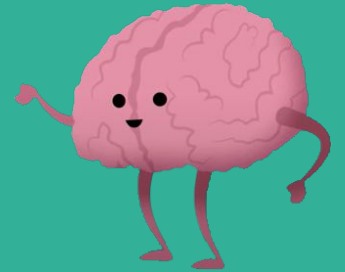
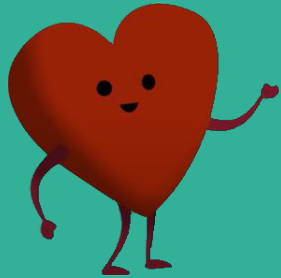


Lesson 1: We All Have Mental Health



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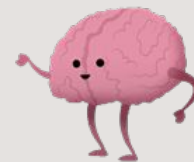
Anna Freud
National Centre for
Children and Families



Erika's Lighthouse



What is Mental Health?



Mental health is about our feelings, thinking, emotions and moods.



Mental health is important for a happy, healthy and productive life.



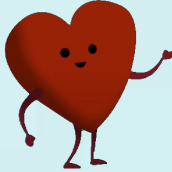
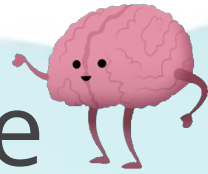
Just like we brush our teeth every day, we need to make sure our brains have the tools we need to be mentally healthy.



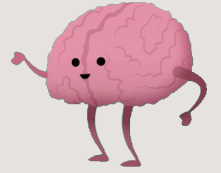
Looking after our mental health is just as important as looking after our physical health.



In today's lesson we
will:

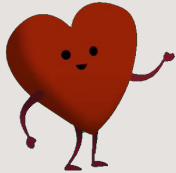


- Learn more about mental health
- Ways to keep your mind healthy
- Play Charades
- True or False

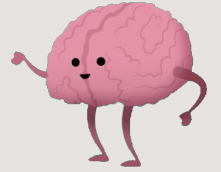


How do we care for our
mental health?

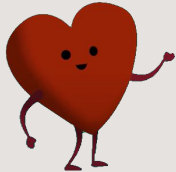
Let's play charades!



Mental Health and Feelings

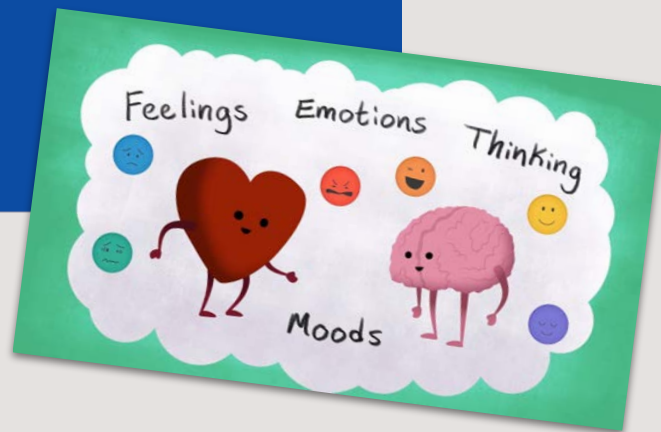
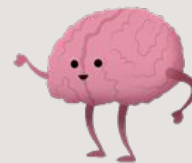


- It's O.K. to feel how you feel
- If you are sad, it's O.K. to show you are sad
- If you are happy, it's O.K. to show you are happy
- Feelings can be big or small and everything in between



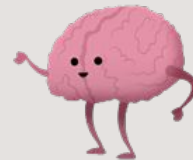
TRUE or FALSE?

We all have mental health.



TRUE





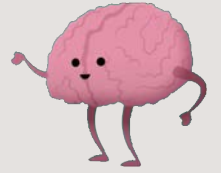
TRUE or FALSE?

Our **physical health** is more important than our **mental health**.



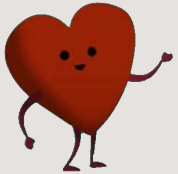
FALSE



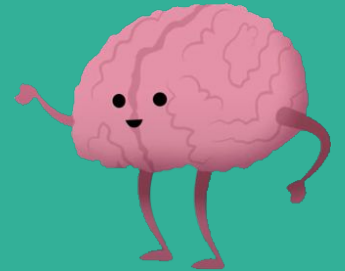
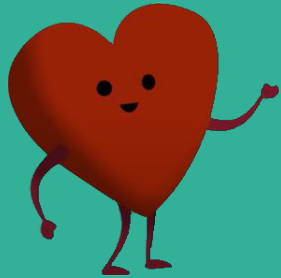


What do you notice?

What do you wonder?



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