How can I take care of my mind and body? | My healthy self

Words you will learn:

health
How your body and mind are working or feeling.

mind
The part of you that thinks, feels and remembers.

mood
The way a person feels at a certain time.

routine
Doing things in the same way and at a similar time each day.

support
Help or care given to others or received from others.

Feelings are how you notice and describe emotions.



Face clues and body clues help us understand what someone is feeling and how strongly they feel it.

Sleep helps your body and mind.
Children your age need 9-12 hours of sleep each night.

Not enough sleep



bad mood
hard to concentrate

Enough sleep



good mood
able to concentrate

Your mind and body are connected.

Looking after your health means taking care of your body and mind.

Make sure you:



eat a balanced diet



do things you enjoy



get a good night's sleep



stay hydrated



keep active



spend time with family and friends



Bullying is repeated unkind or hurtful behaviour done on purpose.

It can affect how you feel.

If you need help with your health, talk to a trusted adult.



Use these phrases to get help from a trusted adult:

- I am feeling...
- I am worried about...
- I need help because...
- Something is making me feel...
- I do not know what to do about...

We cannot stop strong emotions from happening. We can learn to notice how we are feeling, pause and choose what to do next.

You could:



listen to calm music



move your body



take deep breaths



do some drawing