



Aberlour Angus Primary Years Wellbeing Service



My name is:

.....

What are we going to discuss?

Week 1: What is Mental Health?

Understanding mental health and wellbeing and identifying who we can talk to if we need support.

Week 2: Self-Esteem

Understanding what self-esteem is and promoting a positive self-image for ourselves and others.

Week 3: Anxiety

Understanding anxiety, recognising physical and emotional effects of anxiety and identifying coping skills.

Week 4: Relationships

Understanding who we have relationships with, how different relationships can affect us, ways of resolving conflict, and exploring values that add to healthy relationships.

Week 5: Relaxation/Self-Care

Understanding the importance of relaxation and self-care, and the benefits of building them into our daily, weekly and monthly routine.

Week 6: Identifying Feelings

Understanding different feelings we experience, how we express these and promoting positive changes that you would like to see around mental health and wellbeing.



What would you like to learn?

Week 1

- What mental health is and why it is important.
- Identifying who I can talk to if I have any concerns.

Week 2

- What self-esteem is and the importance of having a positive self-image.
- Promoting positivity in myself and other.

Week 3

- What anxiety is and the effects it has on our body and emotions.
- Discussing coping skills, I can use when I feel anxious.

Week 4

- Different relationships I have, how these affect me.
- Discussing strategies for resolving conflict and values I bring that contribute to healthy relationships.

Week 5

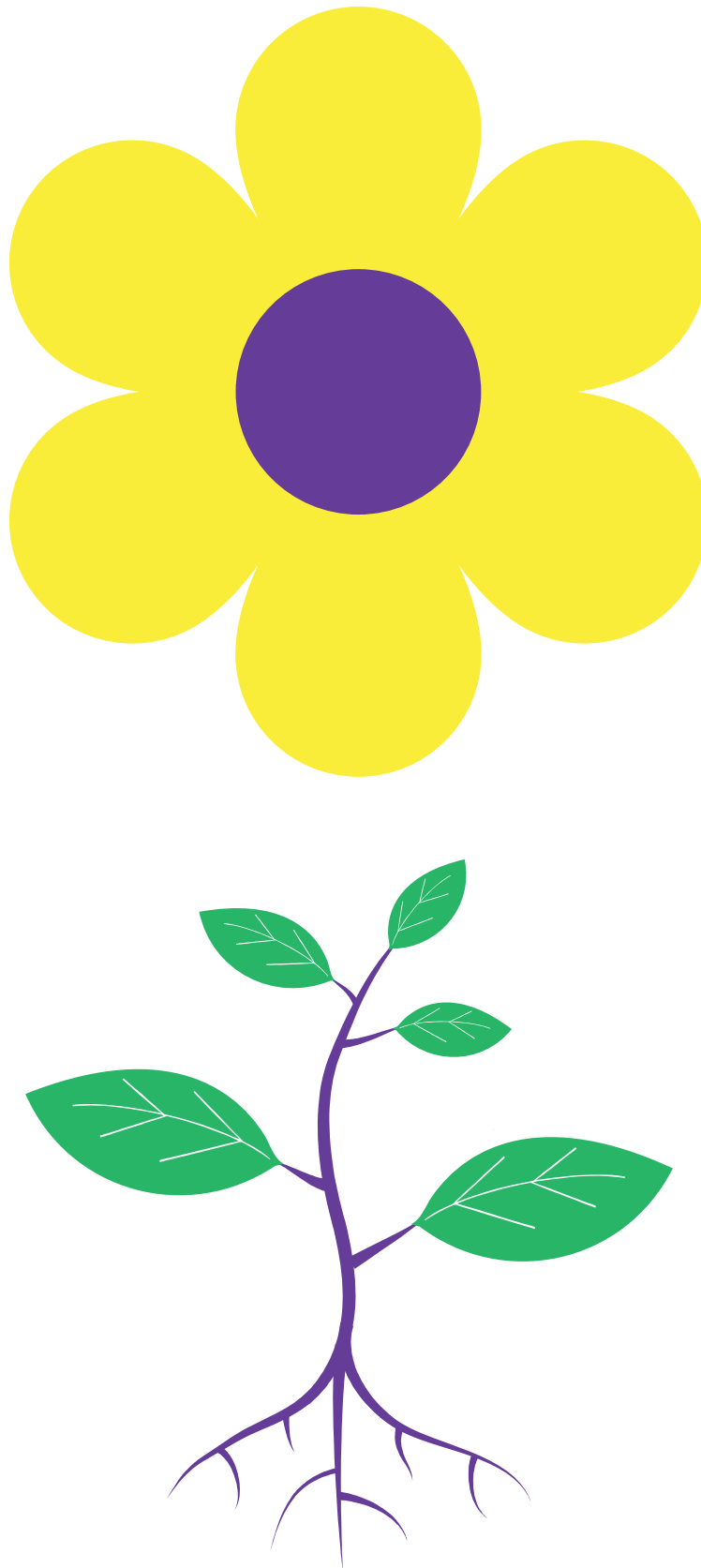
- The importance of relaxation and self-care and their benefits.
- Identifying my relaxation destination (safe place in my mind) and practices I can bring into my daily, weekly and monthly routine.

Week 6

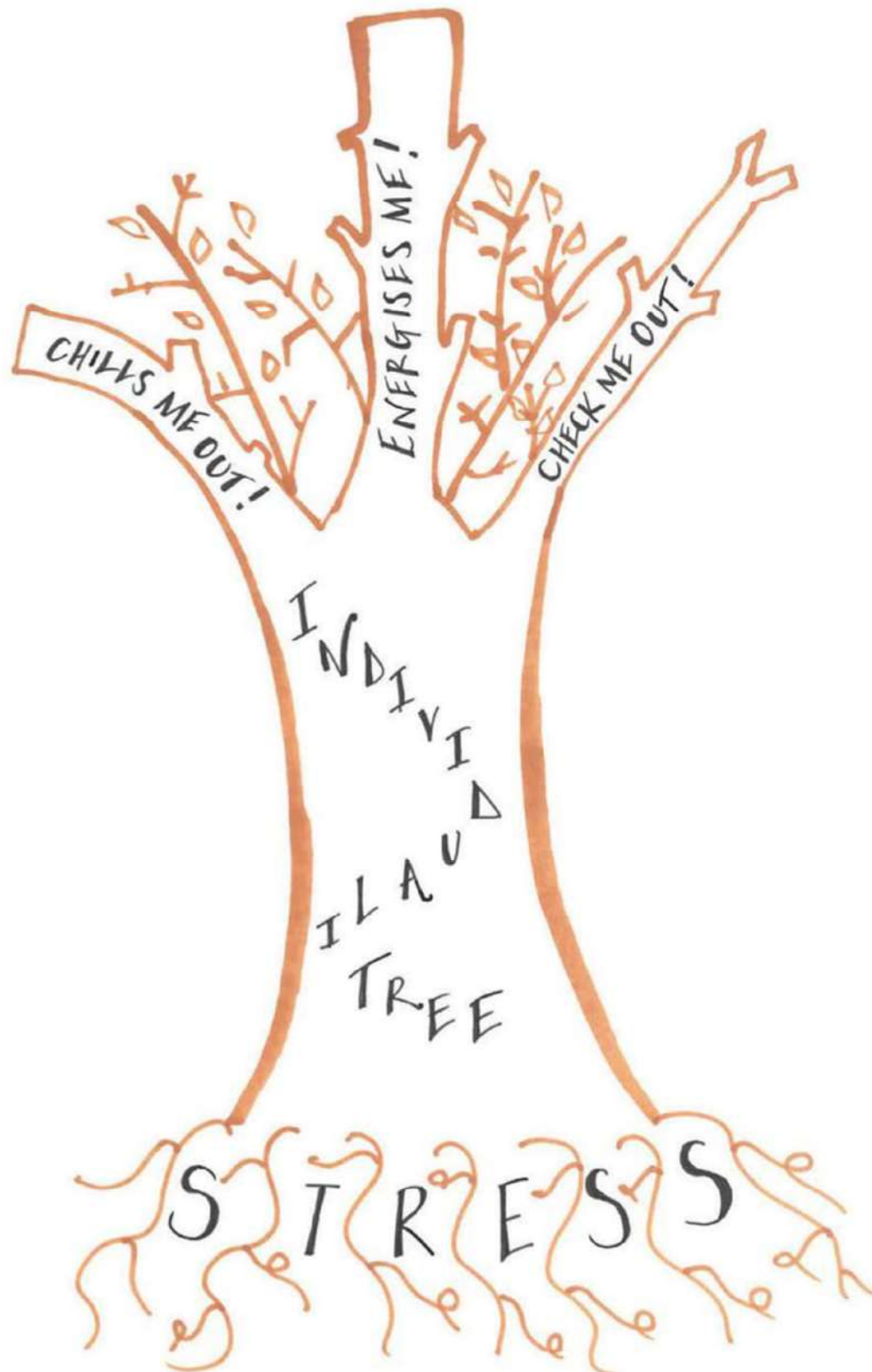
- Different feelings I experience and how I can express them.
- Sharing positive changes, I would like to see around mental health and wellbeing.

What have I learned

Plant / Seed – skills learned



Individuali-tree

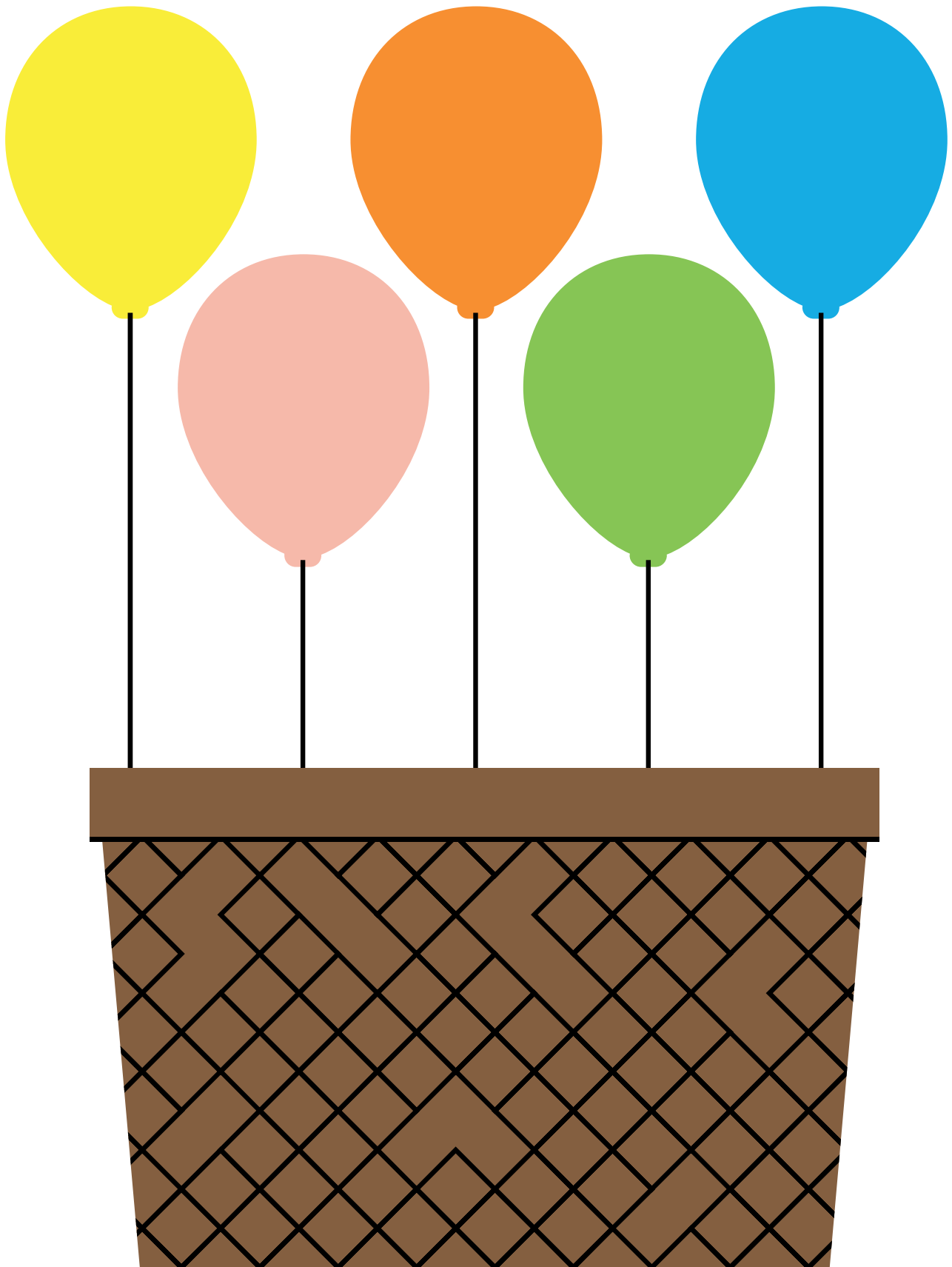


Who can I speak to?

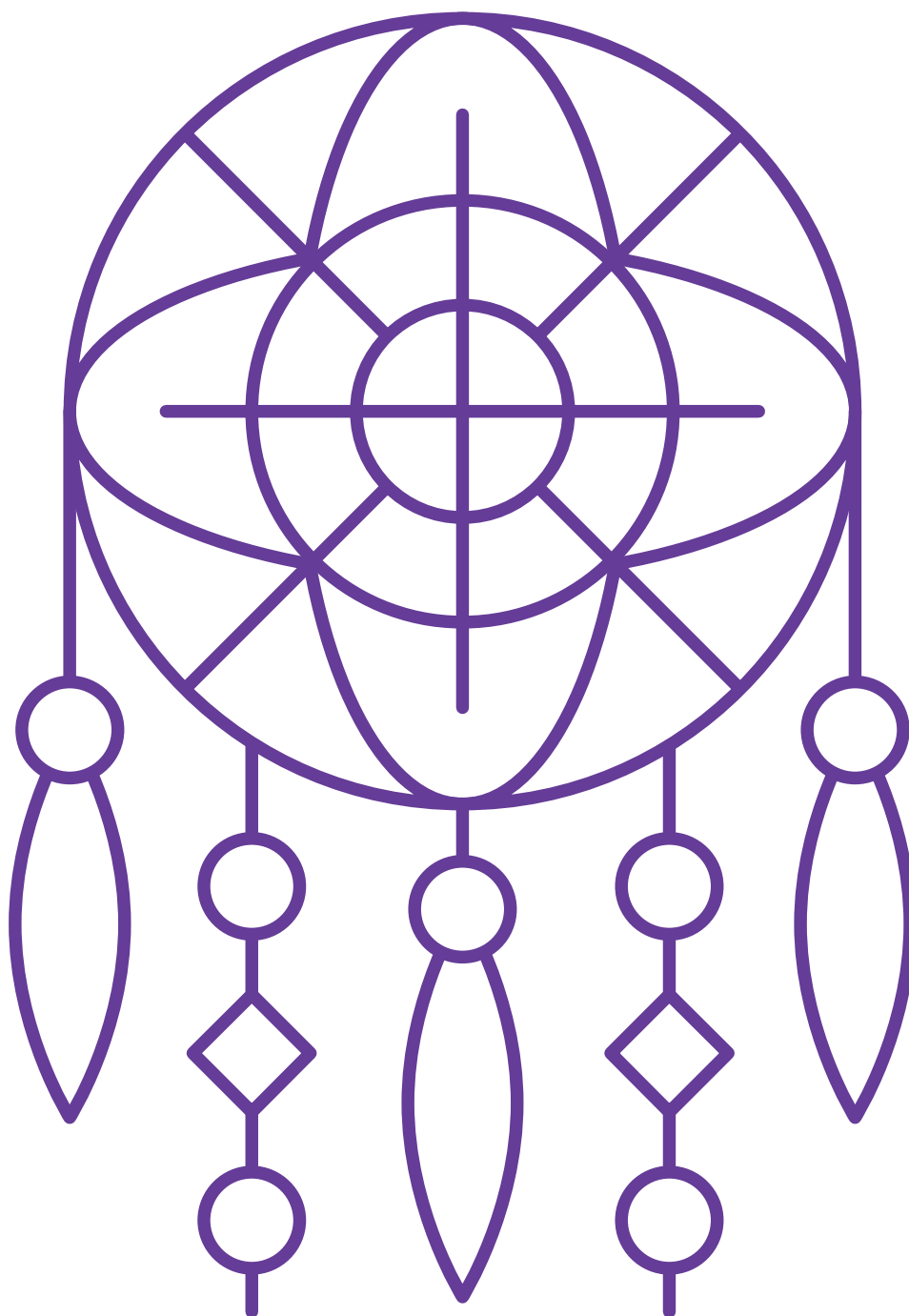
Who are the most important people in my life I talk to and trust? You are the person in the middle.



Hot air balloon



Dream catcher

☐

Kind

☐

Friendly

☐

Confident

☐

Caring

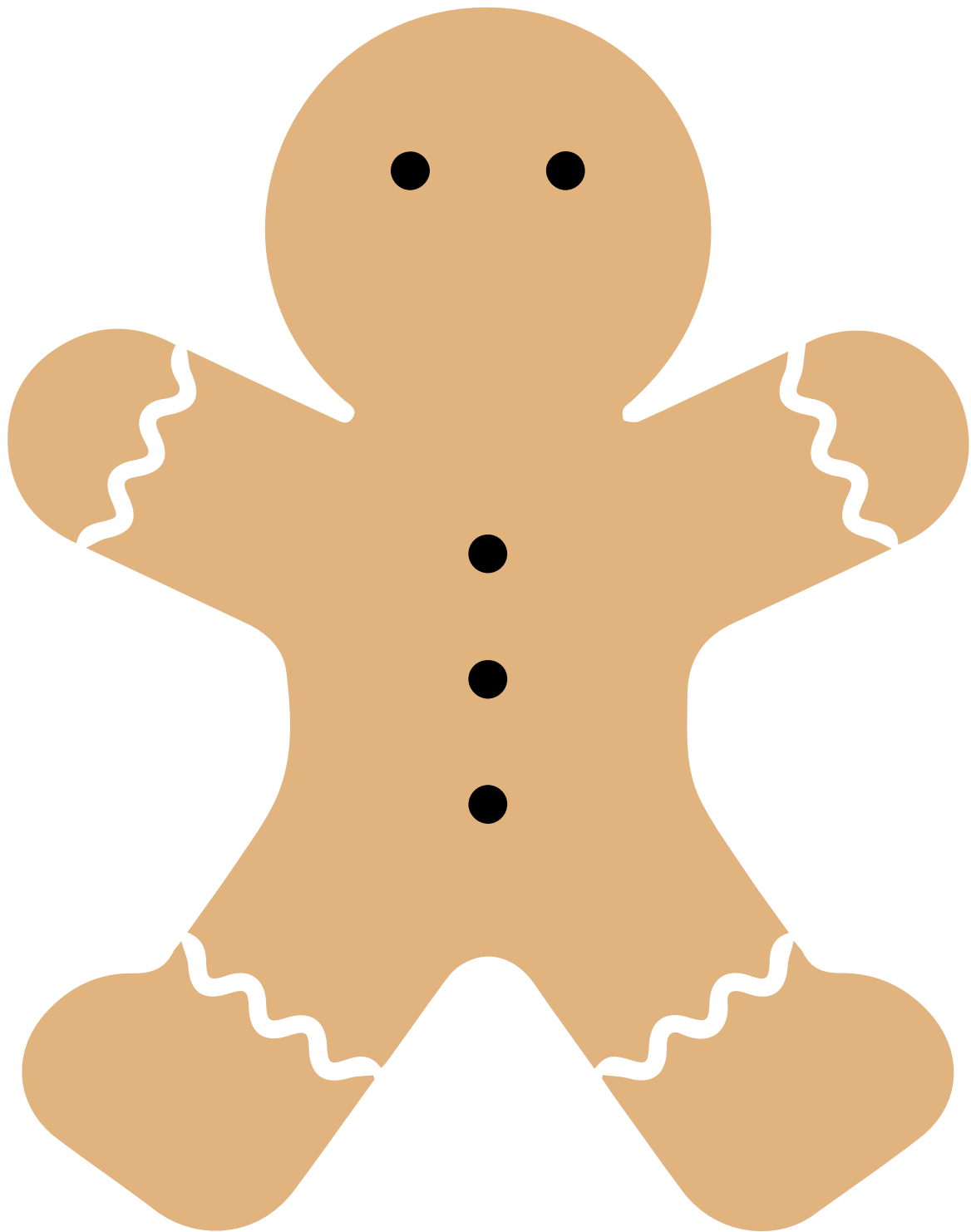
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Fun

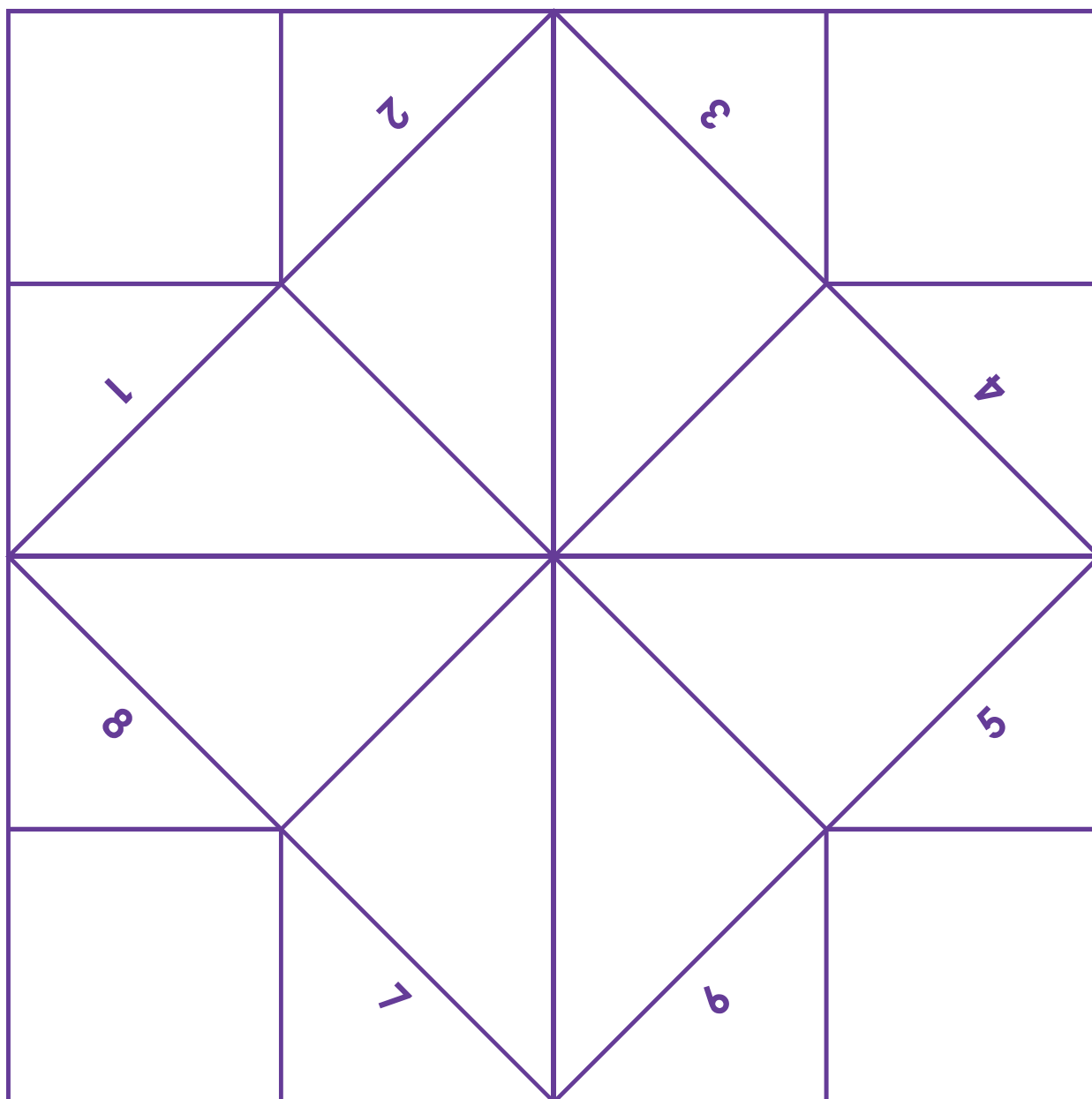
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Helpful

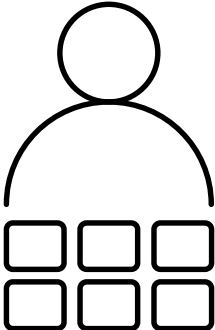
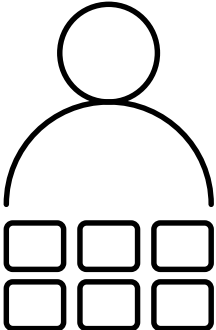
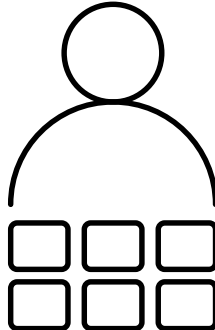
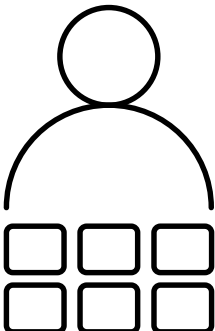
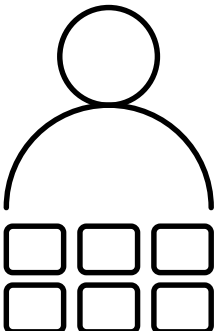
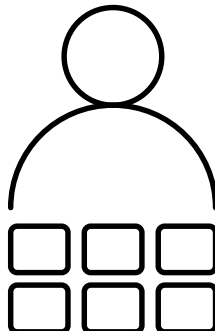
Gingerbread: physical feelings of anxiety



Coping techniques fortune teller



Relationship rainbow

| | | |
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My conflict resolution plan

Conflict:

How you felt during the conflict:

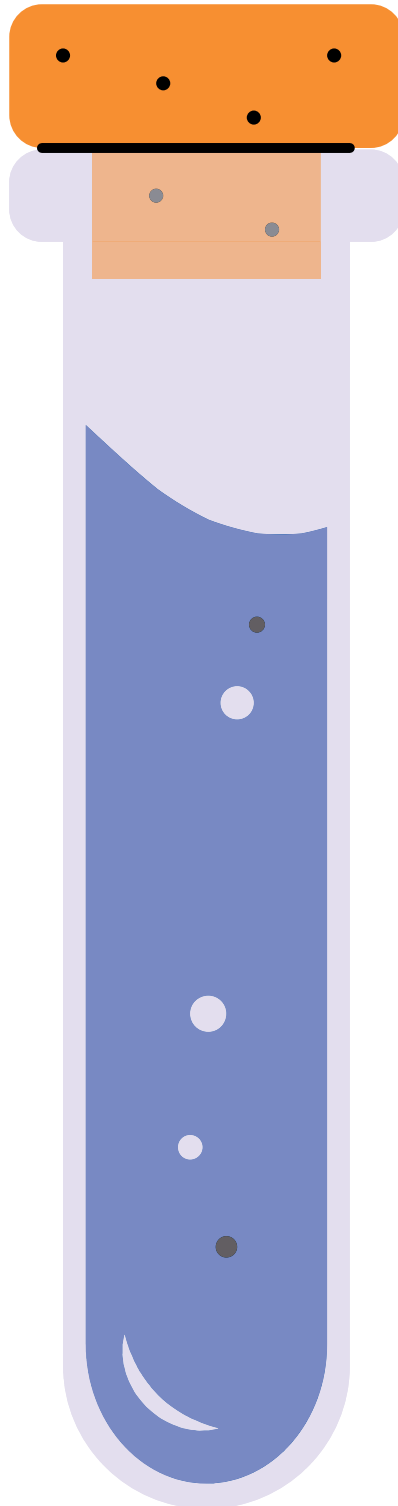
Three ways to resolve the conflict:

1.

2.

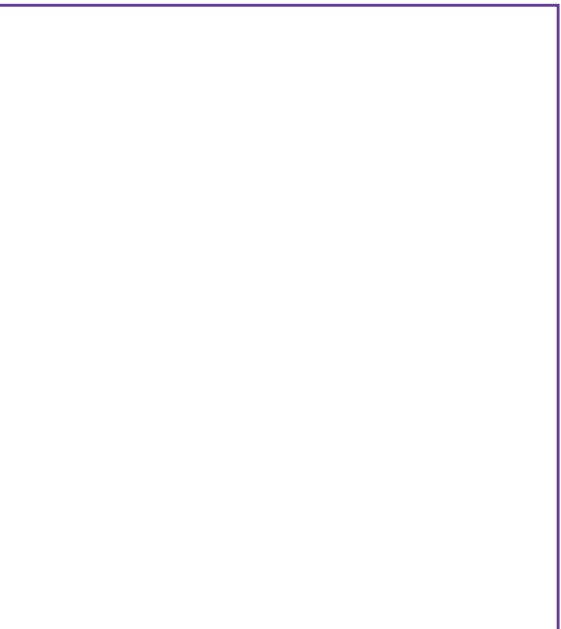
3.

Potion bookmark

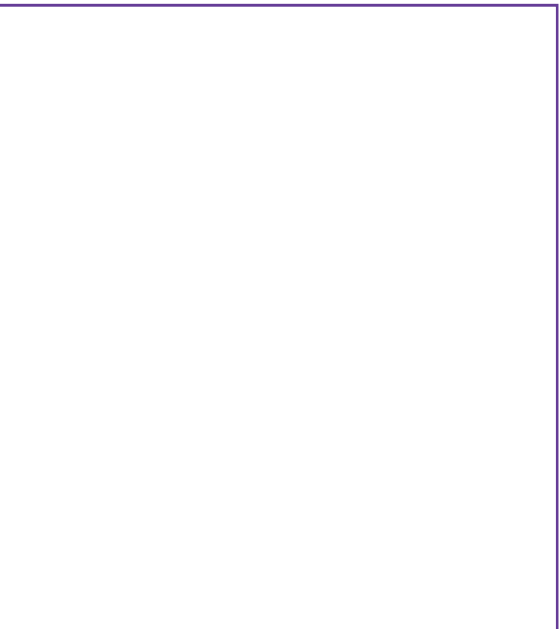


Self care ideas

For me:



For others:



Benefits of self-care


1. Self-care can reduce stress and anxiety.
2. Self-care can boost your self-esteem.
3. Self-care can benefit everyone around you.
4. Self-care can lead to better relationships.
5. Self-care protects your mental health.
6. Self-care can improve your physical health.

Even small acts of self-care in your life can have a big impact.

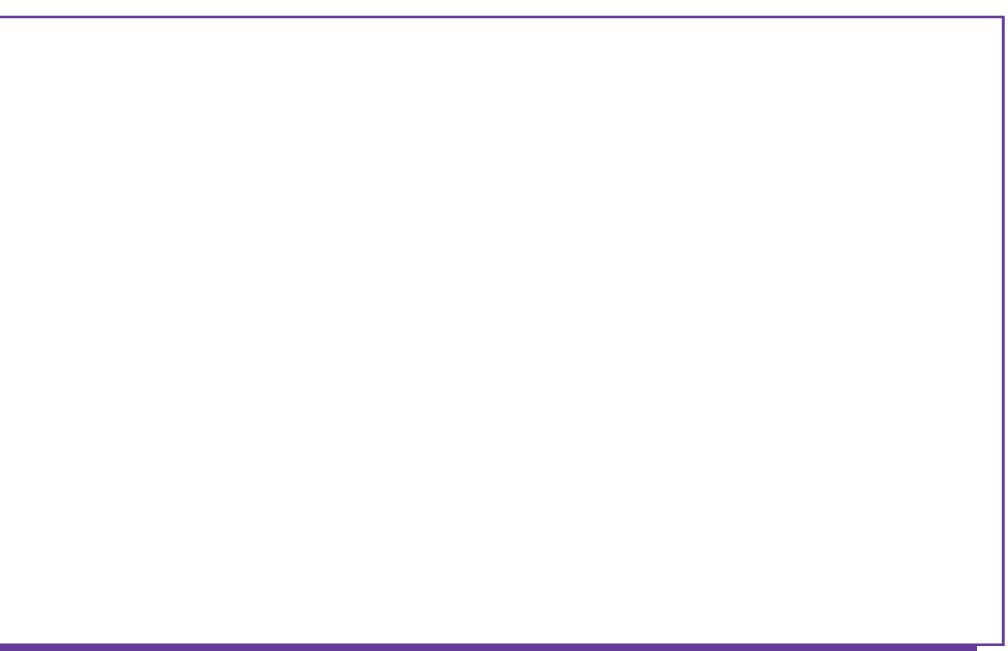
Daily:

Weekly:

Monthly:



Relaxation Destination
You can create a safe
'Relaxation Destination' in
your imagination.



Glitter jar

1. Add cold water to your clear bottle or jar – with room to add the glitter/glue/food dye.
2. Add clear glue to the jar
3. Add in your chosen glitter to the jar, use a mixture of fine and chunky glitter.
4. Add 2/3 drops of food colouring – don't add too much or it will be hard to see the glitter.
5. Secure the lid and shake it! Watch the glitter slowly fall to the bottom of the jar.

Describe your destination

Who:

What:

Why:

Breathing techniques

Repeat these as many times as necessary until you feel calm and collected.

Butterfly: Cross your hands across your chest, with your middle fingers resting on your collarbones. Raise your elbows to create your butterfly wings. Slowly tap hands on your chest, alternating left and right. While tapping, breathe in through your nose and exhale through your nose until you start to feel some relief.

Rainbow: Close your eyes and begin to exhale while moving your finger along the imaginary rainbow in front of you. Once you reach the end of the invisible rainbow, exhale moving your finger from right to left.

Cake Candles: Hold your hand up in front of you. Take a slow breath in through your nose, and let it out through your mouth, as if you're blowing out all the candles on your next birthday cake! Blowing out each candle at a time.

My favourite is:

Feelings faces



Happy



Frustrated



Silly



Afraid



Excited



Angry



Worried



Relaxed



Hyper



Thankful



Jealous



Proud



Loved



Disappointed



Shy



Sad



Forgiving



Confused



Peaceful



Bored

Campaign for change

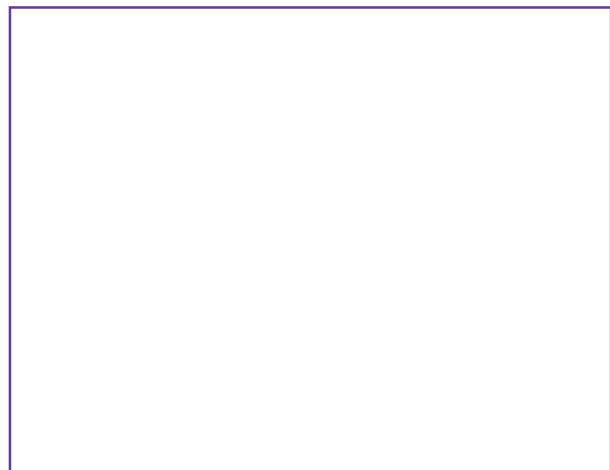
Name of group:

Description:

Points:

-
-
-
-
-

Picture:



What changes they want to see in school: