

# What feelings can you see?



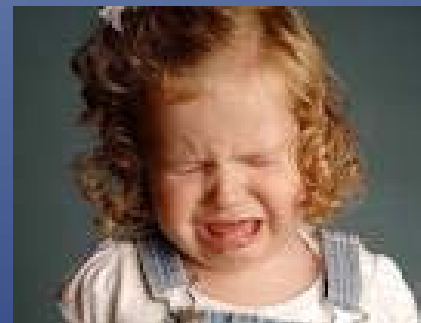
Do we all show feelings in  
the same way?

# Key Stage One

Tell us about your learning this morning ...



# Same but different



# Lower KS2

Why do actions matter?

I don't believe  
what you say.  
I believe what  
you do.

You are  
what you  
do, not what  
you say  
you'll do.

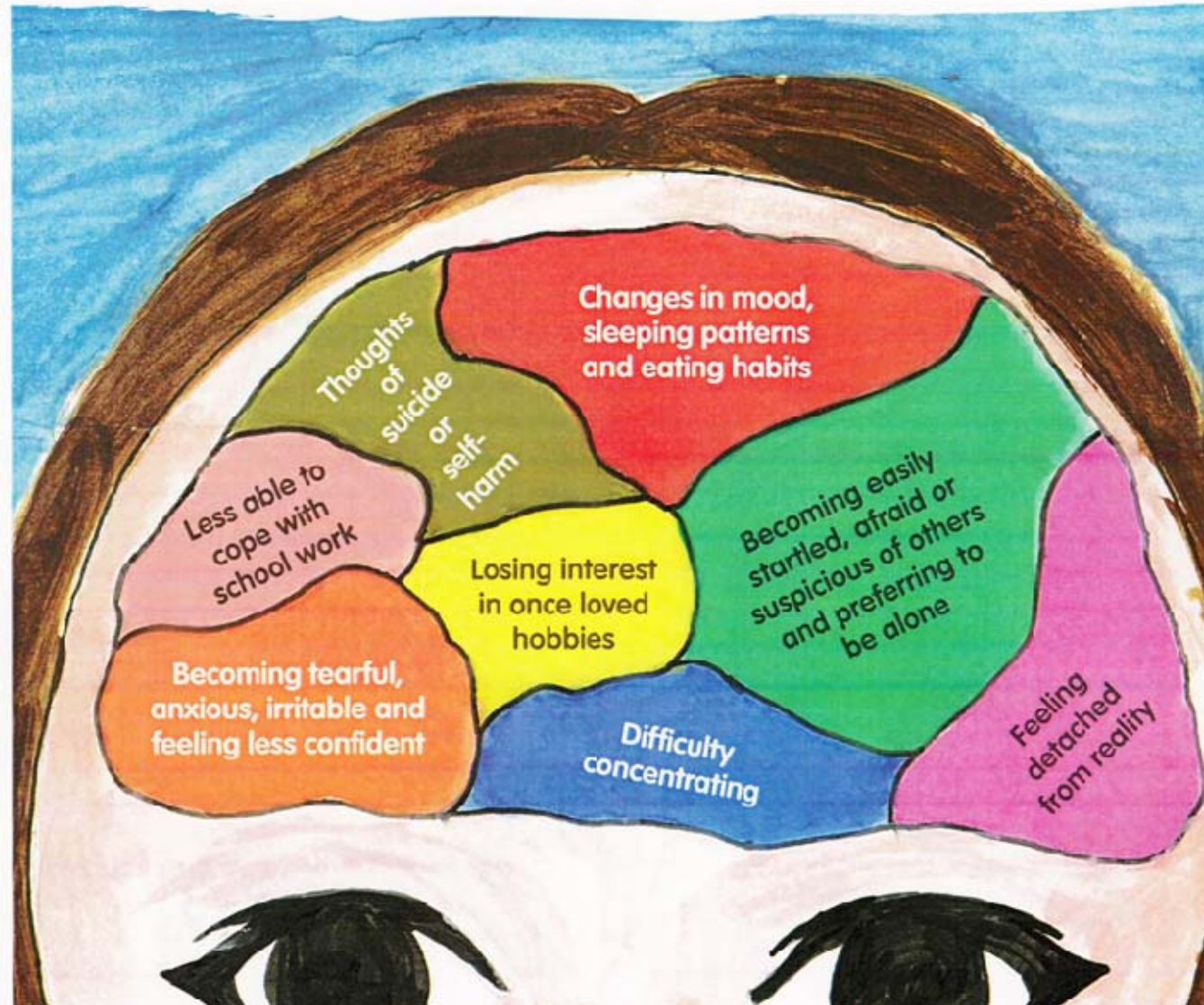
Actions speak louder  
than words. We can  
apologize over and over,  
but if our actions don't  
change, the words  
become meaningless.

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)



joy...anger...fear...sadness...disgust

Look out for **common signs** that you or someone else is struggling with their **mental health**

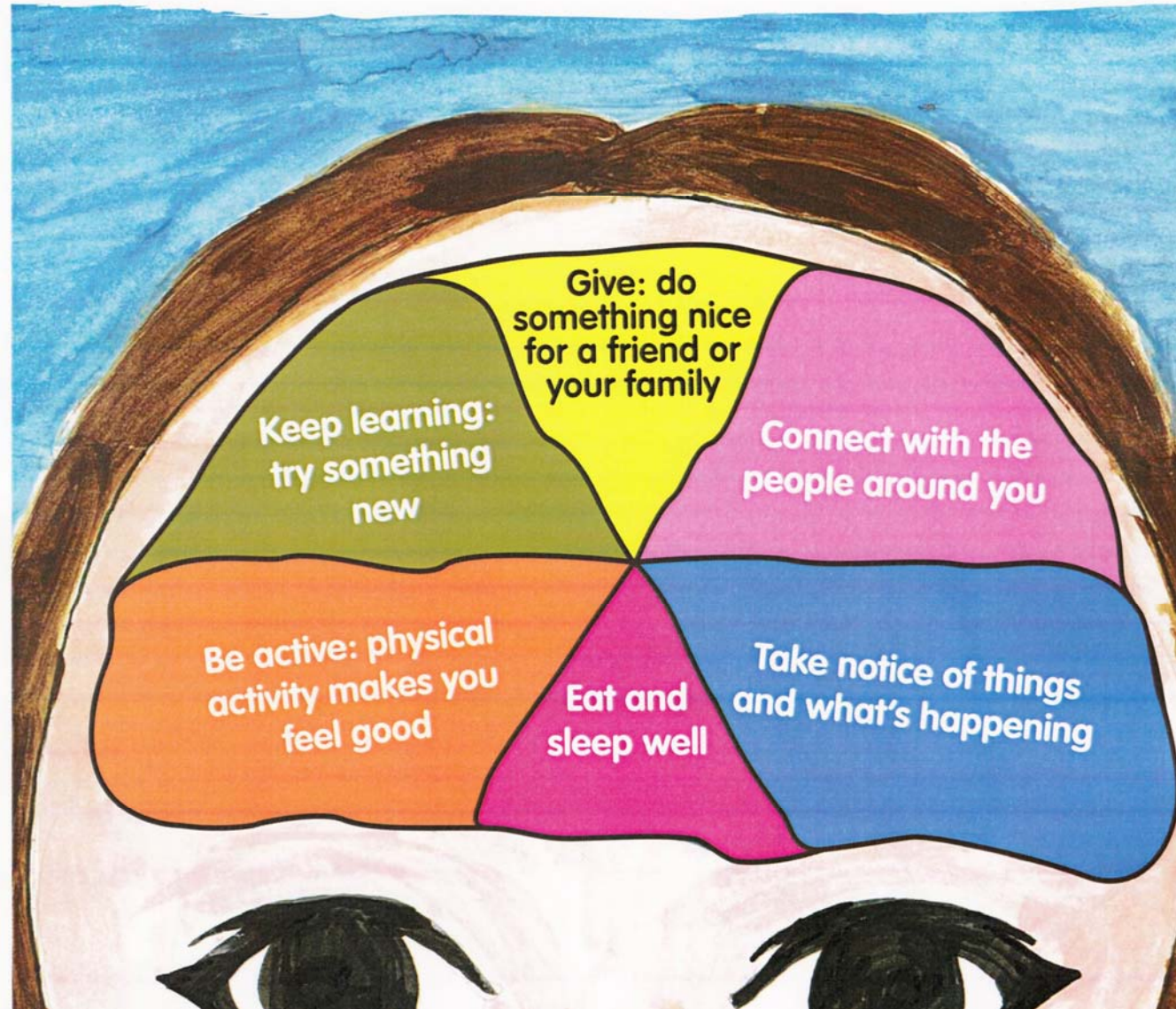


# Upper KS2

Why do we need to talk?



# Things that can help **improve** your mental wellbeing:





# Reception

Who can help us?



# TEAM BOWSLAND



# Help for families ...

Visit our school website – [www.bowland.org.uk](http://www.bowland.org.uk)

Go the safeguarding tab

Find links for further information, help and support



**Free toolkit to help support young people with anxiety**

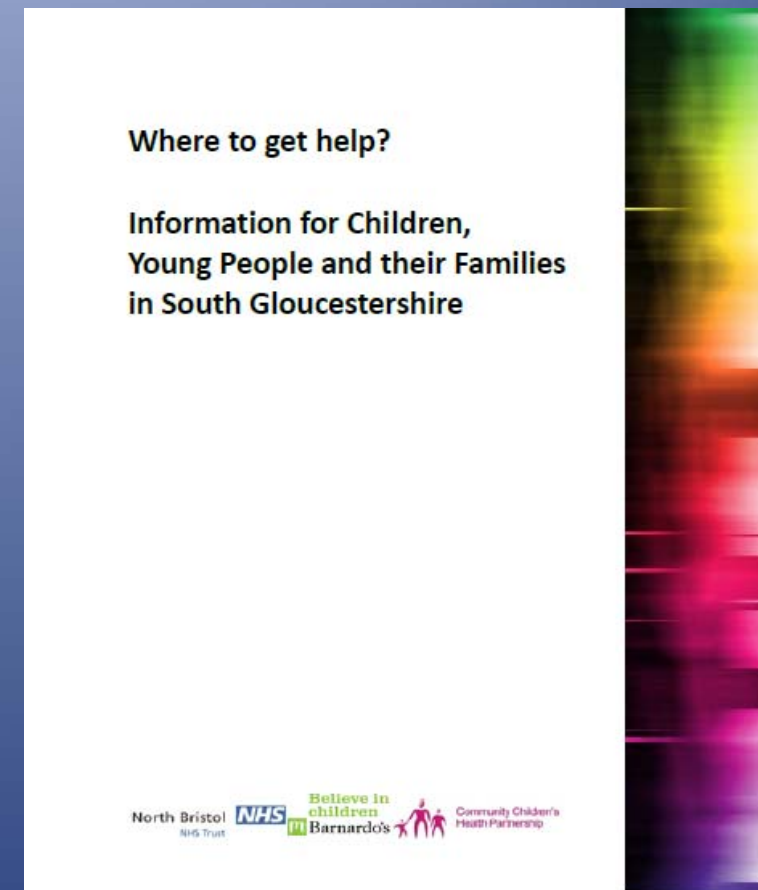
*Anxiety is a condition that can affect anyone and many anxiety disorders begin in childhood and adolescence. With nearly 1 in 5 young people experiencing high levels of anxiety, early intervention can benefit.*

A toolkit has been developed to help people understand these emotions, how to manage them and when to ask for help. There is information tailored for:

- parents and carers
- teachers including classroom resources
- young people.

Visit: [www.southglos.gov.uk/anxiety](http://www.southglos.gov.uk/anxiety) to download the toolkit.

Book an appointment to Mrs Engley if you would like to discuss anything further 😊



**Where to get help?**

**Information for Children, Young People and their Families in South Gloucestershire**

North Bristol NHS Trust | NHS | Believe in children | Barnardo's | Community Children's Health Partnership