



Dear parents/carers (and of course students),

At St Cleer we care lots about children's mental health and ensure that all of our students, classmates and friends are happy because there is no real community without a happy community. As well as this mental health week, we would love to share some tips and tricks on how to keep a happy and healthy mind!



1. Get some rest
2. Think positive thoughts
3. Exercise and eat well
4. Talk about your feelings
5. Keep in touch with people
6. Pick up a hobby
7. Give yourself a break
8. Be mindful
9. Keep smiling
10. BE HAPPY!

POSITIVE WORDS!

Happy, loving, generous, passionate, kind, gentle, strong, stunning, graceful, positive, talented, reliable, magnificent, trustful, truthful, unique, perfect, wonderful. Although being yourself is just as good – including all the tough bits!



Here is an example from Elodie (6K) - she created this image using all of the positive things she could think about herself.

Well done Elodie! Why not try this at home - ask a friend for some positive words about yourself if you get stuck!

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