

1. What do you understand by the term Mental Health?
  - Y1 – keeping healthy, taking care.
  - Y2 – care about your health and how you feel and other people
  - Y3 – being healthy, Children in Need
  - Y4 – feelings and emotions – not physically
  - Y5 – you are happy and know what to do if someone upsets you, don't worry about things
  - Y6 – making sure your emotions are good, you are eating right and taking care, thoughts are mentally stable
  
2. Who helps you in school when you are unable to control your thoughts and feelings?
  - Y1 – teachers
  - Y2 – teachers, safeguarding team on the posters, Lisa
  - Y3 – teachers and friends
  - Y4 – teachers and friends
  - Y5 – teachers I know, TAs, dinner ladies, Mrs Bowcock to talk about my feelings
  - Y6 – Miss Chirnside
  
3. Who helps you at home when you are unable to control your thoughts and feelings?
  - Y1 – Mum, Dad, Grandad, sisters and brothers
  - Y2 – parents and aunties
  - Y3 – parents
  - Y4 – Mum and dad
  - Y5 – mum, dad, sister, dog
  - Y6 – mum, dad, dog
  
4. What techniques do you have to help you control your thoughts and feelings?
  - Y1 – sit down, big deep breaths, walk away where no one is
  - Y2 – think about when I'm going to become rich, distract myself
  - Y3 – reading, walk off

Y4 – watch TV, chill, write in my notebook, listen to soothing music

Y5 – distract yourself, think about good and happy things, write things down and then rip them up and throw them away like you are throwing your worries away

Y6 – I get a blanket and have a sleep with my fan on, reading, colouring, pixel art

5. Are there any particular lessons that help to control your feelings?

Y1 – I don't know what they are called but I know what they are

Y2 – PSHE, RE

Y3 – science

Y4 – PSHE

Y5 – PSHE mainly walks about feelings

Y6 – PE so we can run out frustration out, Art to make a mess and distract you

6. What can we do as a school to support you further with your thoughts and feelings?

Y1 – play with each other, give a hug, ask what is wrong, tell teachers

Y2 – Year 6 and teachers to check how we are all feeling every day

Y3 – have calm time, relax and listen to stories

Y4 – write a paragraph about how we feel in a feelings book

Y5 – make feelings wall showing all emotions and mark them off every day, worry corner in the playground where we can talk to someone.

Y6 – audiobooks and calm time, nurture room or safe space