

TALKING ABOUT MENTAL HEALTH TO YOUNG CHILDREN (6—10 YEARS)

Tips for Educators

Here are some points and scripts you can use to talk about mental health to your students. There are some questions for reflection and an exercise to practice with your students. Encourage them to reflect and share.

Introduction

"Hello everyone! Today, we're going to talk about something very important: our feelings and how we can take care of them. Just like we take care of our bodies by brushing our teeth and eating healthy food, it's also important to take care of our feelings and our mind."

Understanding Feelings

"Every day, we all have different feelings, like happy, sad, excited, or even frustrated. These feelings are normal and it's okay to have them. Sometimes, we might feel a bit sad or worried, and that's perfectly alright. As we grow up, we also have different types of feelings".

Reflection Question: *Can you name some feelings that you experience?*

Talking About Feelings

"Talking about how we feel is really important. If you ever feel sad or upset, you can talk to a teacher, a parent, or a friend. It's like telling someone when you hurt yourself; talking to someone we trust can help us feel better. It is brave to talk about your feelings and ask for help."

Ways to Take Care of Our Feelings

- **Express Yourself:** "You can draw pictures, write stories, or even use toys to show how you're feeling. Sometimes, showing our feelings can help us feel better."
- **Take Deep Breaths:** "When we're feeling a little stressed, upset or scared, taking deep breaths can help. Breathing helps our body and mind relax. We can practice a breathing exercise till we feel calm."



Practice Exercise: *Practice the belly breathing exercise with your students a few times. "Relax your body. Put your hand on your stomach. Take a deep breath through your nose. Hold it for 3, 2, 1. Slowly breathe out through your mouth, 3, 2, 1."*

- **Play and Move:** "Playing games, running around, or dancing can help us feel better and relaxed. Try to find time to play and exercise every day."
- **Rest and Relax:** "Getting a good night's sleep is important for us to learn, feel relaxed and be ready for the day. Make sure you go to bed at a good time and get plenty of rest."



- **Be Kind to Yourself and Others:** "Being kind to yourself and to others makes everyone feel good. When you're nice to someone, it can make you feel happy too. You can keep a diary to write one thing you are proud of every week. You can sit and talk to a classmate who is alone during recess time, you can help a friend with their studies."

Asking for Help

"If you ever feel like you need help or someone to talk to, it's okay to ask. We're all here to help each other. You can always talk to a teacher or someone you trust."

Conclusion

"Remember, just like taking care of our bodies, taking care of our feelings is important. It's okay to have all sorts of feelings, and it's okay to talk about them."

"Does anyone have any questions or something they'd like to share about how they feel?"

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