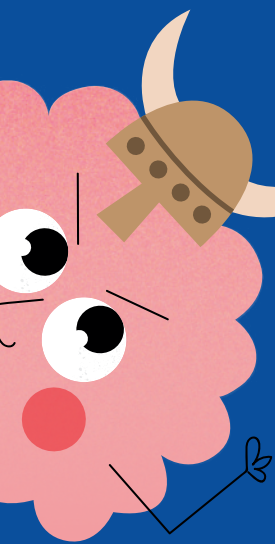




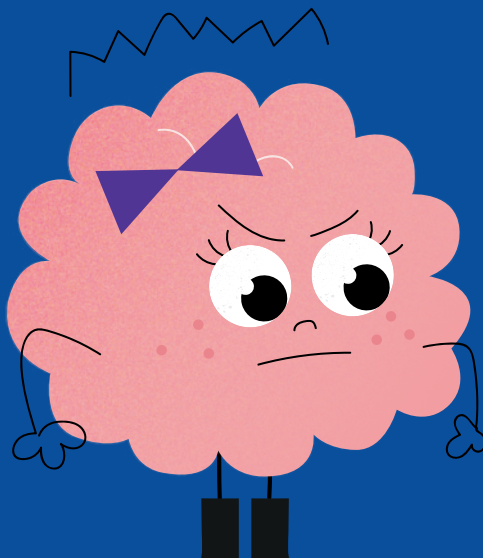
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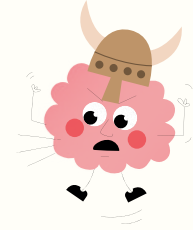


KS1 TOOLKIT



Mental Health
Targeted Activity Book





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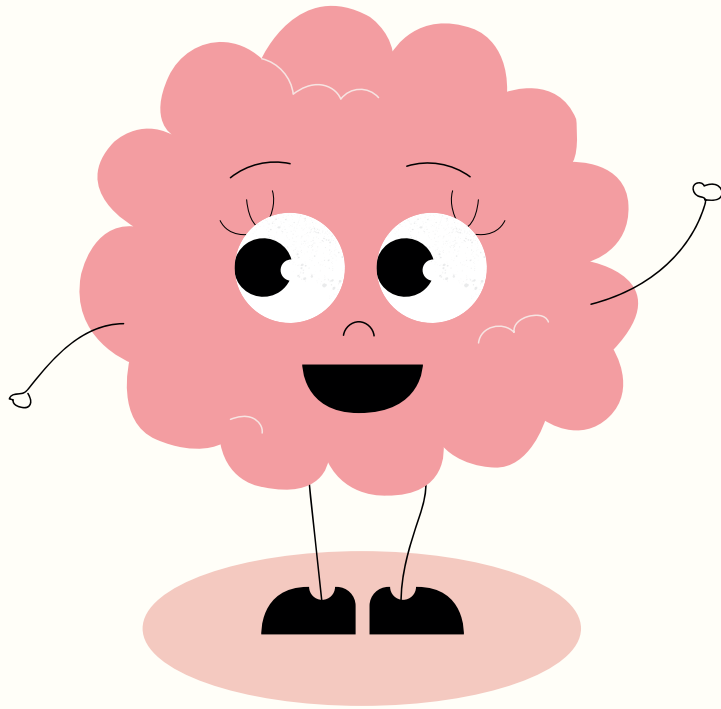
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Hello! Whats Your Name?



This book belongs to:

.....

Class:

.....



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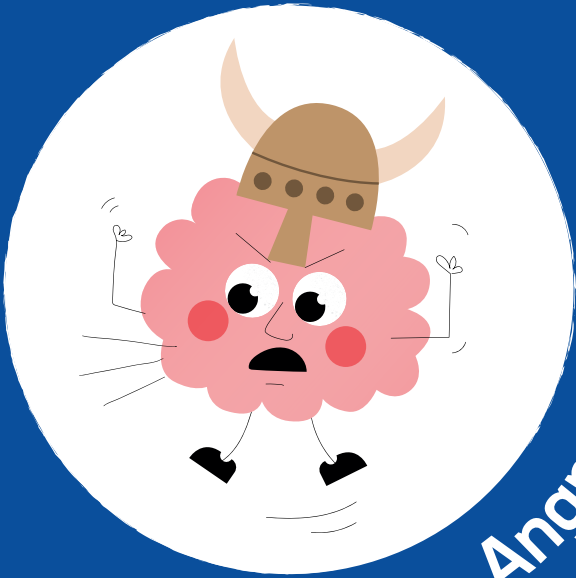
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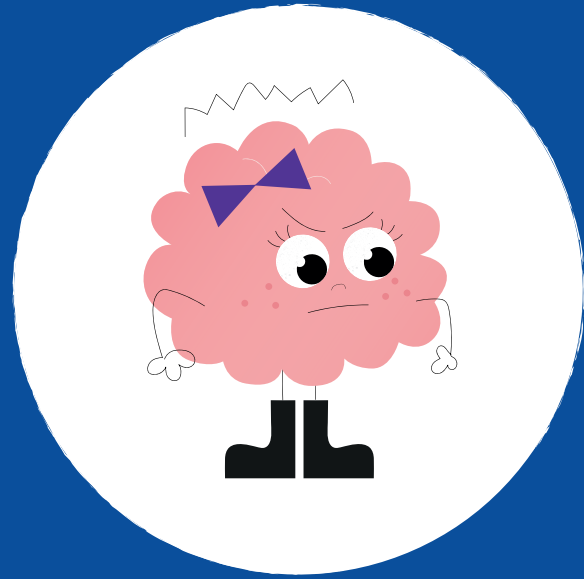
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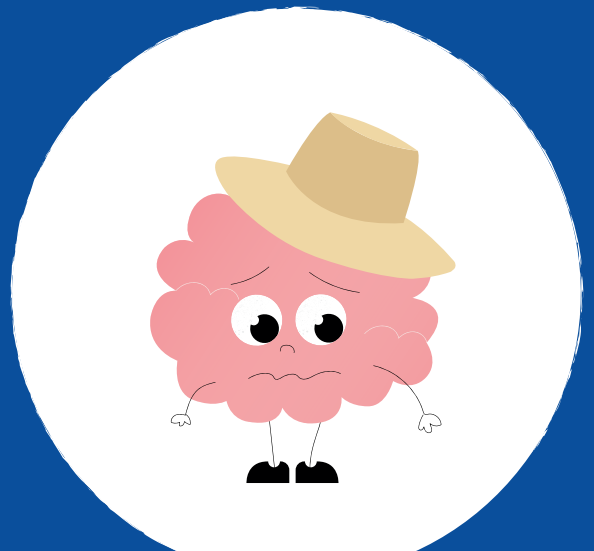
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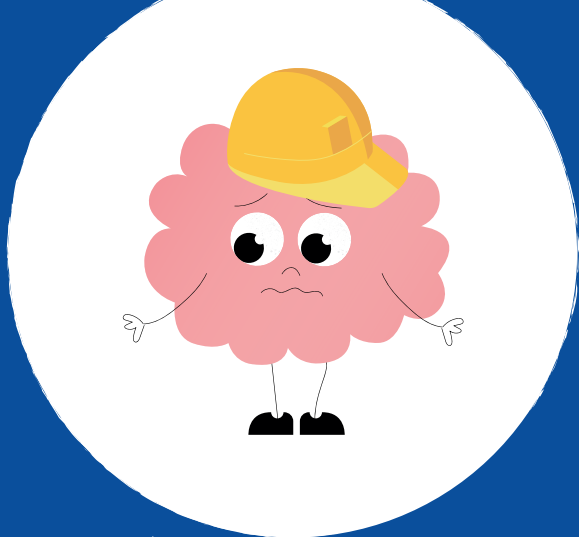
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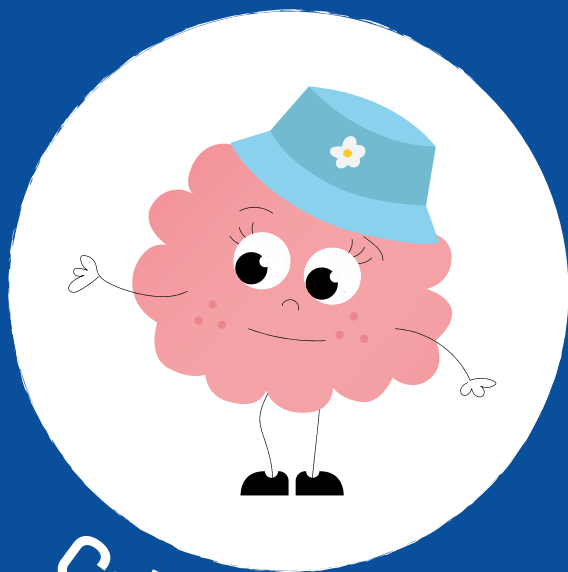


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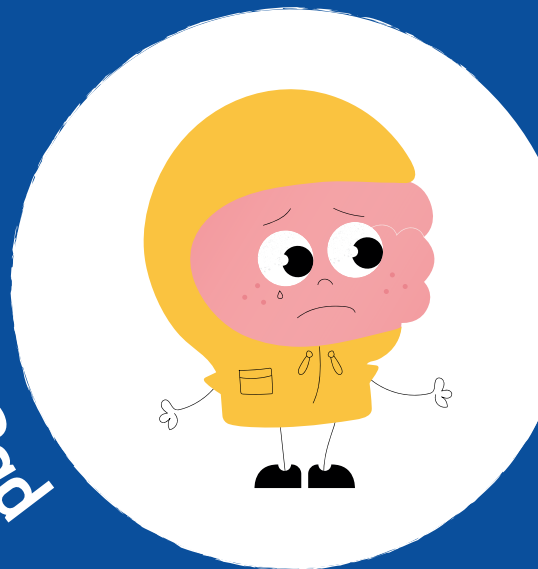
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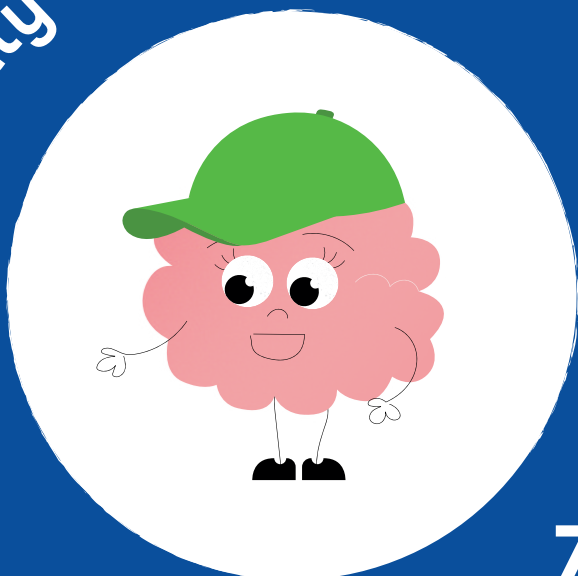
the feels!

t but are all important)



Sad

Chatty



Happy



What do you do when you're stressed?



Today in class the teacher is asking us what we want to be when we grow up.

“Okay kids, what do your parents work as?”

“My mummy works in a bank” says Stress.

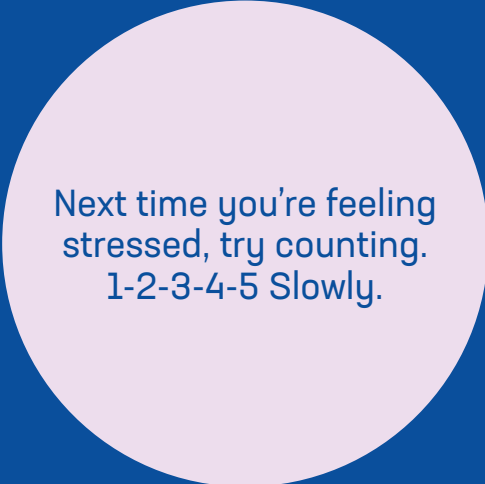
“She doesn’t play with me much anymore because she says it’s a very stressful time, what does stressful mean?”

The teacher responds “If we are feeling stress, we say something is stressful.”

“Stress is the feeling you get when you have a lot of things to do and you don’t think you have enough time to do it.”

“Like when there’s lots of toys and you want to play with them all before dinner. Or, if you’re stuck on a really hard level of a video game, and your daddy says you only have 5 minutes of TV time left.”

“So when my mummy says she’s stressed, it means she has lots of work to do?” asks Stress.



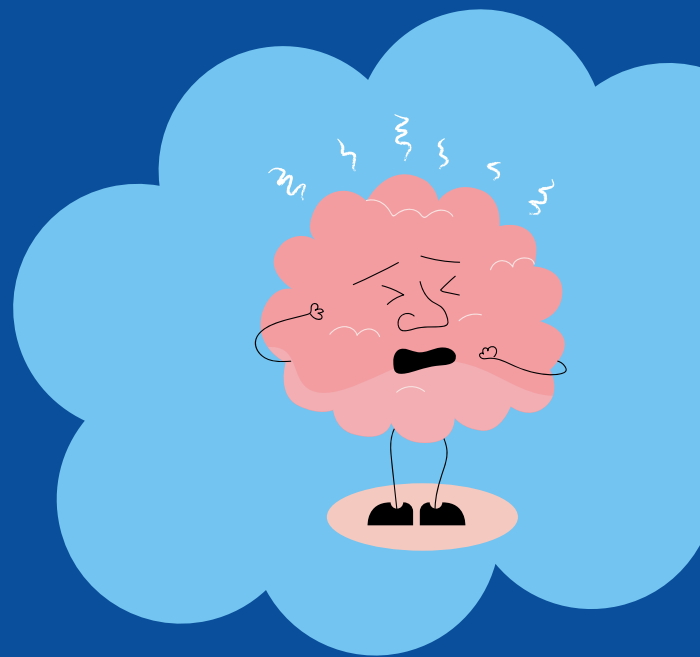
Next time you’re feeling stressed, try counting.
1-2-3-4-5 Slowly.

“Exactly!” the teacher replies.

“Will my mummy ever play with me again?” Stress starts to worry.

“Yes, she will,” reassures the teacher. “I’m sure she’ll play with you as soon as she has all of her work done.”

Happy shouts out, “When my daddy’s stressed, he lets out a big sigh, like AHHHHHHH!”



“When my sister’s stressed, she falls asleep at her desk!” Calm adds.

“Very good!” says the teacher.

“See, everyone gets stressed out sometimes. That’s why you have to pick a job you really love! Then, even when you’re really stressed, you’re having fun!”

Activity

What makes you stressed?

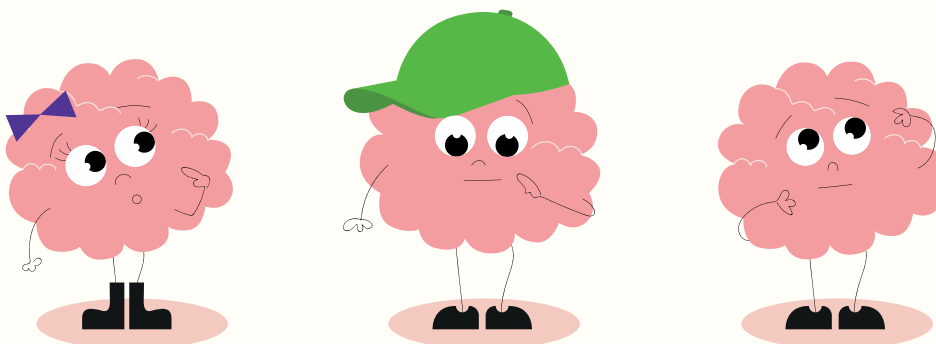
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How to play:

Write down examples of what makes you feel stressed, take your time to think about it and try to explain why this makes you feel this way.

We all need someone to share

It's lunch time, and all the children are going to the playground.

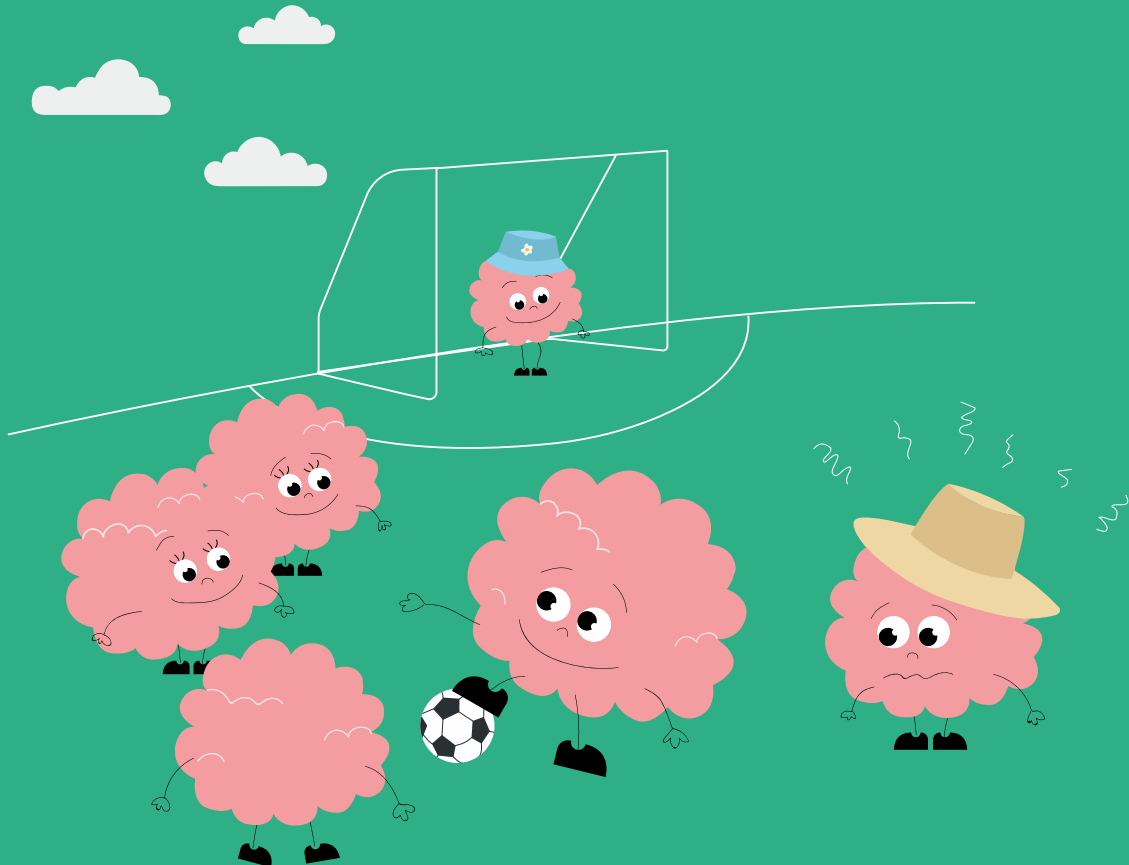
Stress doesn't know what they want to play with. There are too many options.

Will they play on the swings and feel the wind through their hair?

Will they spin, spin, spin with the Hoola Hoop?
Or will they play tag with Happy, Worry and Bossy?

There are just too many options!
Maybe they'll play with the skipping rope...

Oh wait, Calm and Understanding are using the skipping ropes. Okay, Stress will play football with Chatty, Angry, Caring and Sad.



But oh no, they've already decided on the teams!

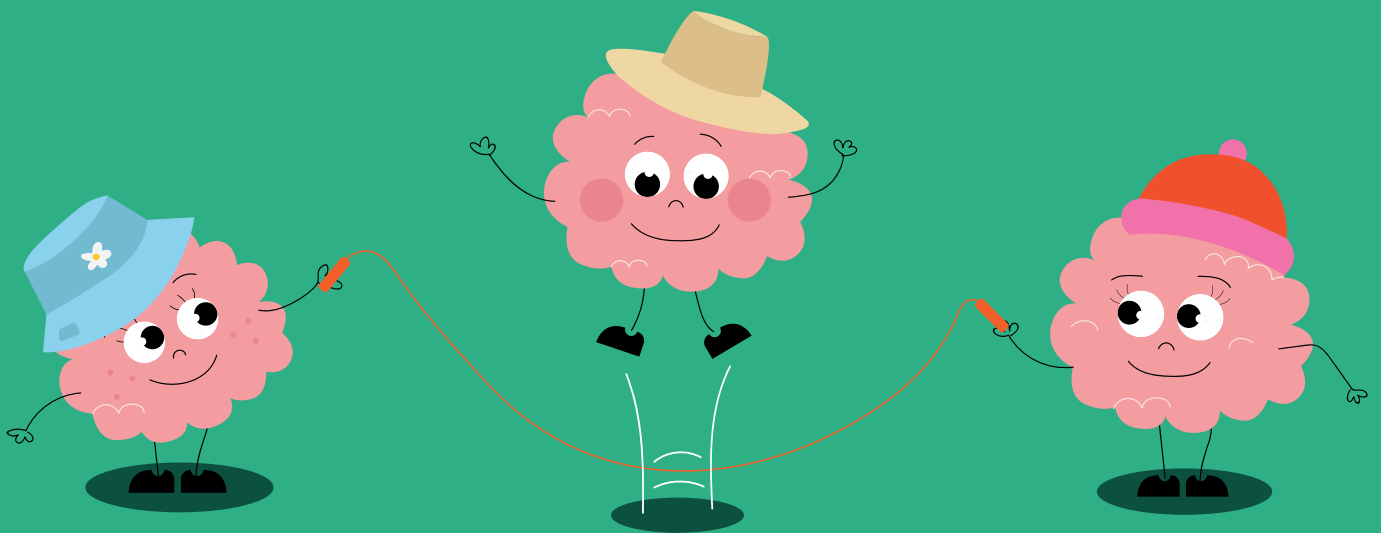
Stress looks around the playground to see that everything has been taken!

Now, there's nothing left for Stress to do!

Seeing Stress all alone from across the playground makes Calm sad, so Calm says to Understanding, “Let’s tie the skipping ropes together!”

“Then when we swing it, Stress can skip in the middle!” Understanding loves this idea and shouts over to Stress,

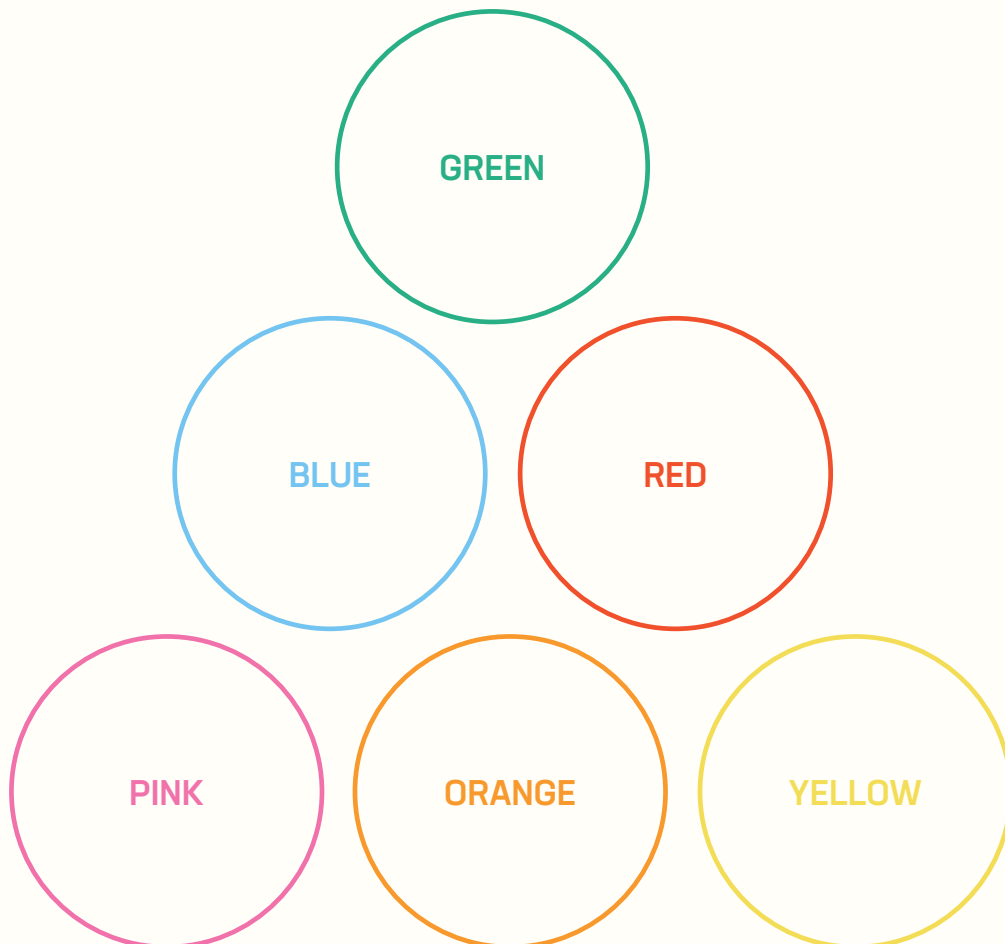
“Stress! come join us. We’d love to share our skipping ropes with you!” Stress is over the moon with their invitation and runs over right away.



Even though Stress couldn’t make their mind up straight away, there is always someone in the playground who wants to share.

Activity

Care to share?



How to play:

Split into 6 groups, each group gets a colouring pencil or marker to match one of the colours above. Your group should then go around the other groups asking to borrow their colour. The first group to colour in all 6 circles correctly wins.



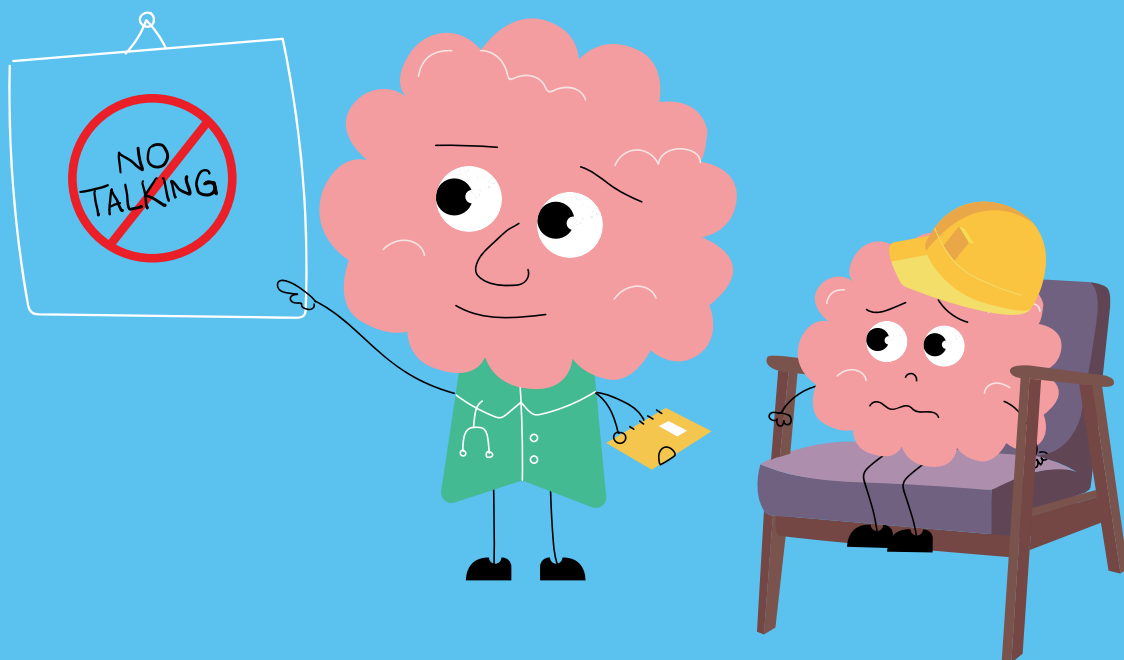
Can't talk, too anxious

Worry has been off sick from school for 3 days with a really sore throat.

Worry went to the hospital earlier with their daddy.

The doctor says that they would be okay to go into school, as long as they rest their throat...

And that means **No talking!**



Now Worry's daddy is taking them into school!

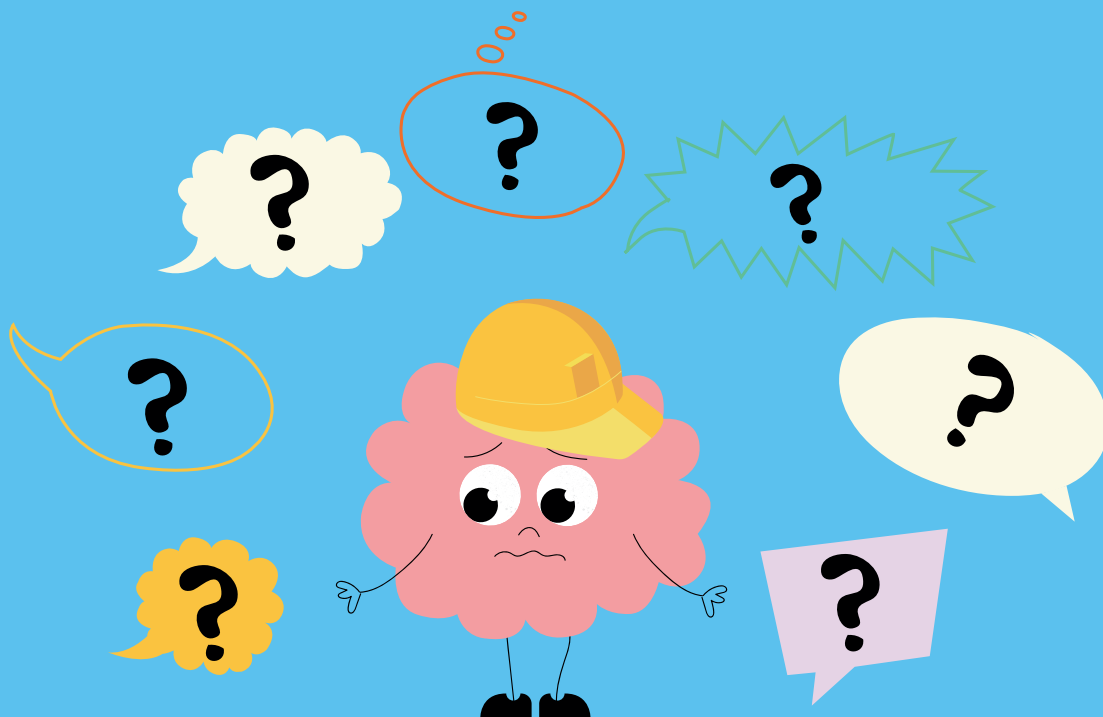
Worry is feeling anxious because everyone is going to ask loads of questions, like...

What's wrong?

Where have you been?

Are you okay?

And Worry isn't allowed to talk!

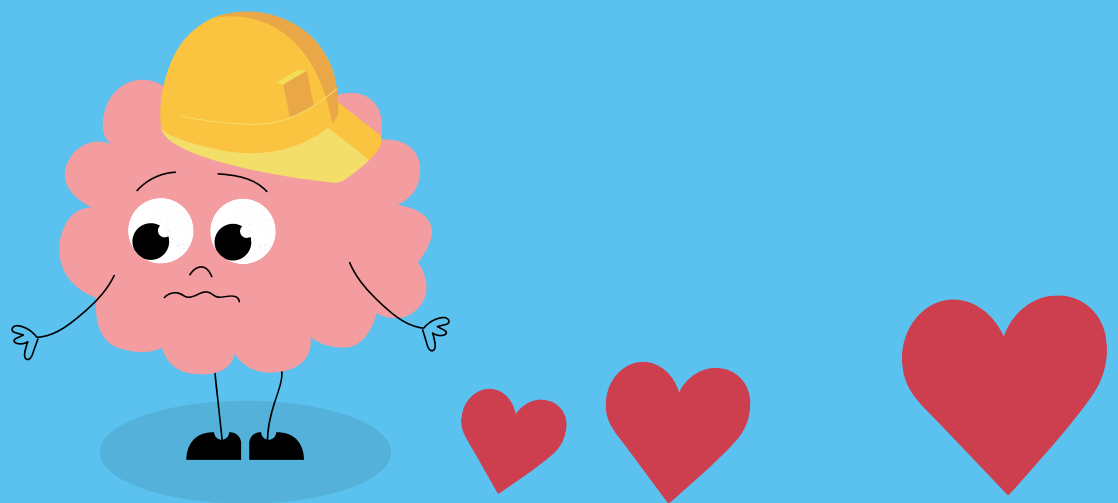


When Worry is walking into school they feel as if everyone is watching through the windows.

Worry is very nervous, and it's making their tummy feel funny.

The teacher meets Worry and their daddy at the front desk, and Worry's daddy explains what is wrong.

The teacher is very nice and tells Worry...
"I'm sure you still feel very sore. Don't worry about doing all the work today if you don't feel up to it."



“If you need anything at all just ask and I’ll help you...
Everyone in class has been wondering if you’re okay.”

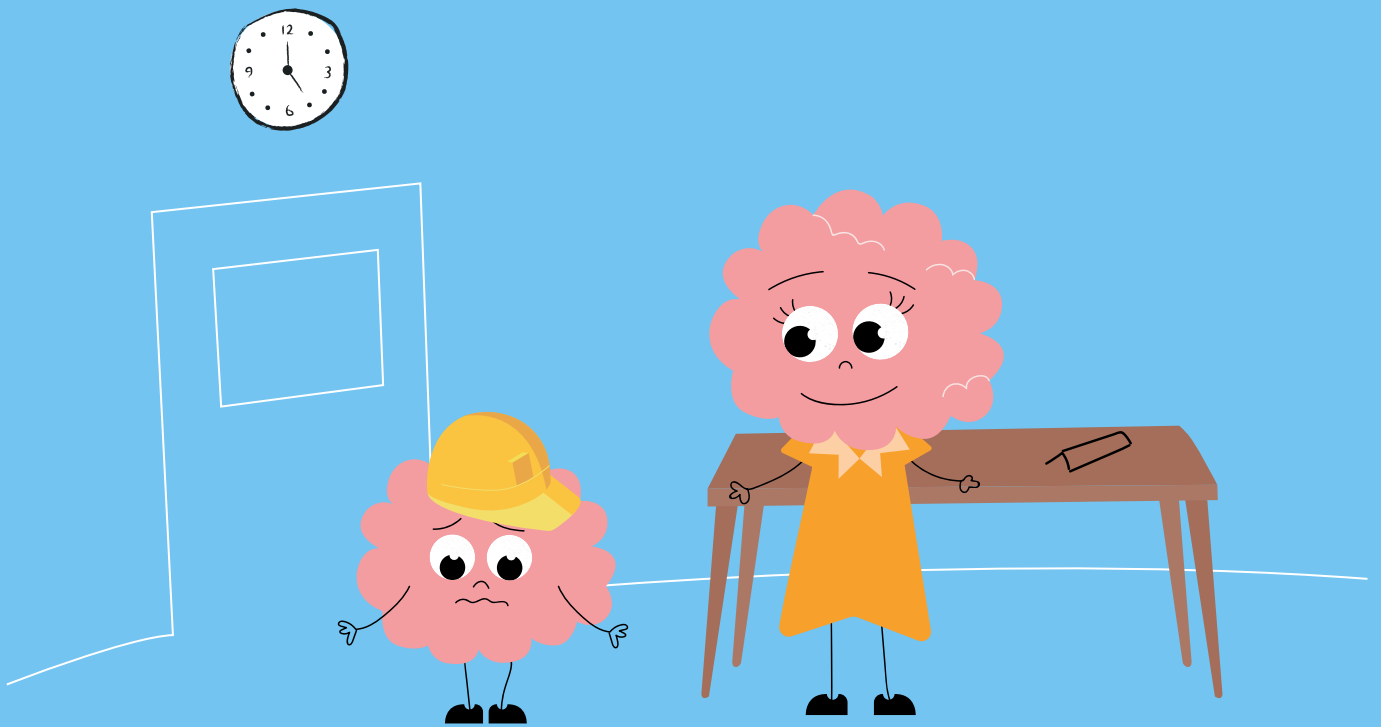
But this makes Worry more anxious.

Worry doesn’t want all of the questions, all of the attention!
They know everyone will be staring at them all day long!

Worry’s daddy leaves and
The teacher walks Worry to class.

Worry feels their heart beating very fast.
They thought it was about to explode!





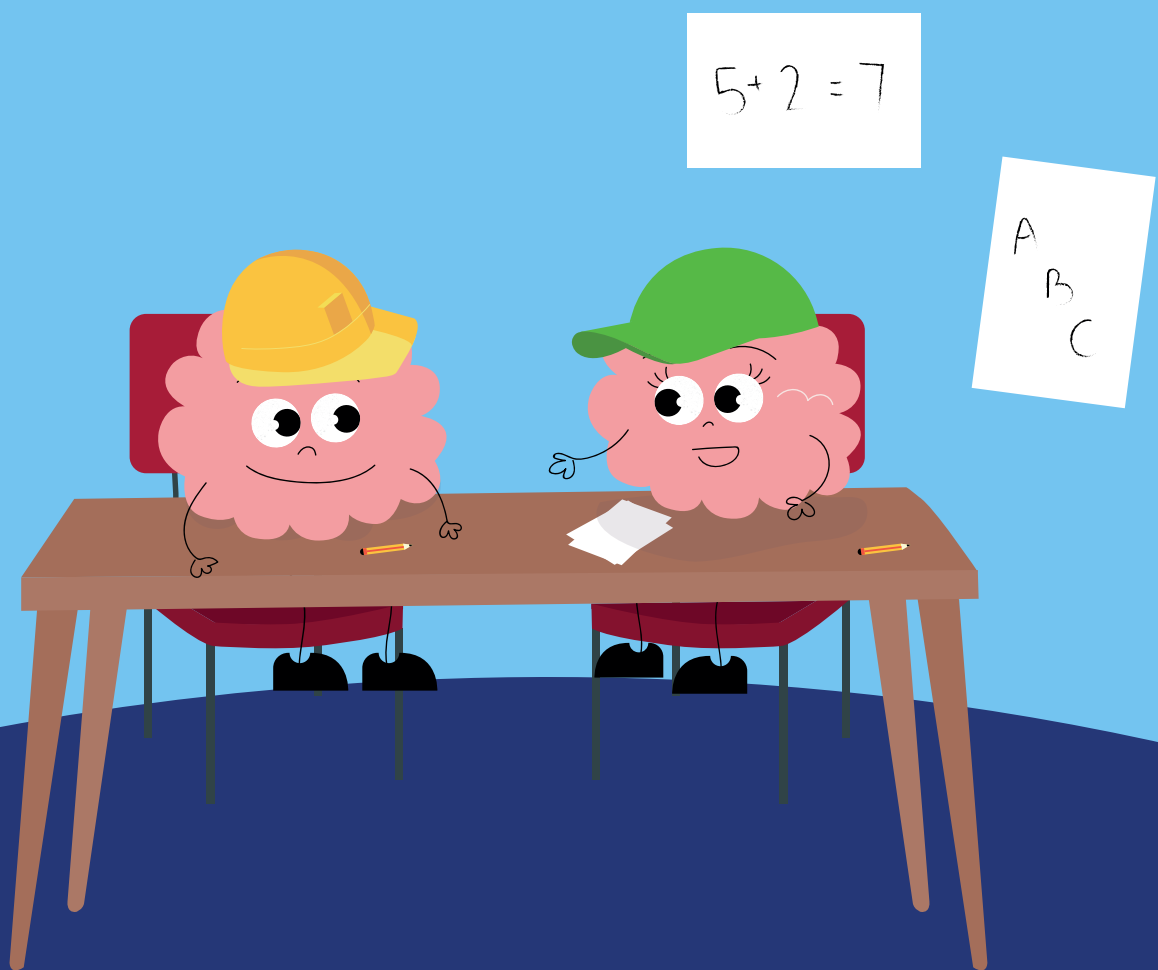
Worry looks down as they enter the classroom.
The teacher announces...

“Everyone, welcome back Worry. They were off for a few days because they had a very sore throat.

“The doctor says that they have to rest their voice so please don't bother them with too many questions, they aren't allowed to talk.”

“We’ll make sure no one bothers you with silly questions.

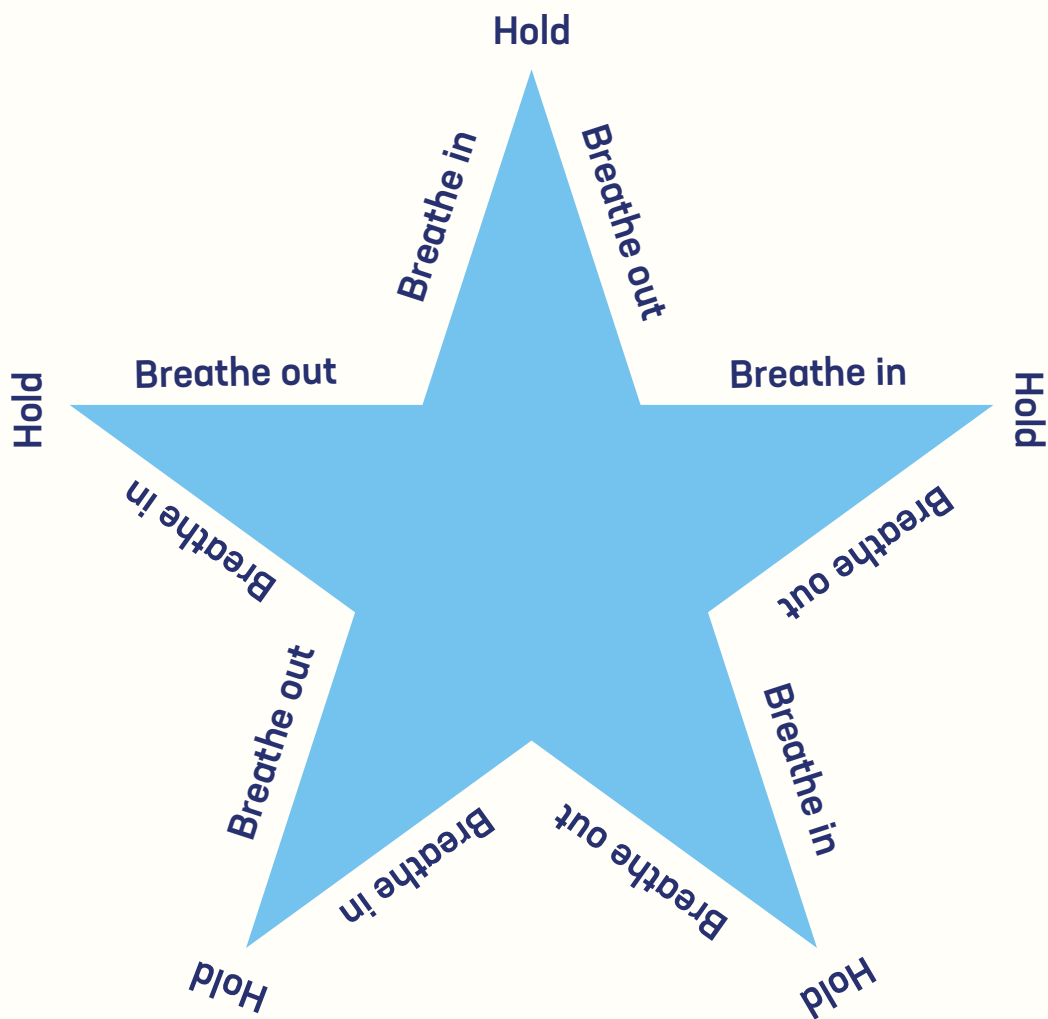
And if you need anything you can point to it and we can get it for you.” This makes Worry smile the widest they had smiled all week.



Now it doesn't matter if anyone is bothering Worry because Chatty and the teacher are there to help.

Activity

Just breathe



How to play:

Start at the top of the star, use your finger to trace around the star while following the steps. Breathe in, hold for 5 seconds, breathe out and repeat.

Real friends listen

Bossy and Caring are in the playground.

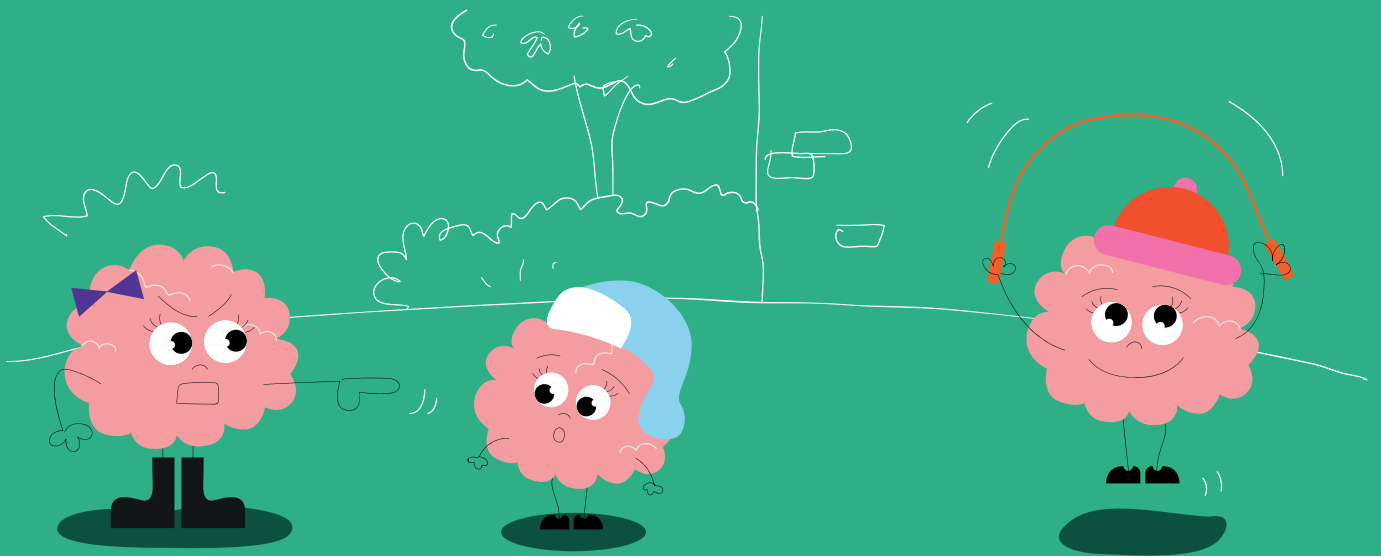
Bossy tells Caring, “Go and take that skipping rope from Understanding. I want to play with it.”

Caring doesn't feel comfortable doing what Bossy tells them.

Caring says, “But Understanding is playing with it. We can use it when they're done.”

This makes Bossy angry, “No! I want to play with the skipping rope now! You have to get it from Understanding for me or else I won't be your friend.”

Caring doesn't like the sound of this.

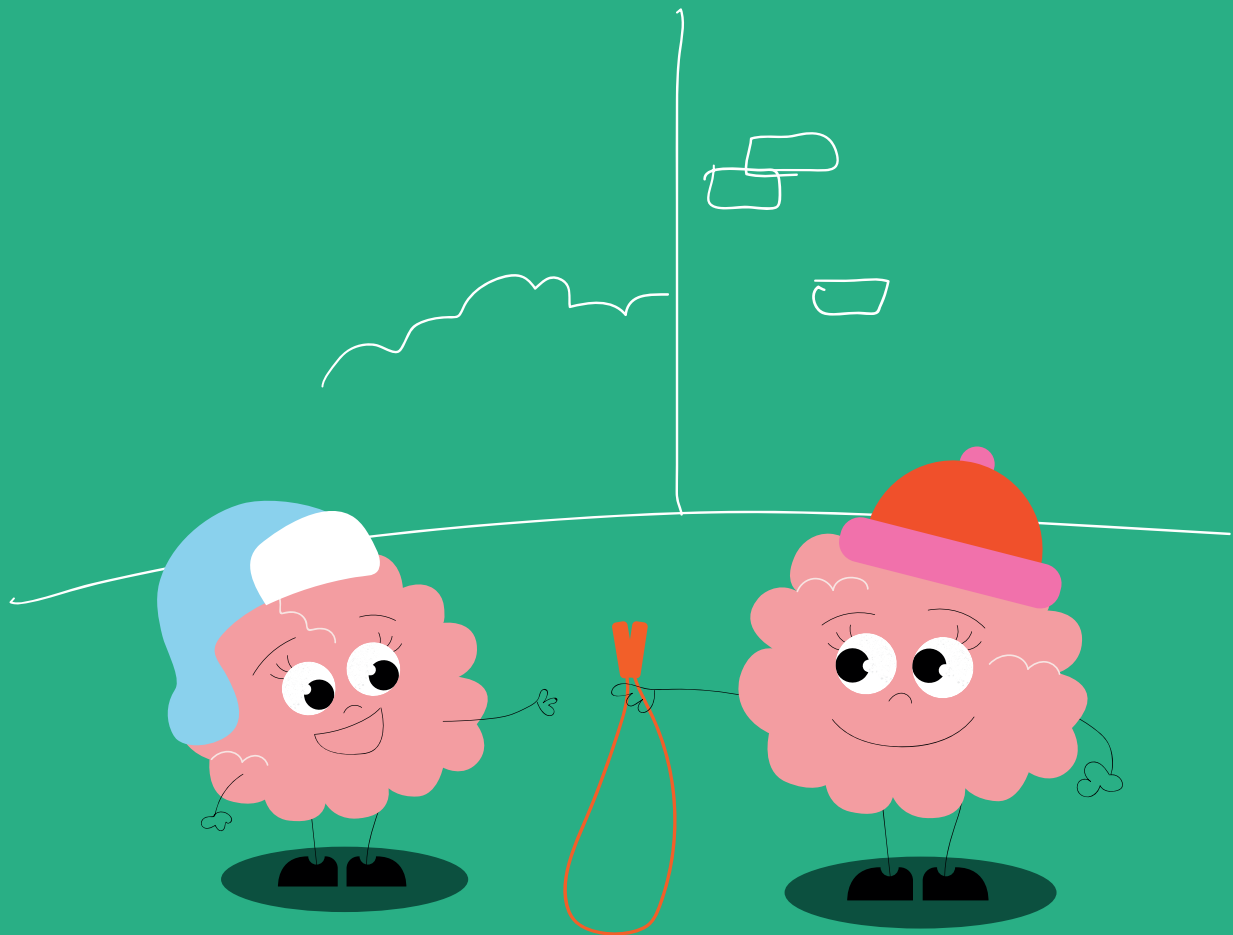


So Caring does as Bossy says and goes to get the skipping rope from Understanding.

“Hello, Understanding” says Caring.

“Bossy would like to use that skipping rope. So, could I have it?”

“Okay Caring” says Understanding. “I’m finished using it anyway...” Understanding pauses. “Why didn’t Bossy come over and ask me for it?”



“I’m not sure” says Caring. “Bossy always makes me do things for them, and I do them because we’re friends.”

“What does Bossy ask you to do for them?” asks Understanding.

“Bossy asks me to take toys from other children, copy my homework, and always takes my colouring pencils but doesn’t give them back...”

“Whenever I ask Bossy to do something, they always say they’re going to do it, but never do.” answers Caring.

“What happens when you don’t do something for Bossy?” asks Understanding.

Caring says, “If I don’t do something for Bossy, then they say that we aren’t going to be friends anymore. It makes me really upset.”

Understanding tells Caring. “A true friend shouldn’t make you do things you don’t want to do.

You should talk to them about how they are making you feel.”

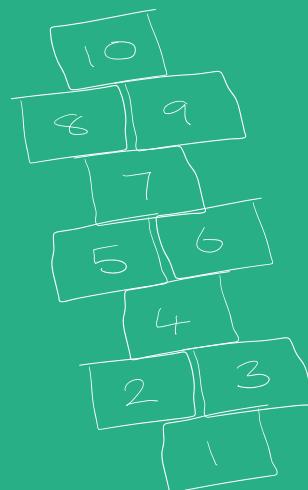
Caring says, “Can you come with me? I don’t want Bossy to be mean to me.” Caring is anxious.

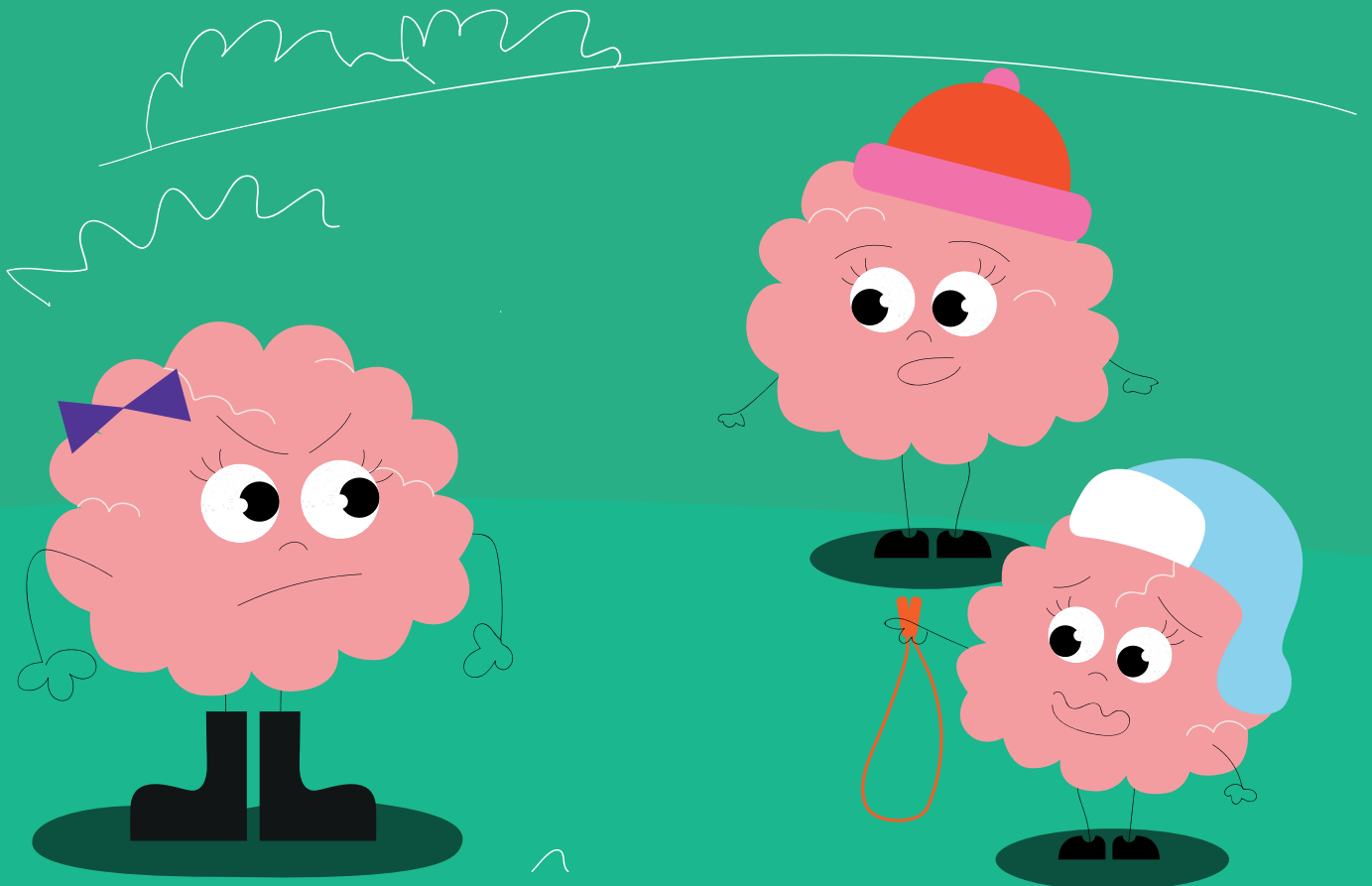
“Definitely” replies Understanding. “I will always be here for you. That’s what good friends do!”

This makes Caring feel better. Caring and Understanding walk back over to talk to Bossy.

“Bossy” says Caring. “Understanding has told me that you are not being a good friend to me.”

“What do you mean?” asks Bossy. “We’re best friends!”





Caring answers, “Sometimes you ask me to do things that I am not comfortable with, and then you make me feel bad when I don’t want to do them.

“I have tried telling you this before but you don’t listen to me.”

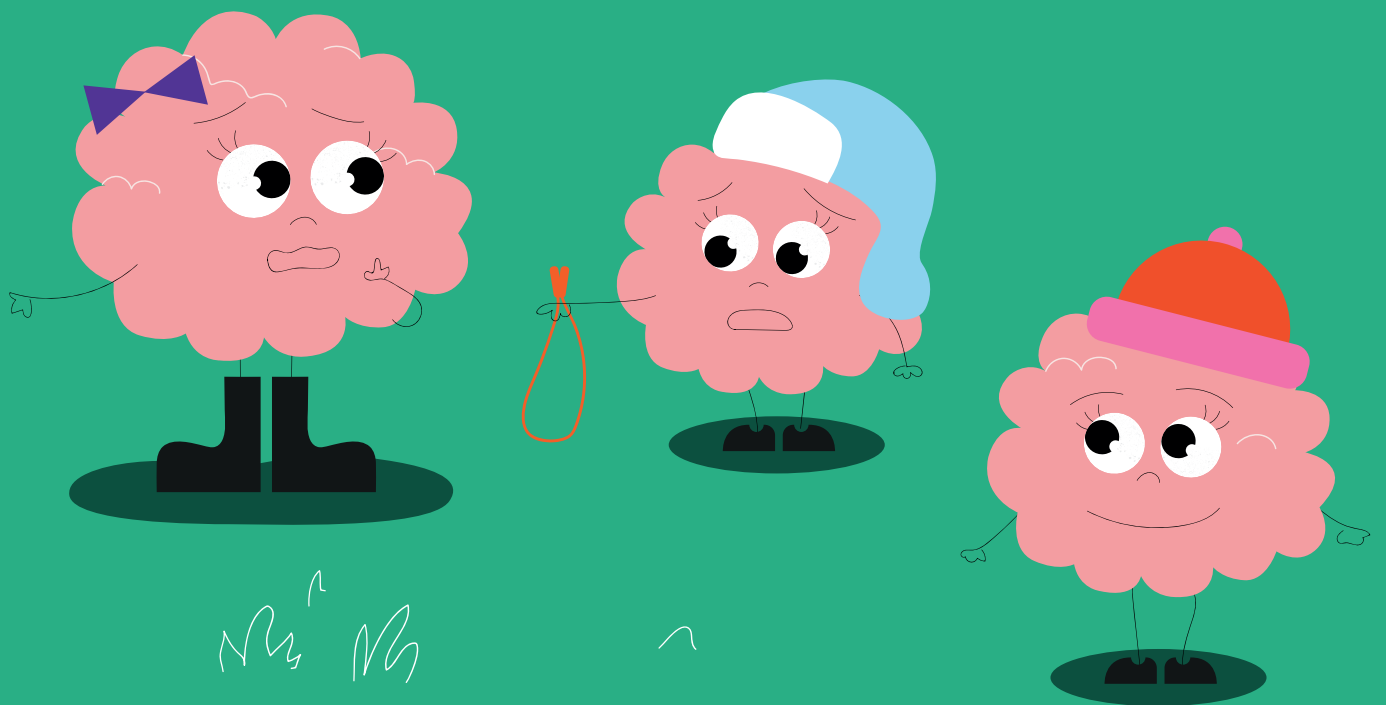
“I’m very very sorry, Caring,” says Bossy regretfully.
“I didn’t realise I was making you upset.

“What can I do, so that we can still be friends?”

“I would like it if you listened to me more and bossed me around less.” says Caring.

“I would also like you to respect me, and not ask me to do things that I am not comfortable with.”

“I’m sorry Caring. I promise I will try to be a better friend to you.” says Bossy.



Activity
Listen Up

Sound 1:

Sound 2:

Sound 3:

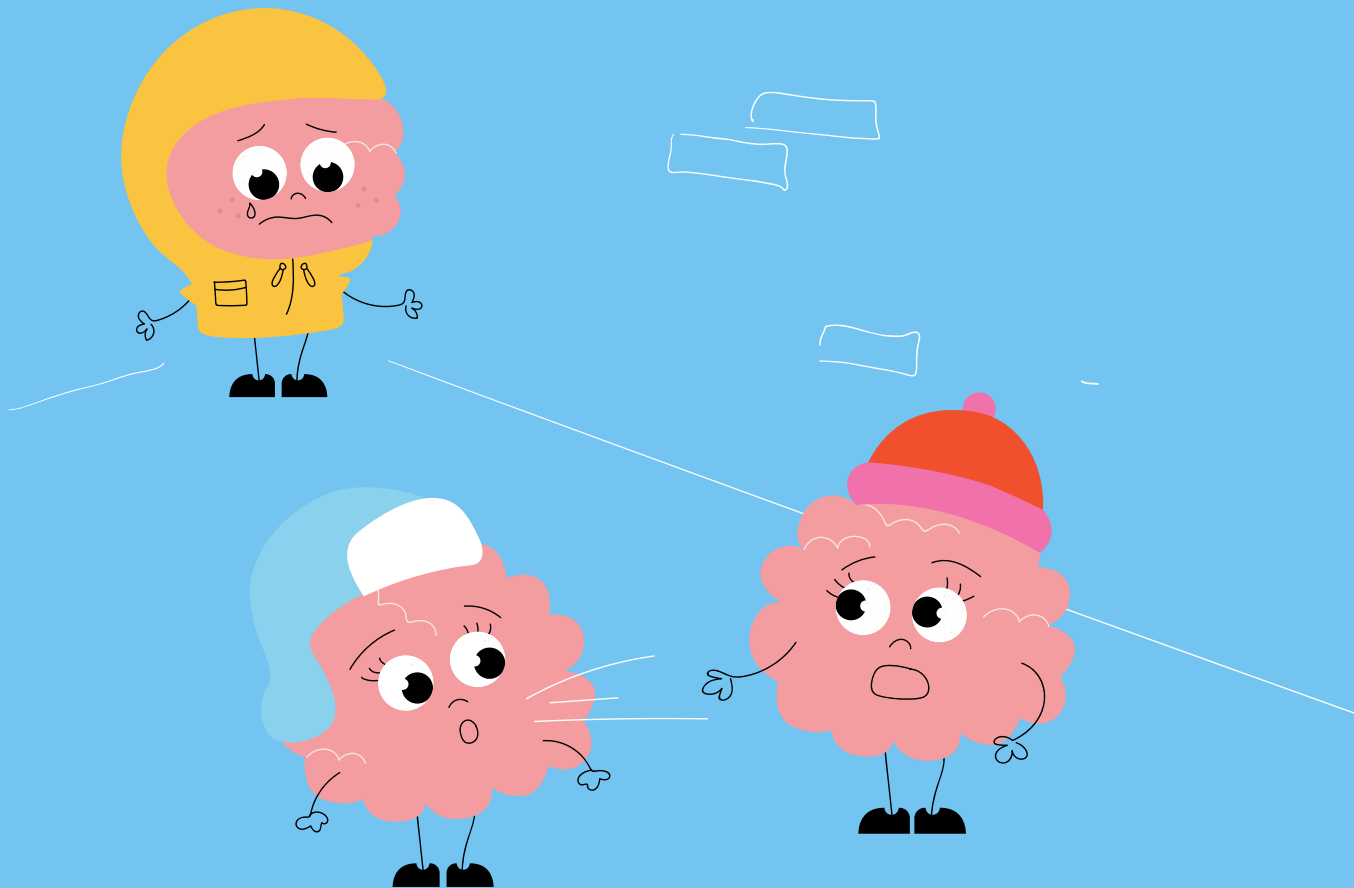
Sound 4:

How to play:

Take turns going around the room making sounds and guess what it is, for instance, boiling the kettle, clicking a pen.

Write or draw your guesses within the boxes.

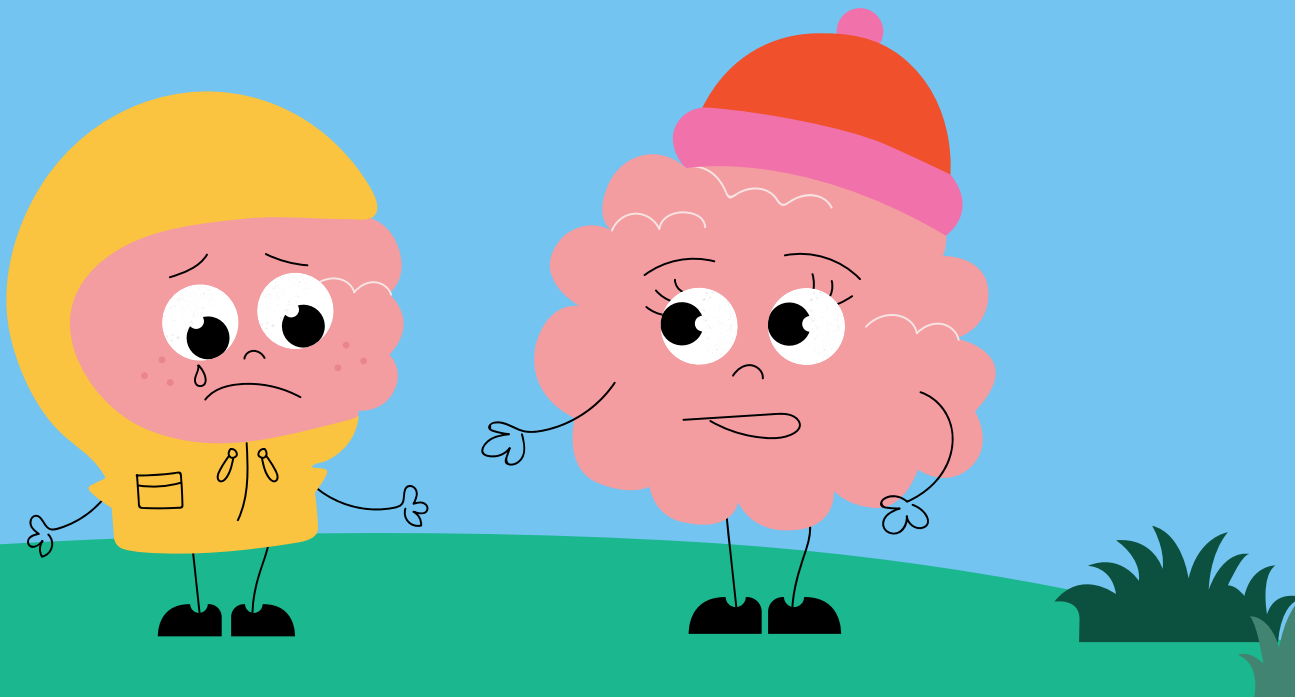
Everybody grieves sometimes



“Hello, Sad, are you feeling okay?” asks Understanding.
“You haven’t been in school for ages!”

“I’m sorry, Understanding. I’m really upset and I don’t feel like talking about it.” says Sad.

“Please, Sad,” says Understanding. “You’re my friend, I don’t want you to be upset. Talking always helps me when I’m feeling sad.”





“Okay... I was off last week because my grandad died. That’s why I’m upset.” Sad tells Understanding.
“I miss him. My daddy says I’ll feel better soon. But soon is taking forever!”

“It’ll be okay” Understanding comforts.
“I remember when my grandad died, I felt the exact same way. I didn’t think I’d ever feel happy again, but I did.”

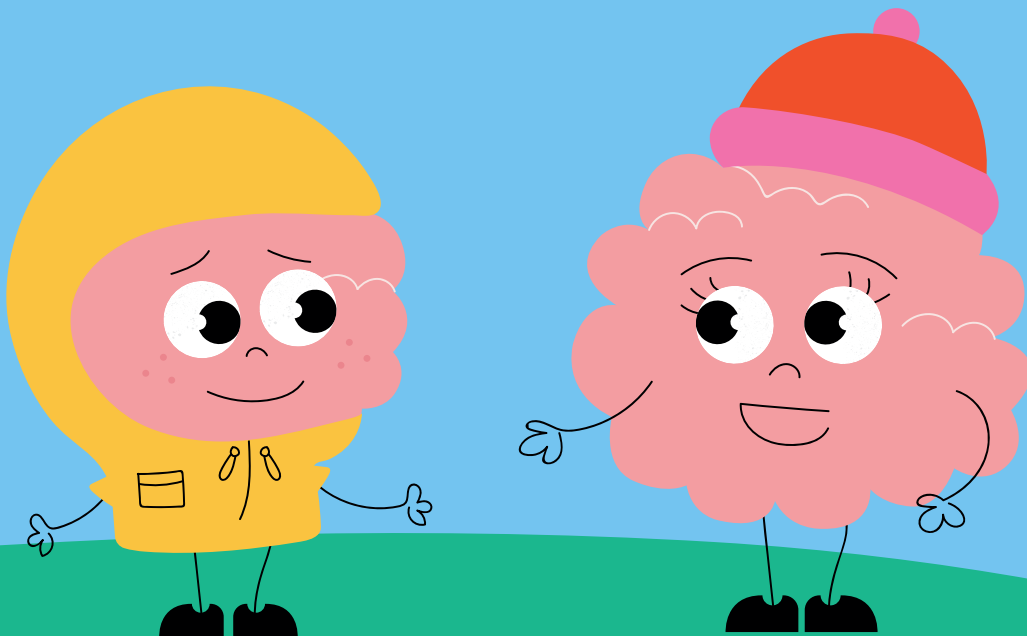
“Did your grandad die too?” asks Sad.

“Yes, my grandad died last year.” Understanding tells Sad.

“I was also very upset. My mummy told me, ‘Feeling upset because someone has died is called grief, and everybody feels that way.’

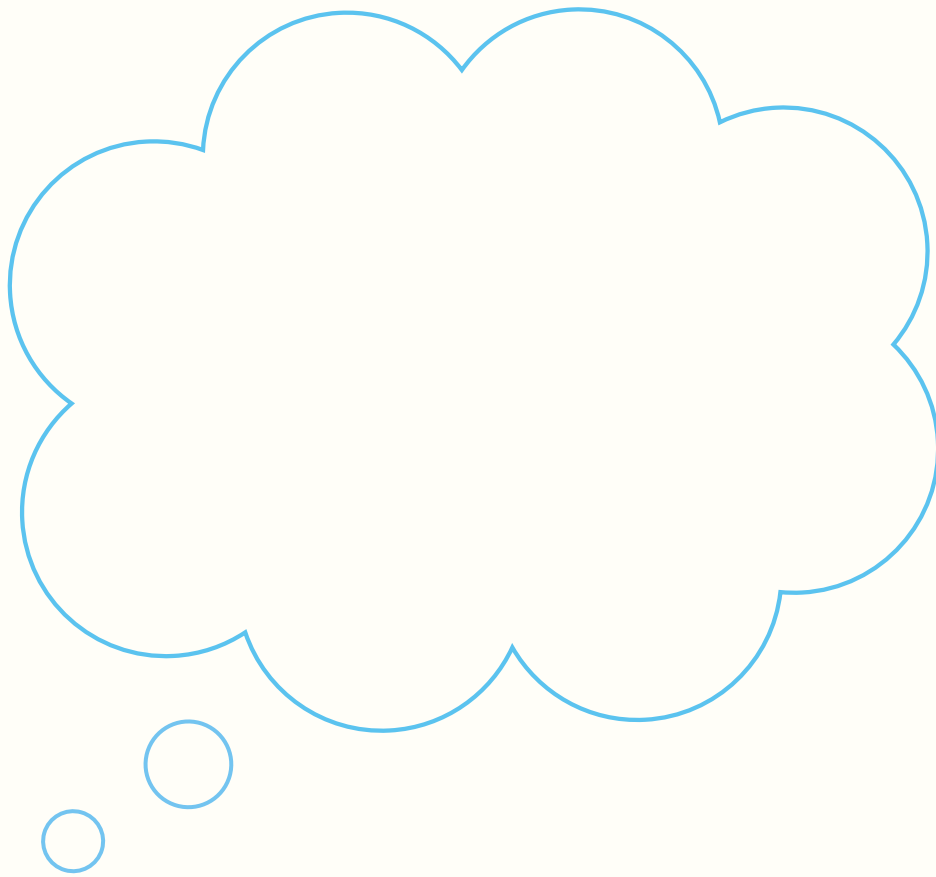
Whether it’s for your grandad, or your auntie, or your dog, if somebody dies, people grieve. Everybody grieves in different ways, but all of our feelings are natural, and it will take some time but we will feel better.”

“Thank you Understanding” says Sad. “Now that I know everyone feels grief, I don’t feel so alone.”



Activity

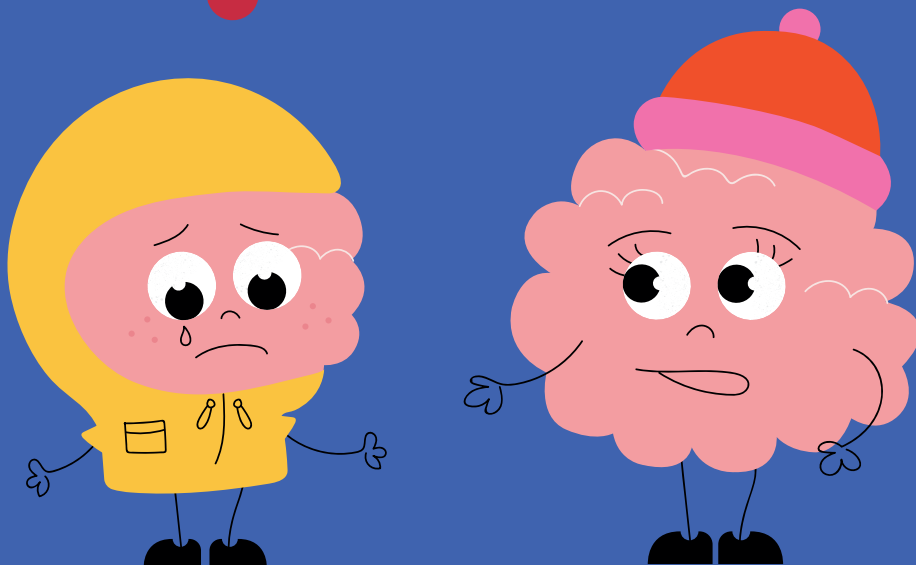
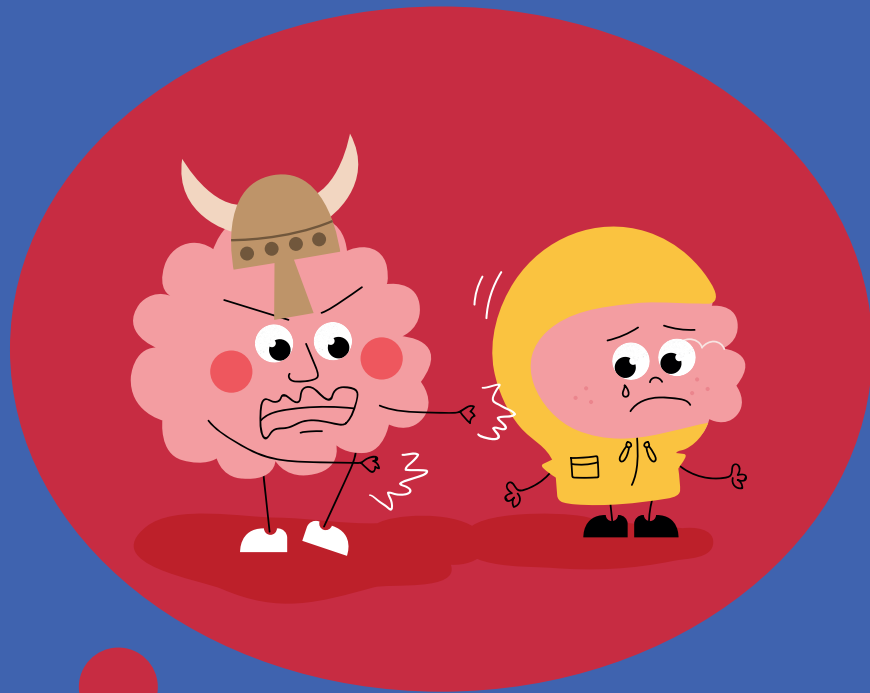
Draw your favourite memory



How to play:

Draw your favourite memory or something that makes you happy within the bubble! This could be anything from your first pet, your favourite sweets or a special place.

There is no reason for being mean



Angry is being really mean to Sad. Angry calls Sad names, and keeps pushing them over.

This is making Sad upset because they don't know how to stop it.

Sad decides to ask Understanding for help.

“Angry has been nasty to me lately and it's making me very upset” Sad says.

“They've been calling me names that aren't very nice, and pushing me over when we are playing games. What should I do?”

“It sounds like Angry is being very mean.”
Understanding tells Sad.

“Let’s go and tell the teacher before it gets any worse.”

So, Sad and Understanding go to tell the teacher that Angry is being mean.

“Angry hasn’t been nice to me lately, Understanding says they are being very mean.” Sad tells the teacher.

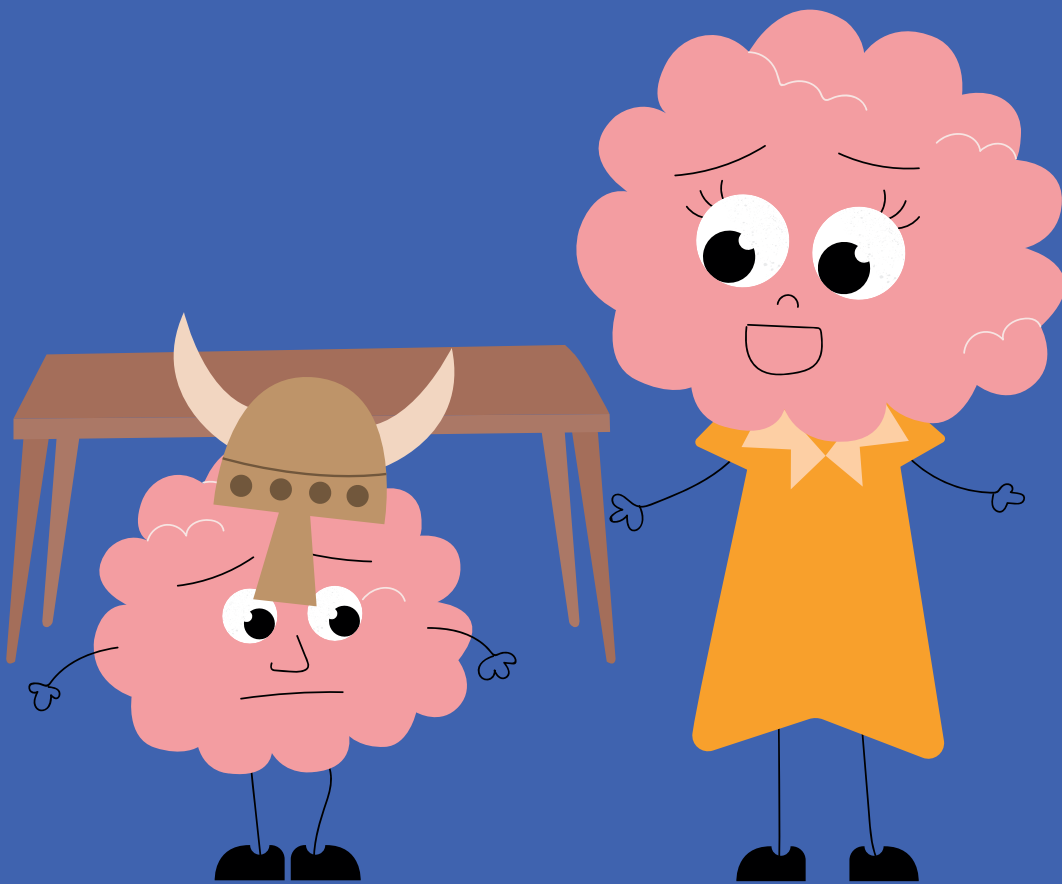
“We thought it would be better to tell you, before it gets worse.” says Understanding.

The teacher says, “You are doing the right thing by telling me. I promise it won’t happen again. I will have a word with Angry.

“Everyone should feel safe in the playground and it isn’t right that someone is making you upset.”

The teacher tells Sad and Understanding to go back outside and play, they then call Angry inside for a chat.

“I heard that you were being mean to Sad” says the teacher. “Is this true?”



Angry looks at the ground and says, “Only because Sad started it.”

“How did they start it?” asks the teacher.

“Sad took the toy I wanted to play with at lunch time.” says Angry.

“Did they know you wanted to play with it?” asks the teacher.

“No” answers Angry. “But Sad still took it. So I called them names and took it back.”

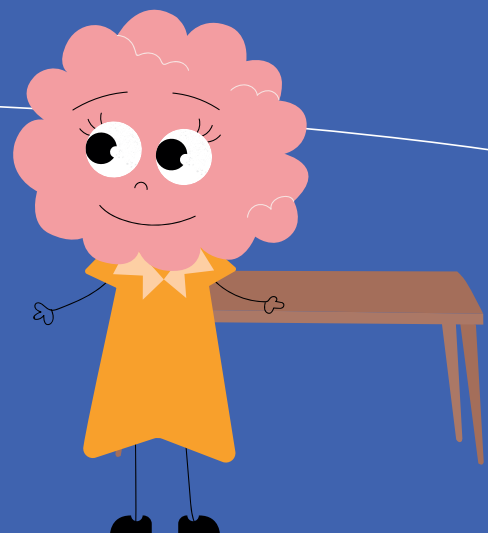
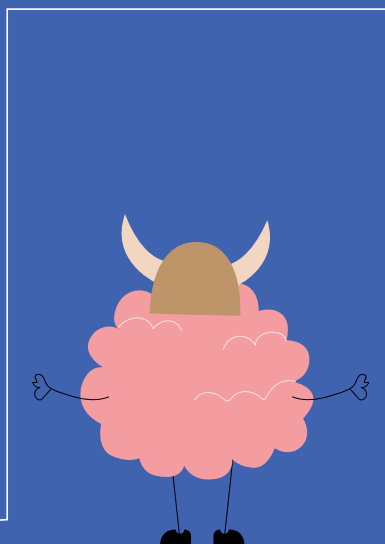
“I’m sure Sad would have shared the toy if you asked for it” explains the teacher. “If you use your words then they will want to share toys with you, so you won’t need to snatch them.

“You’ve made Sad very upset. Do you understand why you shouldn’t have been mean to Sad?”

“Yes, I was angry and I shouldn’t have made them feel sad. I’m sorry.” says Angry.

“It isn’t me you need to apologise to, it’s Sad” says the teacher.

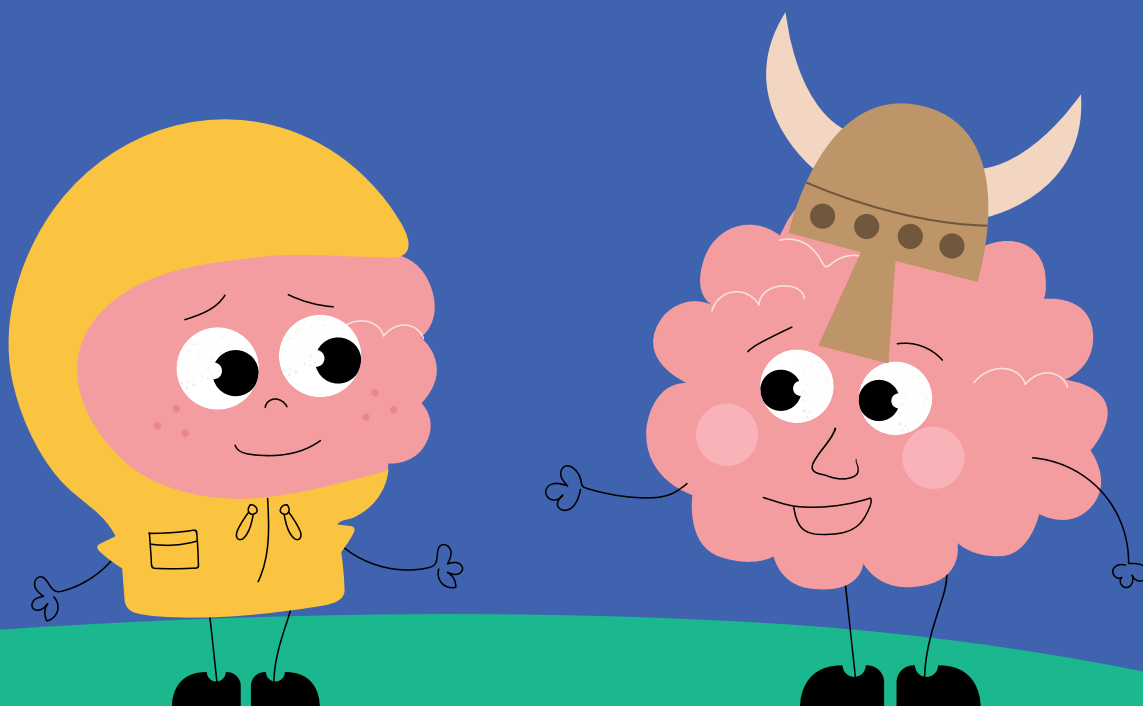
Angry is sent back out into the playground.



Angry feels really bad for being mean to Sad. So they walk up to them and say, “Hello Sad, the teacher has taught me what I did was wrong.

“I should have used my words and explained how I was feeling, instead of getting angry and being mean to you. I’m sorry I made you upset and it won’t happen again.”

“Thank you for apologising Angry” says Sad. “Instead of being mean, we can be nice to each other from now on.”



Activity

Pay someone a compliment



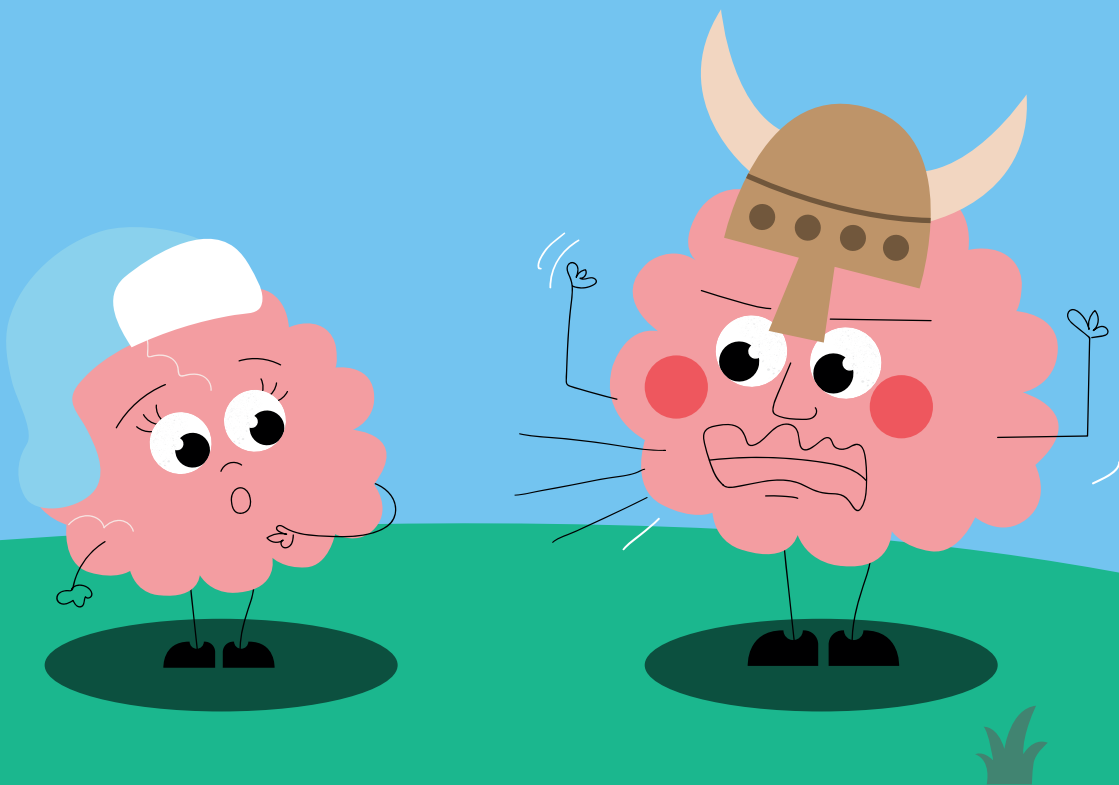
How to play:

Grab a piece of paper and write a compliment to the person sitting to your right. This could be anything from liking their handwriting to thinking they have nice shoes!

Talking always helps

Angry isn't talking and no one knows why.
They don't say 'Hi!' to their best friend, Chatty.
When Caring asks what is wrong Angry shouts,

"Go Away!"



Angry just wants to be left alone. It's lunch time and Angry won't play with anyone. They are just sitting on the ground and staring at the fence.

Chatty says to Caring, "Angry won't shout at me." and goes to see what is wrong.

"Please talk to me" says Chatty, as they sit down beside Angry at the fence.

"No" says Angry. "There's no point. No one understands me."



"How do you know I won't understand you if you don't talk to me?" asks Chatty.

After a long pause Angry says, "My sister wouldn't share our toys...so I hit her. And now I'm grounded."

Chatty tells Angry, “I understand that you’re angry at your sister, and you’re upset that you’re grounded. I would be too.

“But hitting people is wrong. Remember to use your words and talk to someone if something has bothered you.”

“I know, I shouldn’t have hit her” says Angry.
“I should have talked to her, and explained that I was feeling angry.”

“How do you feel now that we have talked about it?” asks Chatty.

Angry says, “I feel a lot better now. Thank you, Chatty. Talking to you has really helped.”

Chatty tells Angry, “Remember you can always talk to your friends, your family or a teacher about how you’re feeling.”

Activity

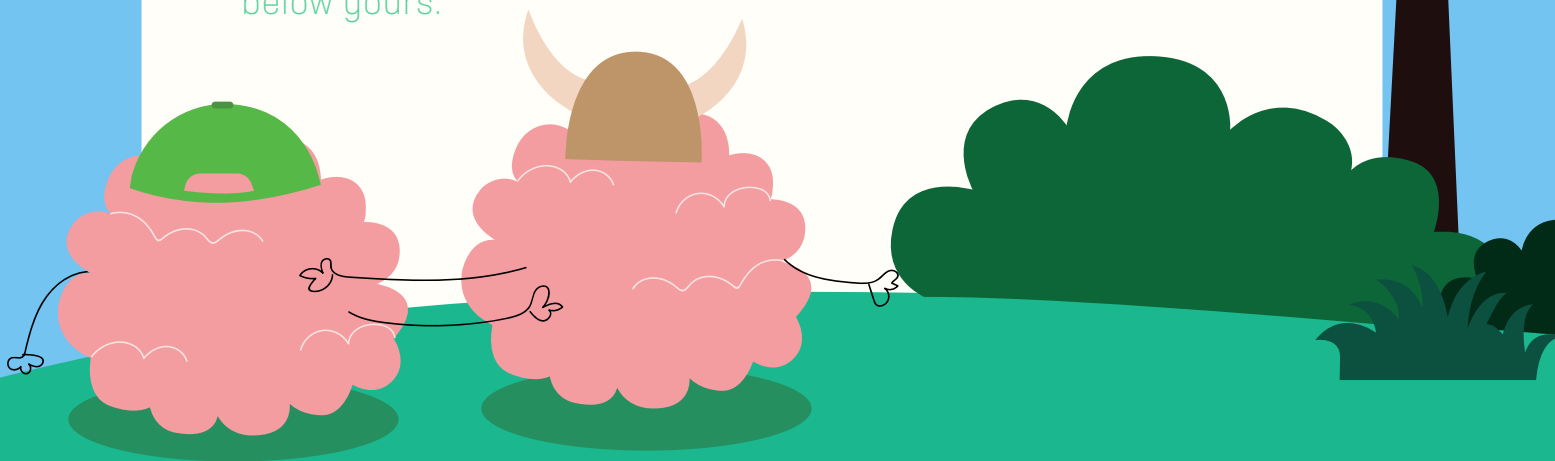
How are you feeling?

Me:

Someone Else:

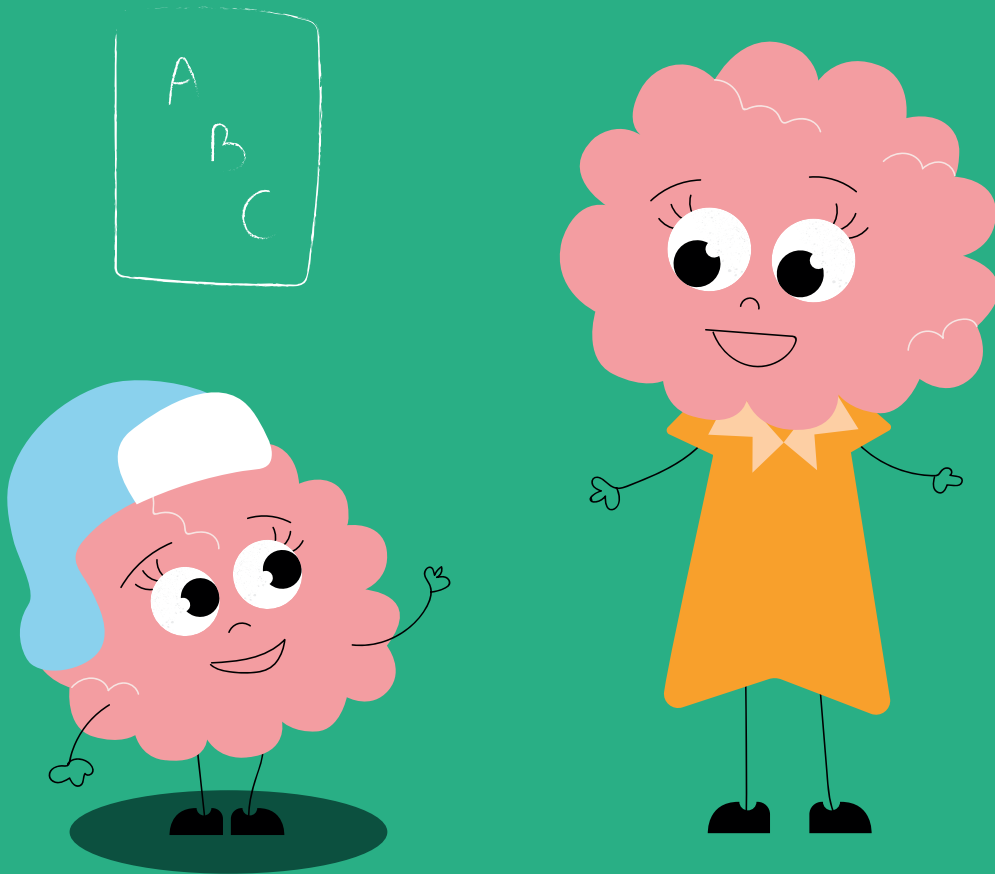
How to play:

Use the spaces to explain how you are feeling and then ask someone else how they are feeling and write their answer below yours.



A chain of kindness

Caring is feeling very happy and wants to share their mood with everybody. So Caring asks the teacher, “What can I do to make other people happy?”



The teacher says, “If you want to make people happy try acting with kindness towards them. Kindness breeds kindness.”

“This means making people happy through kindness will make them want to be kind to other people.

“So you will have started a big, long chain of people being kind to each other.”

“That’s perfect!” shouts Caring. “I’m going to do something nice for everyone today!”

So, Caring goes into the playground, determined to make everybody’s day better. They look and they look but they can’t find anything kind to do for anyone.

After a while they give up and start skipping.

Skipping around the playground, Caring sees Sad looking at them in a funny way. Caring thinks it would be best to go over to Sad and see what is the matter.

“Hello Sad, is everything okay?” asks Caring.

“Yes, I would like to play with the skipping rope when you’re done” replies Sad.

‘Perfect’ thinks Caring. ‘This is a great time to do something kind for someone else.’

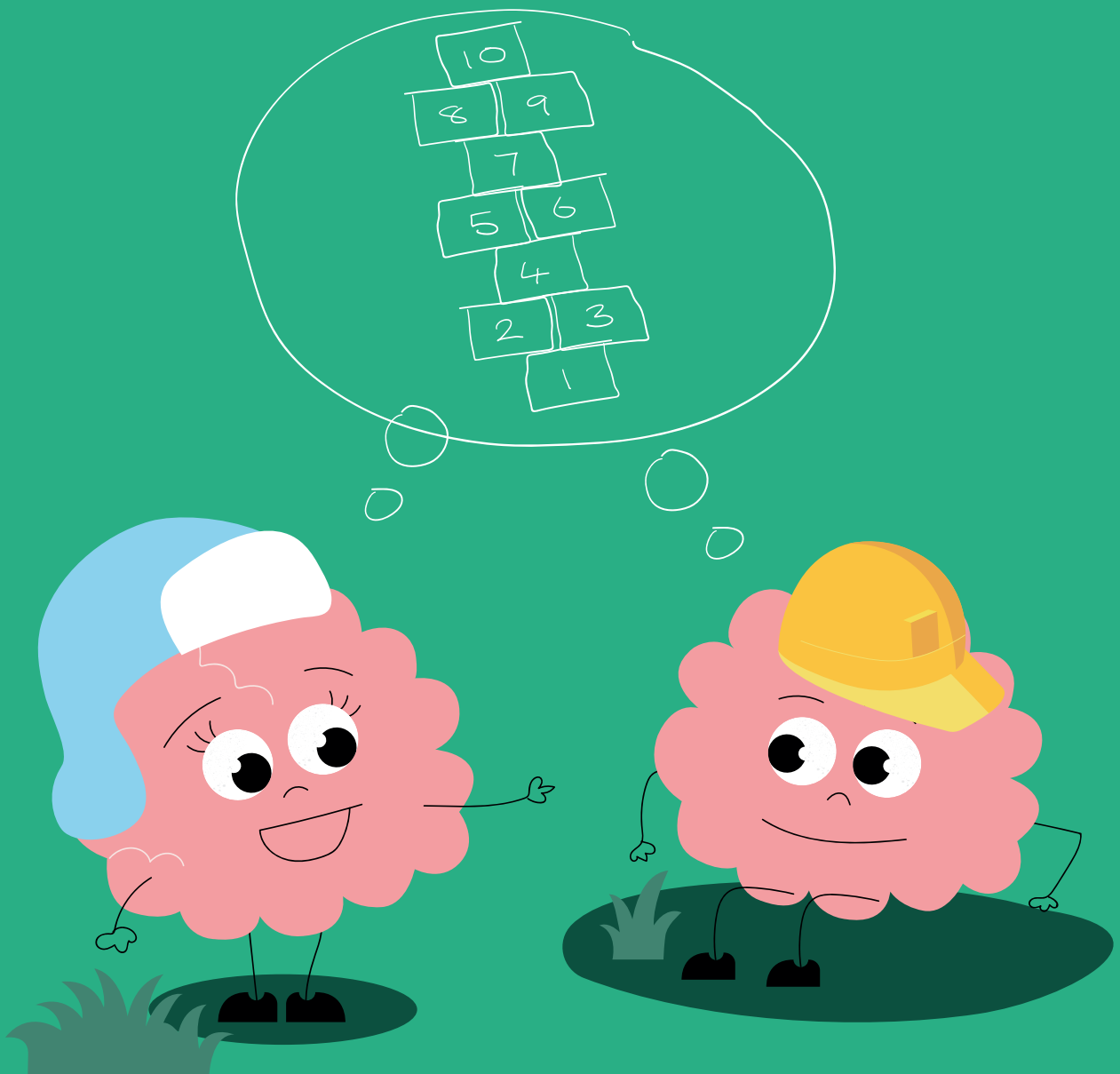
“You can have the skipping rope now if you’d like” says Caring with a smile on their face.

Caring hands over the skipping rope and Sad runs off in delight. But now Caring has nothing to play with and starts looking around the playground again.

This time Caring sees Worry sitting alone. There was only one thing for Caring to do.

“Worry, would you like to play hopscotch with me?” asks Caring. This makes Worry smile so wide that it even makes Caring smile!

“Yes, I would love to” says Worry.





While Caring and Worry are playing hopscotch, Stress trips and falls running after people in a game of tag.

Caring says to Worry, “Sorry Worry, but I need to go and help Stress.” and they run over to see if Stress is okay.

“Are you okay?” asks Caring.

Stress is crying and can barely speak,
“I- I really hurt my leg...”

“Okay” says Caring. “I’ll bring you to the nurse.”

Caring calls over Worry and they both bring Stress to the nurse.

Caring is starting to feel sad.

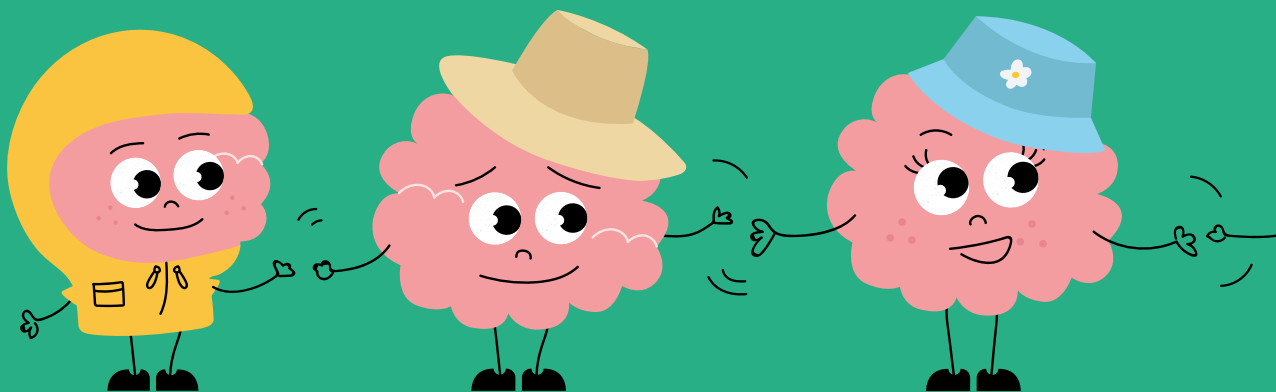
They spent all of their lunch time trying to be kind to people, but still there were children playing by themselves and children falling over and Caring hadn’t seen any of their kindness being passed on, like the teacher said.

Stress leaves the nurse's office, and hands Caring a lollipop.

“The nurse gave me this because I hurt my leg” explains Stress. “But I want you to have it for being so kind to me and helping go me to the nurse.”

Caring thinks, Brilliant! Another opportunity to be kind!

So Caring gives the lollipop to Happy.
Then Caring watches as...

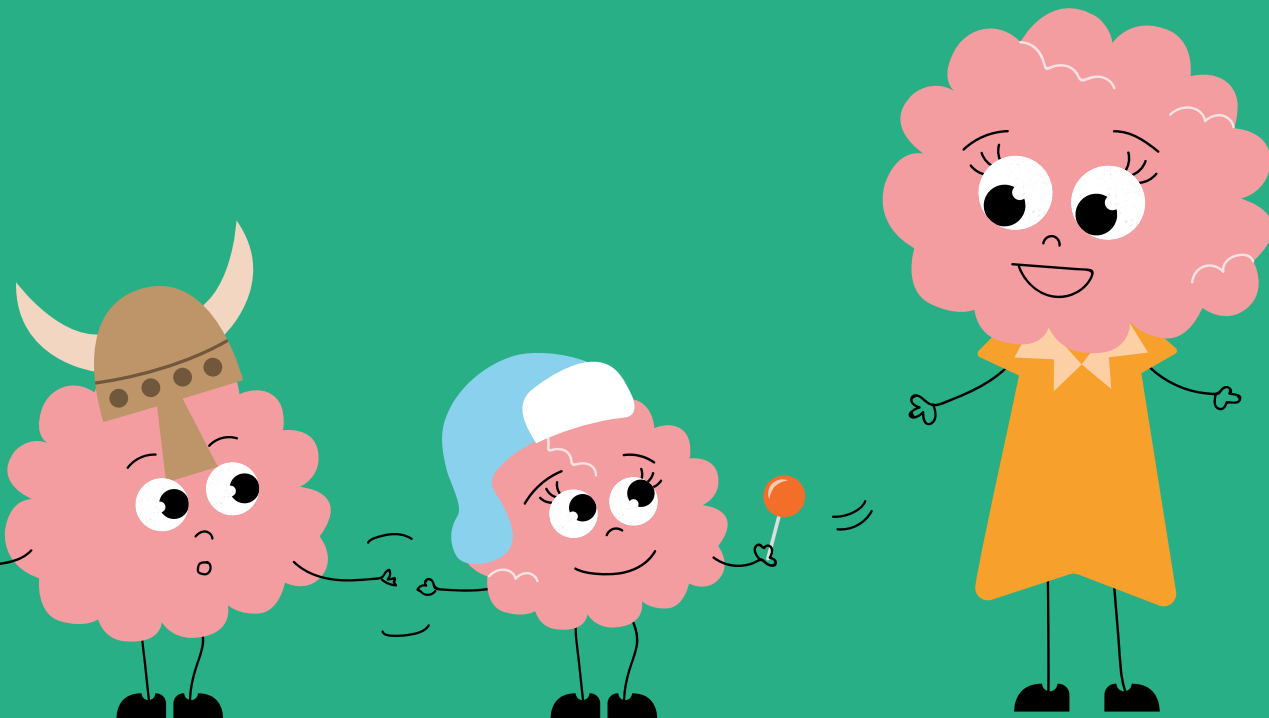


Happy gives it to Calm.

Calm gives it to Angry.

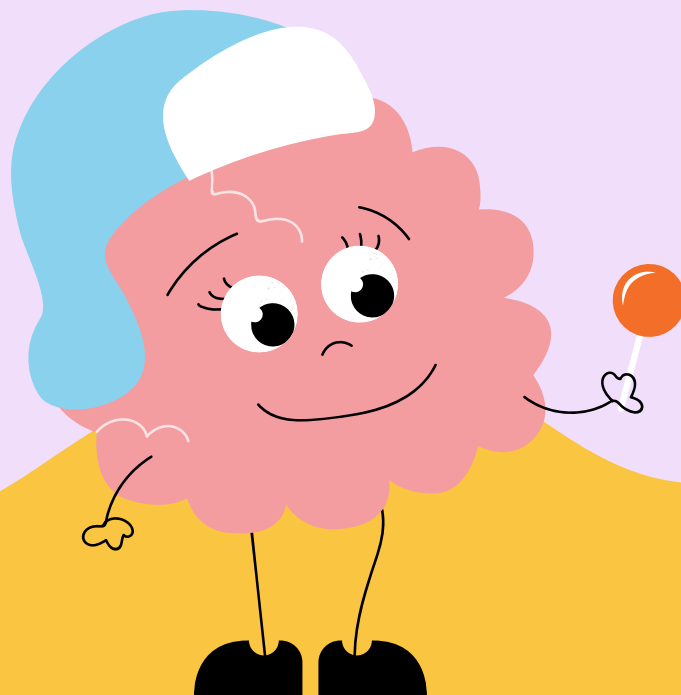
Angry gives it to Understanding.

And finally, as they walk back into class, they watch as Understanding gives it to the teacher!



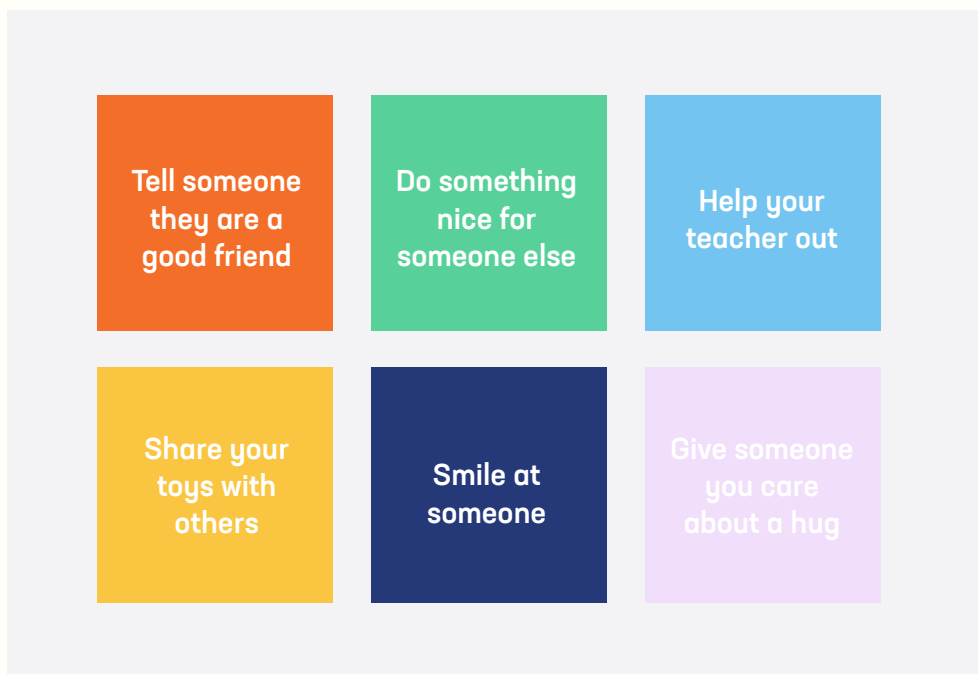
As Caring walks back into class the teacher says, “Caring, I think you should have this as a reward for spending your whole lunchtime being kind to others.”

Caring says, “Wow, I guess I did create a chain of kindness after all!”



Activity

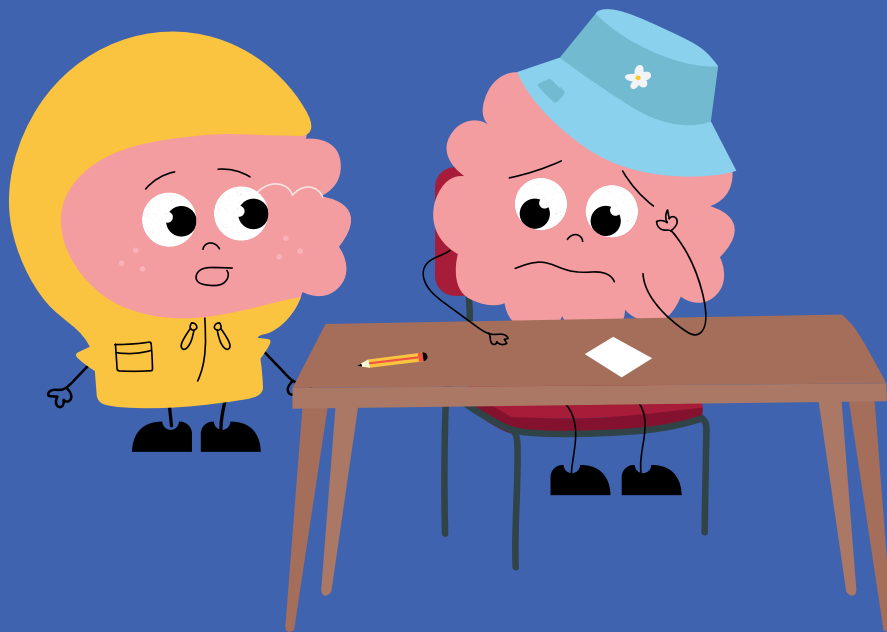
Bingo Time!



How to play:

Inside each of the boxes is something kind you can do for others. Take your time and try to score off all of the tasks.

It's Okay Not To Feel Okay



Calm has been feeling sad but doesn't know why.

Nothing has gone wrong today, but they just don't feel happy. Because they have been feeling sad, they haven't completed any of the work they've been told to do.

Sad notices that Calm isn't drawing like they've been told to by the teacher.

Sad asks, "Is everything okay, Calm?
You're not drawing, and usually you love to draw."

"I'm okay" answers Calm. "Nothing is wrong with me.
I just feel sad and I don't know why."

Sad tells Calm, "That's okay, no one is happy all of the
time. That's what makes us appreciate feeling happy."

"I suppose you're right" says Calm.
"I just don't know why I'm feeling sad. I'm sorry."

Sad says, "There's no need to apologise for how you're
feeling, it's okay to feel sad."

"Everyone feels sad sometimes. It could be because
you're tired, or you're feeling a little sick, or someone said
something that upset you."

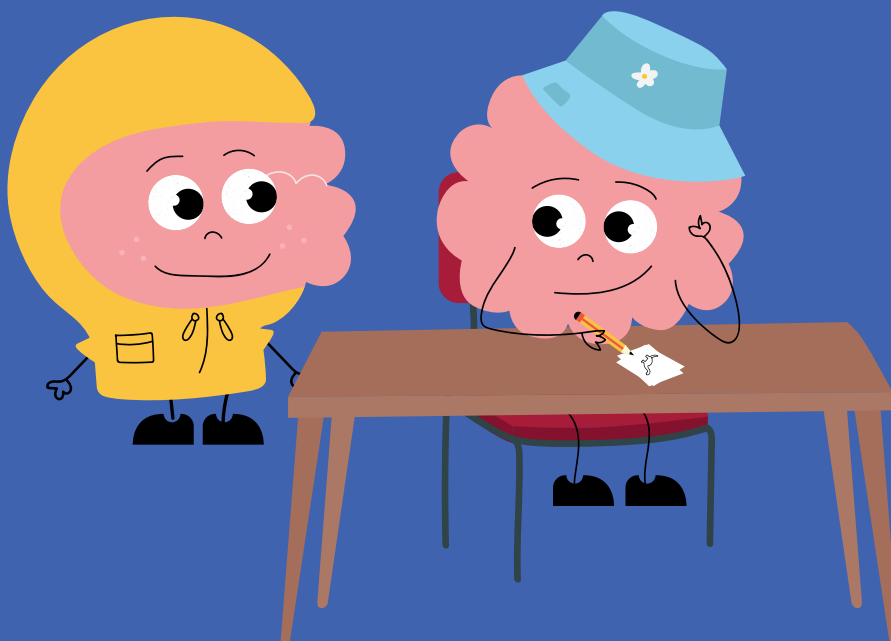
"It's okay to not be okay, as long as you talk about it with
people like your friends, your family and the teacher."

“Thank you, Sad. Telling you has helped me feel a bit better” says Calm.

“No problem, I’m here for you if you ever want to talk, or if you ever need cheering up.” Sad is very good at cheering people up.

“Everyone cares about you Calm, and we don’t want you to be sad. But we do understand not everyone can be happy all of the time.”

“That means a lot” Calm says. “I think I’ll try drawing now that usually cheers me up”.



Activity

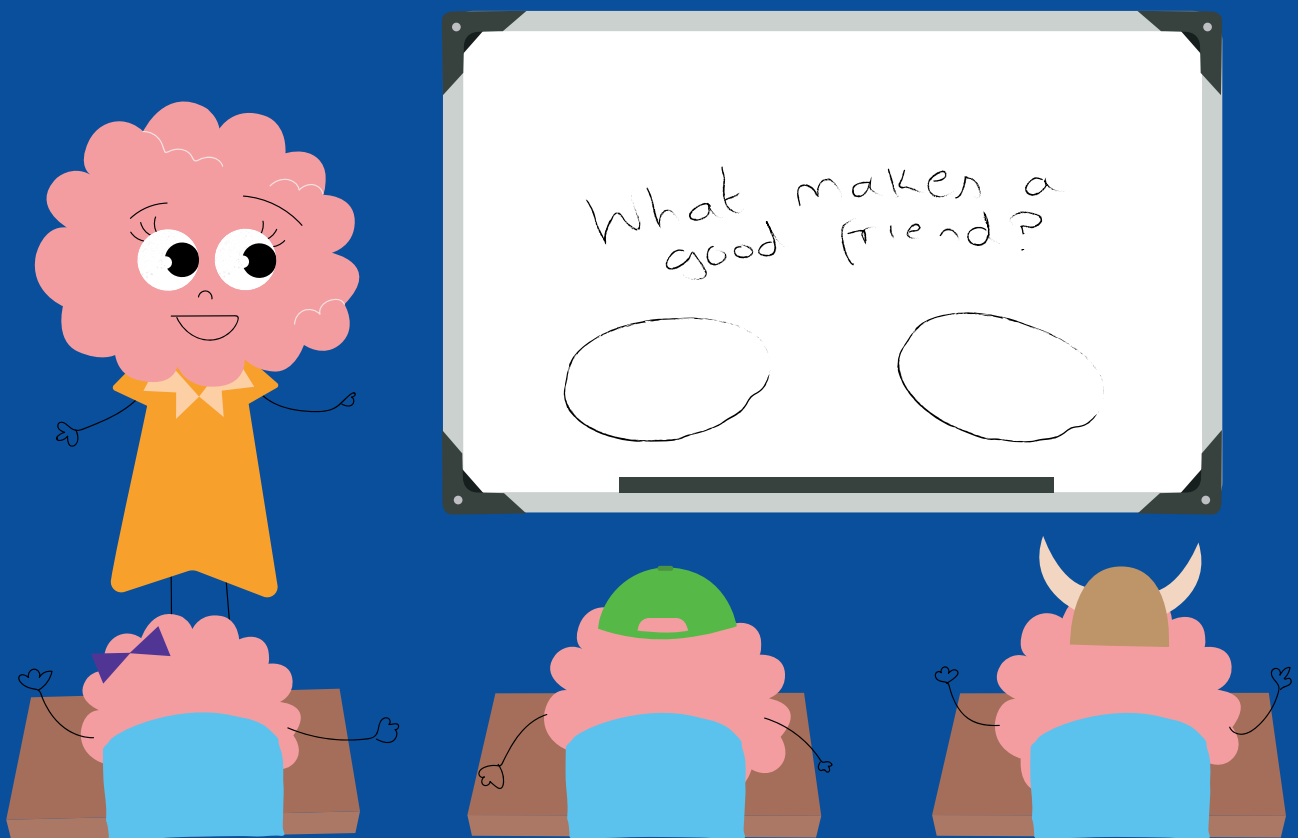
Take some time



How to play:

Use some of the suggestions in the rainbow rays to put a smile back on your face.

What makes a good friend?



“Okay class. Today we’re going to learn about friendships!” says the teacher. “Can you tell me what makes a good friend? I’ll write it up on the whiteboard.”

Chatty shouts out, “A good friend is a good listener.”
“Very good Chatty” says the teacher, “Anything else?”

“A good friend makes you happy
when you’re feeling sad” says Sad.

“A good friend will never make you do something you don’t
feel comfortable doing!” says Understanding.

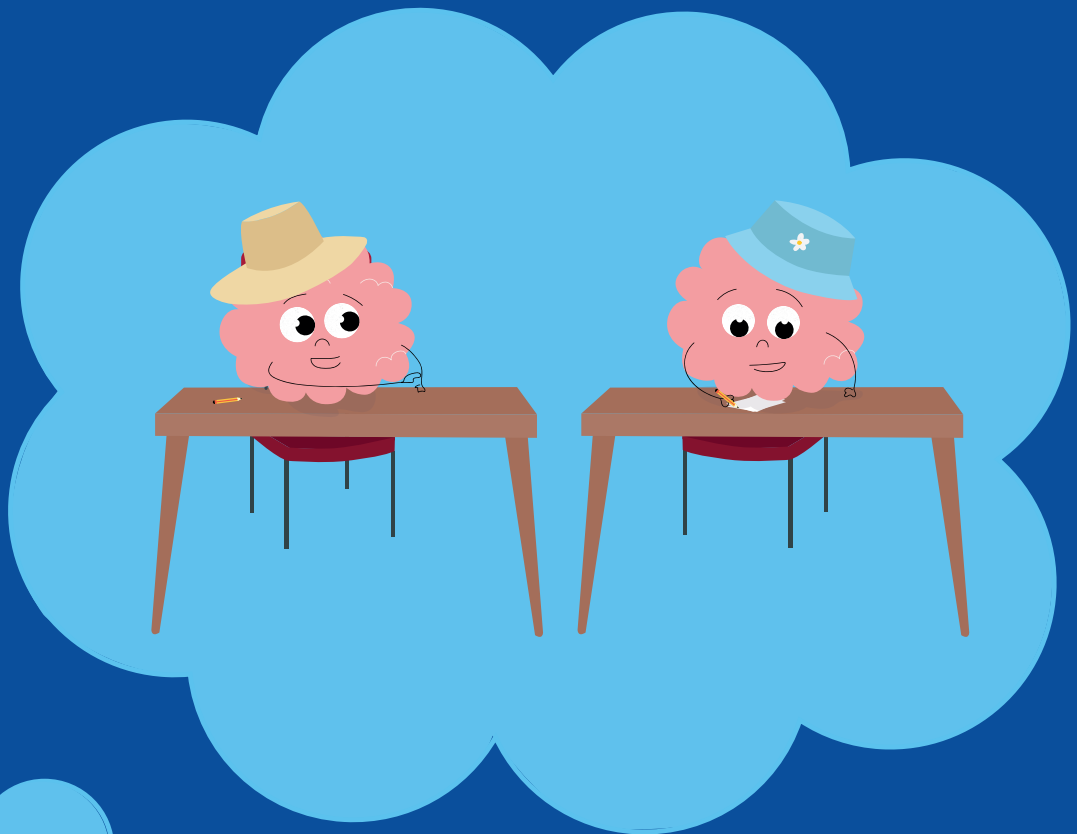
“A good friend will take the time to play the games you
both want to play, instead of just playing the game they
want to play” says Caring.

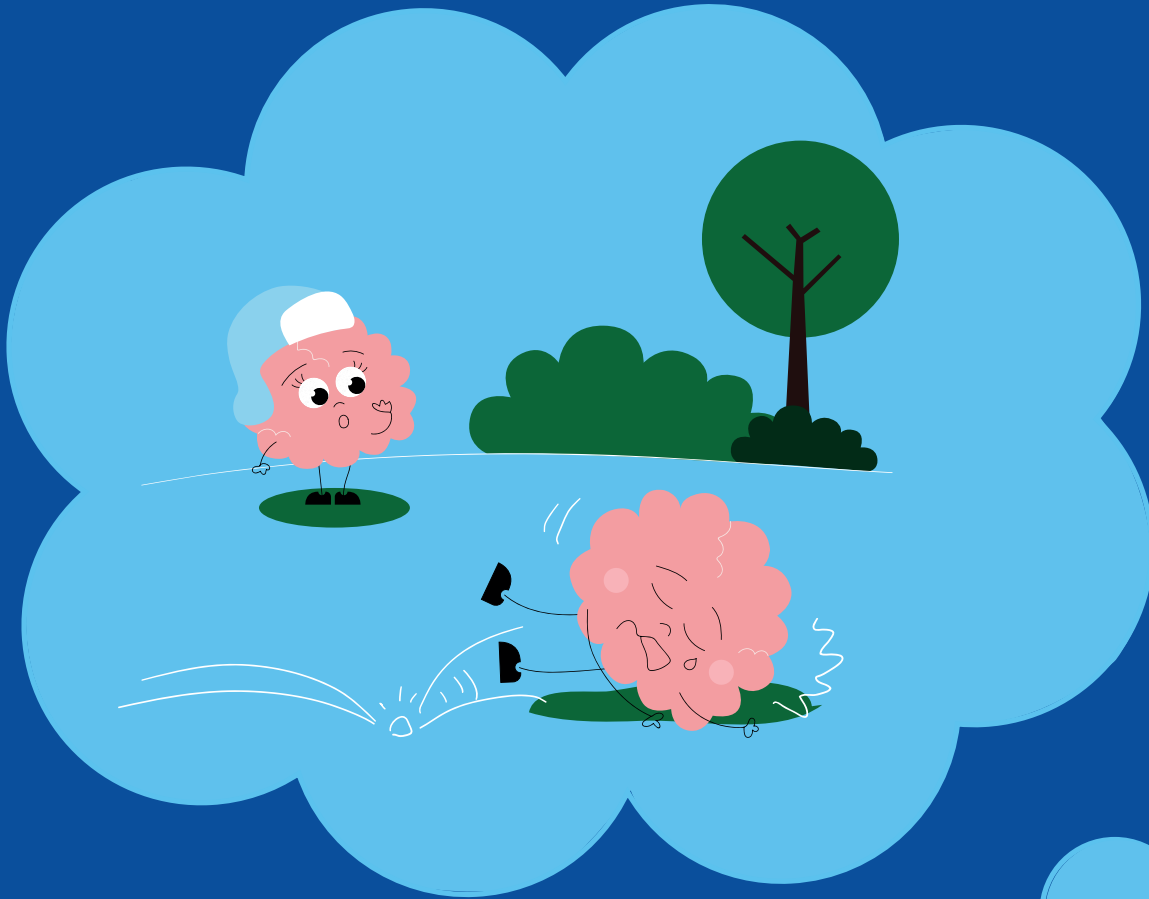
“Excellent work!” The teacher says. “So a good friend is
a good listener, a good friend makes you happy, a good
friend understands how you are feeling, and a good friend
shares at play time...”

“Now, can you tell me about a time where someone has
been a good friend to you?”

Calm says, "I remember last week Stress was a good friend to me when they helped me with my maths."

Stress says, "I remember Calm was a good friend to me by letting me borrow their colouring pencils."



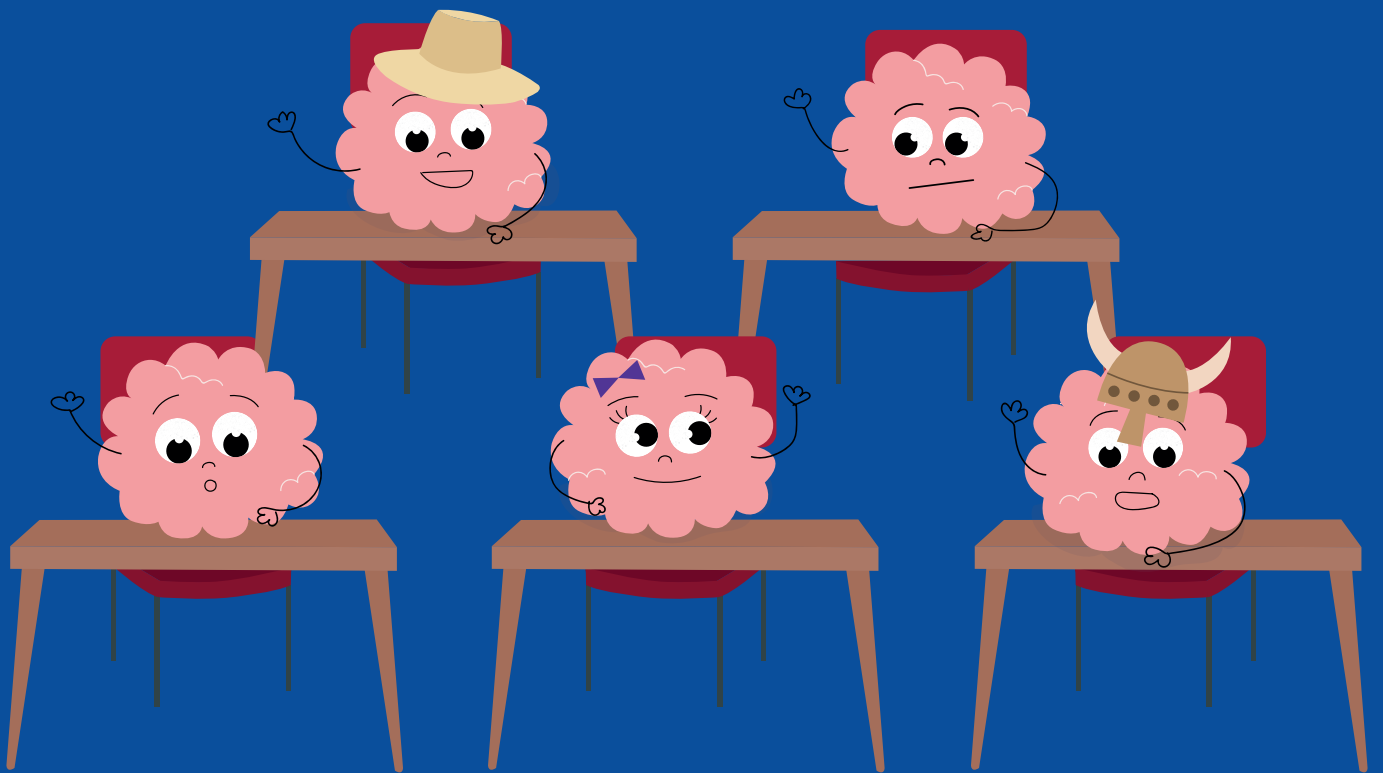


“I remember when Caring was a good friend to me by taking me to the nurse when I fell over.” says Worry.

“Very well done” says the teacher. “We’re learning so much today about what it means to be a good friend.”

Can you think of any more examples of good friendship?

Ask your teacher if you can do this exercise in class!



Activity

What makes me a good friend?

I am...

I am...

I am...

How to play:

Take some time to think about what makes you a good friend. Pick the top three qualities and write them above. If you need, ask an adult to help give you ideas.

Colour me in!

Within the speech bubbles are some of the emotions we have covered within the book, feel free to colour them in to remind yourself of them again!





ANXIOUS



CARING



ANGRY



This booklet has been created and produced with sustainable methods



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