



Aberlour Angus Primary Years Wellbeing Service



My name is:

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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

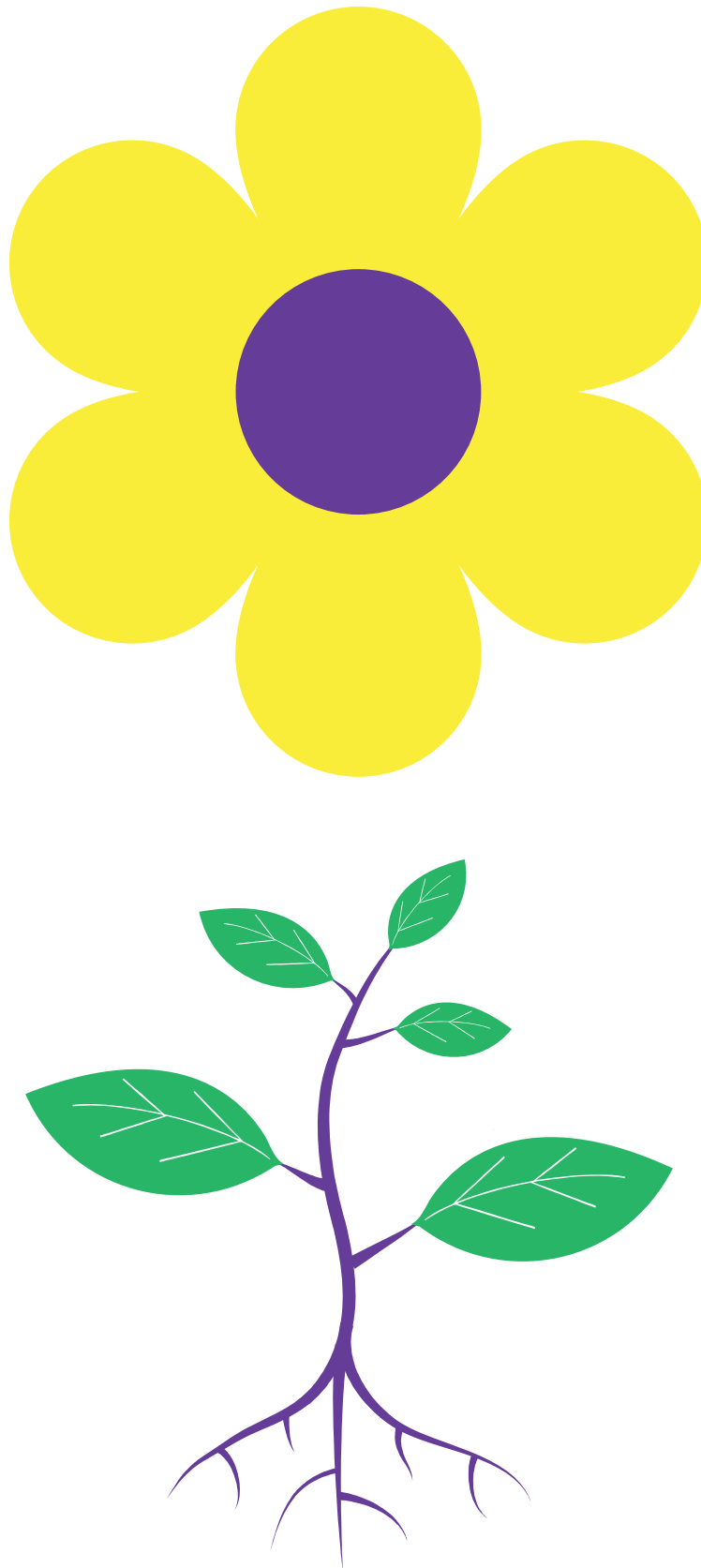
- The importance of relaxation and self-care and their benefits.
- Identifying my relaxation destination (safe place in my mind) and practices I can bring into my daily, weekly and monthly routine.

Week 6

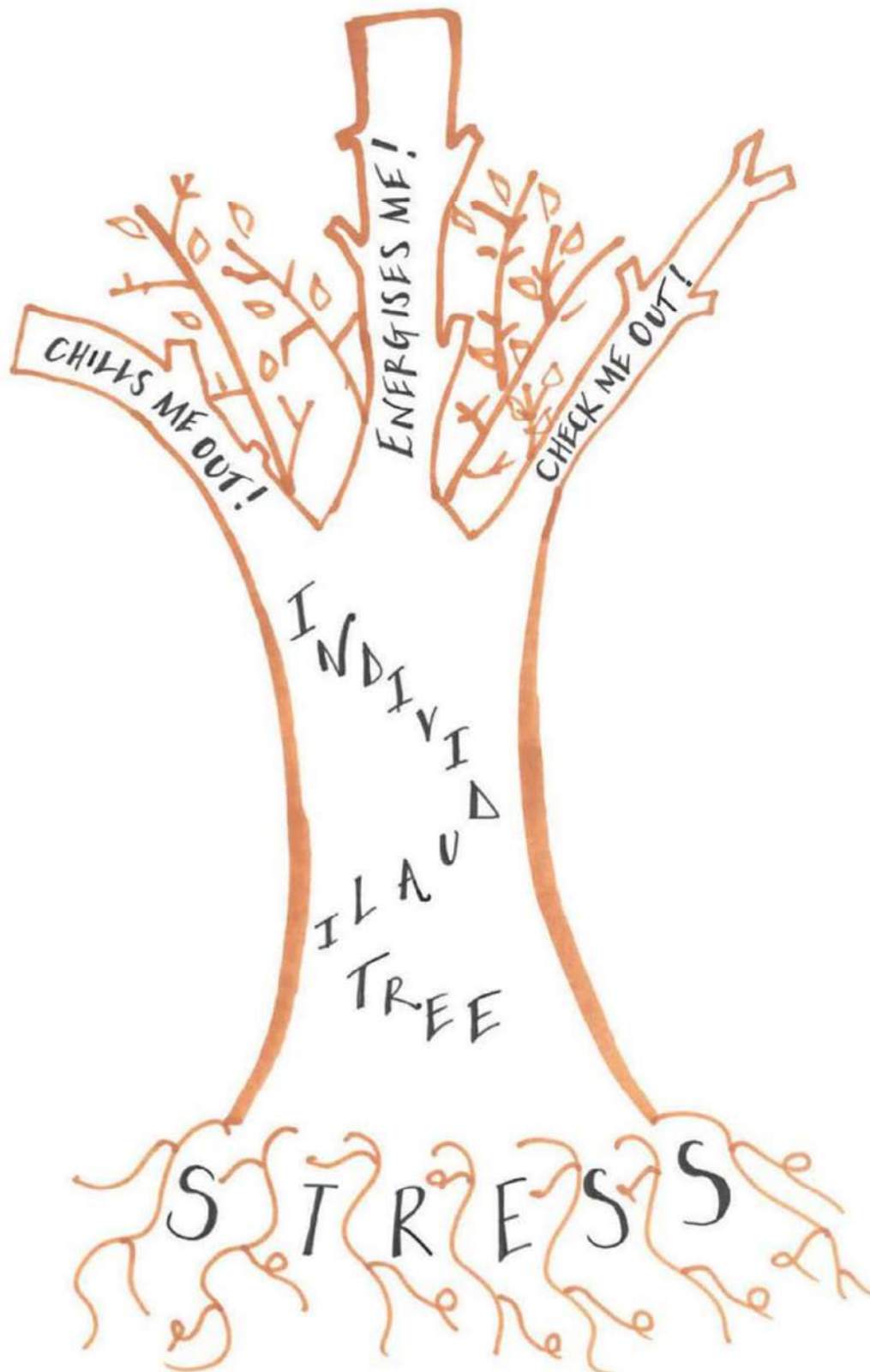
- Different feelings I experience and how I can express them.
- Sharing positive changes, I would like to see around mental health and wellbeing.

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.



