

Pupil voice - mental health and wellbeing

In mental health week during our 'Move it' carousel (13.5.2024)

### What is mental health?

Mice - It is being healthy. It is like looking after yourself. It is doing exercises because then you will be fit. It is mental health week this week.

Foxes - You be healthy. Do exercises because that is very important. You have mental health. It is being fit and eating good food.

Owls - It is looking after your mind. You can be fit and that is good to help your brain too. Be kind to your mind. It is feelings. It is having a healthy mind and not just your body. Everyone has it.

### What can we do to make sure we have a good mental health?

Mice - Do skipping and running. Eat vegetables. Have fruit every day. Drink water. Do exercises like we are today. Move around a lot.

Foxes - Go to sleep on time. Walk around. Do exercises. Eat fruit and vegetables because they are good for you. Do some skipping every day.

Owls - Move around instead of sitting still. Sleep well and drink water. Eat a balanced diet. Eat five a day. Don't have too much sugar. Talk about your feelings. Use the zones board and have a calm toy. A few made reference to SMILERS.

### What do we do at school to help you have a good mental health?

Mice - Running. Skipping. We taste fruit sometimes in our class. We play outside. We plant things.

Foxes - We have a water bottle. Eat fruit. Do PE. We have skipping ropes. I can go on the timber trail.

Owls - Calm area. Zones board. Have big drinks of water. Have a fruit trolley. Do exercises every day. Do yoga. We learn about feelings and to talk to someone. We have fidget toys to squeeze. We have fresh air. We have some books about feelings and a calm down doodle book. We listen to calm music when we are writing.