

## Year 5/6: Lesson 2 Resource 3: Helpful for Mental Health List



Drinking water



Smiling



Advice website: [www.childline.org.uk](http://www.childline.org.uk)



Writing or drawing about the feelings



Eating a balanced diet that includes plenty of fruit and vegetables



Taking deep breaths



Reading



Recognising things can feel better



Making a memories box



Listening to music



Thinking positively



Advice text/phone line: ChildLine  
0800 1111



Talking about problems to a doctor, nurse  
or counsellor



Taking rest, relaxing, quiet time



Being honest about your feelings



Accepting that change happens to  
everyone



Writing to a friend



Punching a pillow



Hugging a pillow



Going outside - fresh air



Doing something physically active



Writing a diary or journal of feelings



Getting enough sleep



Taking your mind off it



Spending time with friends



Being kind to others



Helping someone else



Thinking of happy times



Stroking a pet



Talking to a trusted adult



Squeezing a stress ball



Chatting to a friend



Imagining the feelings drifting away

