeling sad?



How could I support you
if you were worried?



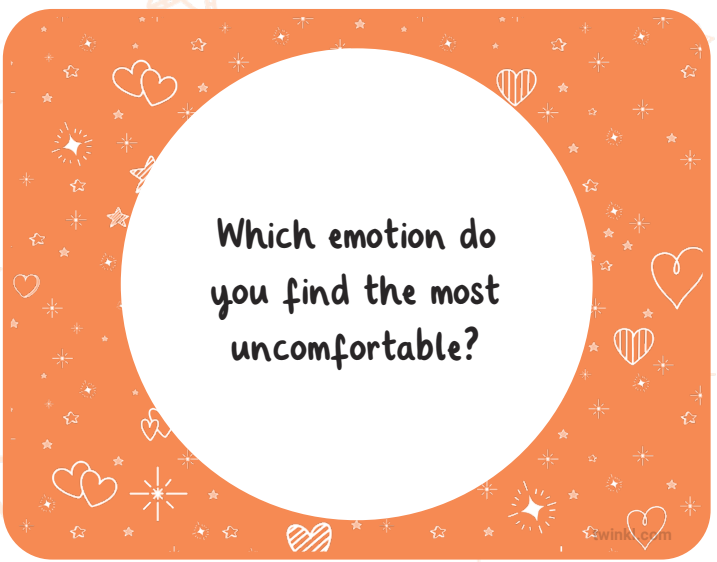
How could I support
you if you were
feeling angry?



Is there anything
that's worrying you at
the moment?



What have you done
today that's made you
feel proud?



Which emotion do
you find the most
uncomfortable?



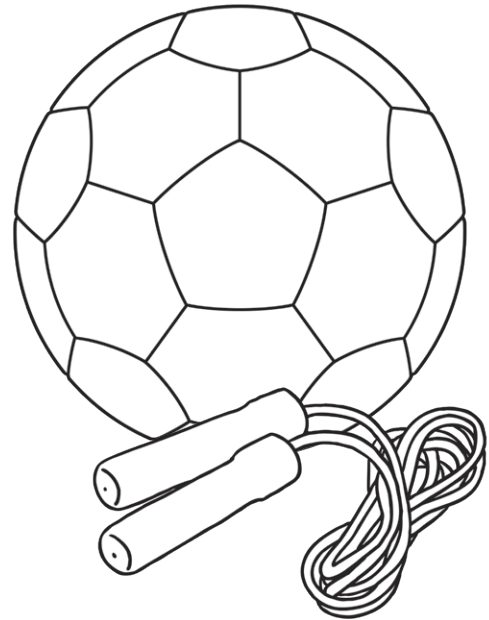
What challenges have
you faced this week?

Keep Calm and Colour!

Here are some ways in which you can look after your mind and body. Can you colour your favourite ways to promote positive mental health?



I drink lots of water.



I like to stay active and play outside.



I eat a balanced diet.

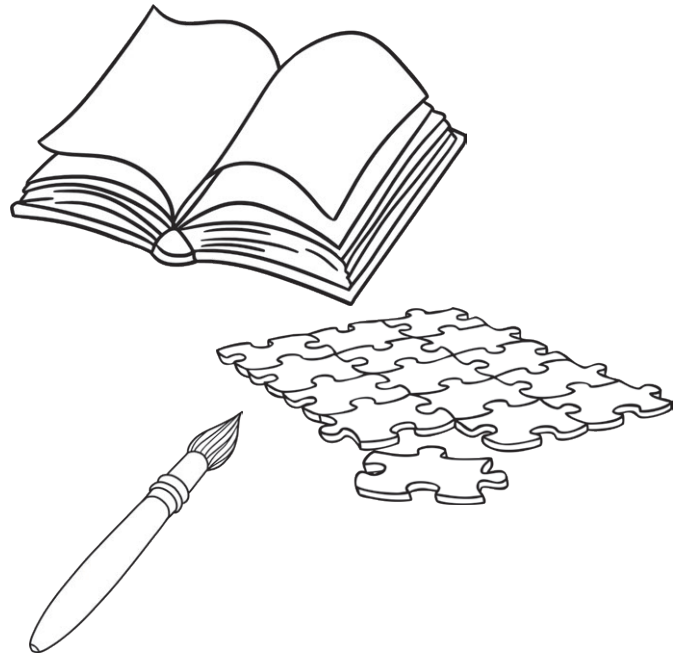


I ask for support when I need it.





I'm a good friend and I choose friends who are good friends to me.



I spend some time each day doing the things I enjoy.



I get enough sleep.



Promoting Positive Mental Health – My Poster

Can you create your own mental health poster to help others look after their own mental health?
You could display it at home for your family!

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.