

# HATS ON 4 MENTAL HEALTH 2022





# Collective Worship

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Respect

School Value Focus: Identity

Other Christian values:

Stewardship



# The Lighting of the Candle

As we gather together and light the candles, we think  
of:

God the Father, creator of our world

God the Son, who was sent to save us

And God the Holy Spirit who lives in us always.

Amen





Greeting



The Lord is with  
us.



Let us praise his  
name together.

# Identity

# Stewardship

## Welcome Words

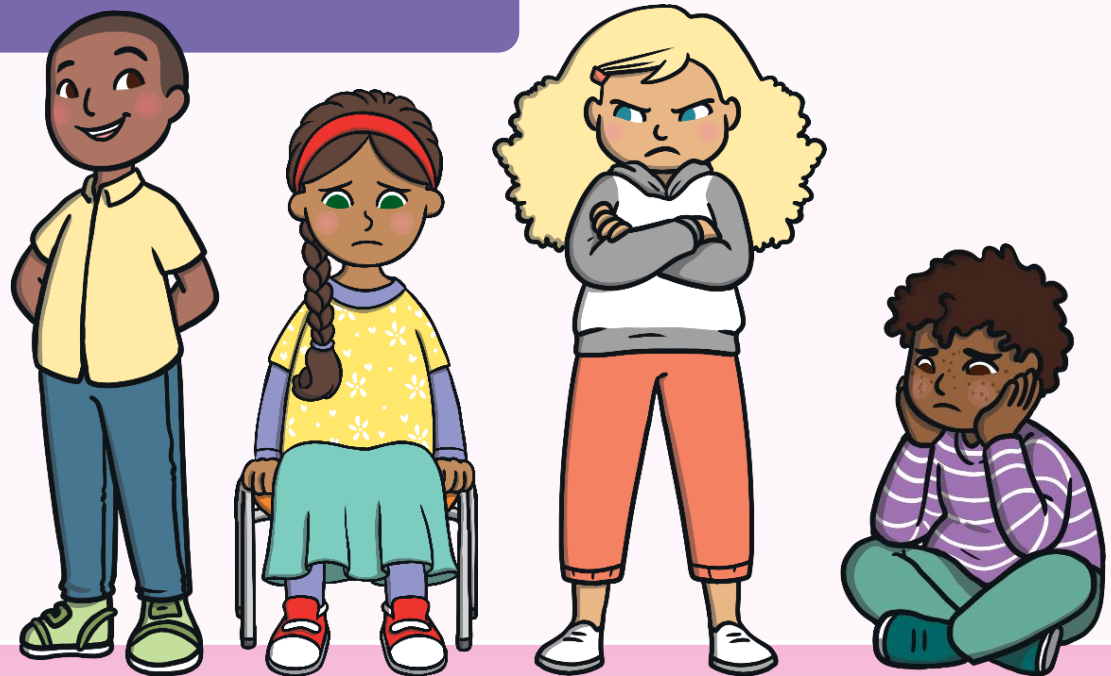
Today is World Mental Health Day. We have all come in wearing some amazing hats and brought in a donation of money for the charity mind, but why? Let's find out why our mental health is as important as our physical health and how they are different.



# What Is Mental Health?

What does mental health mean to you?

Mental health is all about how we are feeling and the thoughts we are having. It can affect how we behave and the choices we make.



# How Can We Look After Our Mental Health?

Just like with our body, it is important that we do things to help our minds to be healthy, be in good control and feel well.

How many different things are there in this picture that we can do to look after our mental health?



# How Can We Look After Our Mental Health?

How did you do?

To look after our mental health we can:

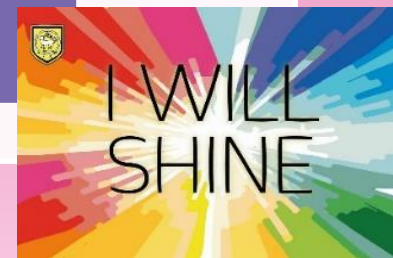
- be physically active;
- eat a balanced diet;
- drink plenty of water;
- get enough sleep;
- talk about our feelings with someone we trust;
- ask for help when something is troubling us;
- make sure we have time each day to be calm and quiet;



# How Can We Look After Our Mental Health?

How did you do?

- spend time doing something we love;
- spend time outside;
- be creative;
- spend time with people who make us smile;
- help and be kind to others;
- remember we are valuable and worthy just the way we are;
- limit our time watching TV, on social media, the Internet and electronic devices.





# It's OK Not to Be OK



Sometimes, we all experience uncomfortable feelings and that's OK.

What uncomfortable feelings, as humans, can we experience?

Sometimes, people struggle to manage and cope with uncomfortable feelings – they struggle with the health of their mind, their thoughts and their feelings. They might also behave in a way that hurts themselves or others.



# Signs of a Struggle



How might we know when someone is struggling with their mental health?

They may:

- have sudden and dramatic changes of mood – especially anger and distress;
- be finding it hard to get to sleep, stay asleep or may be wanting to sleep all of the time;
- be feeling worthless and like they don't matter;
- become withdrawn from family and friends.

They may:

- be feeling worried all of the time - so much so, that it stops them being able to do things in day-to-day life;
- stop wanting to join in with day-to-day life;
- have been feeling sad and irritable for a long period of time.



## Who can I talk to?

If you are feeling worried, sad or angry, there are people that you can go to in and out of school. You could speak to;

- Teachers
- Teaching Assistants
- Learning Mentors
- Friends
- Lunchtime Supervisors
- Parent/Carer
- Brothers/sisters
- Family



# How to look after your Mental Health

Spending time  
with friends and  
family

Asking for help and  
talking about our  
worries

Good Sleep

Exploring out in  
nature and  
exercising

Balanced  
diet

Learning  
new things

Hobbies

# Reflection

All people have the right to have help in looking after their mental health or to feel better if they are unwell. No one is more or less deserving of help than anyone else.

Being kind to all people helps us and them to feel good on the inside and this can positively affect people's mental health.

How can you show kindness to others?



# Doing a little can make a big difference.

Being kind to all people helps them to feel better and their health can positively improve. How can you help others?



# The Bible says...

2 CORINTHIANS 1:3-4

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”



## What does this mean to us...

We know God is a God of love and compassion. God tells us that he will be with us and support us through things that are hard and things that are joyful. It is good to talk about our negative thoughts and feelings, but another way to improve our mental health is choosing to be grateful and thankful. God wants us to talk to him and in return he can fill our hearts and minds with peace.



## Prayer

Our Father, who art in heaven,  
hallowed be your name;  
your kingdom come;  
your will be done;  
on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our sins,  
as we forgive those who sin against us.

And lead us not into temptation;  
but deliver us from evil.

For yours is the kingdom,  
the power and the glory,  
for ever and ever.

Amen.



Responding



Sending



Go in peace  
and serve  
the Lord.



In the name  
of Christ.  
Amen