

Welcome to the inclusion ambassadors assembly



HOW TO LINK MENTAL HEALTH AND PHYSICAL HEALTH!



Inclusion ambassadors presentation by:
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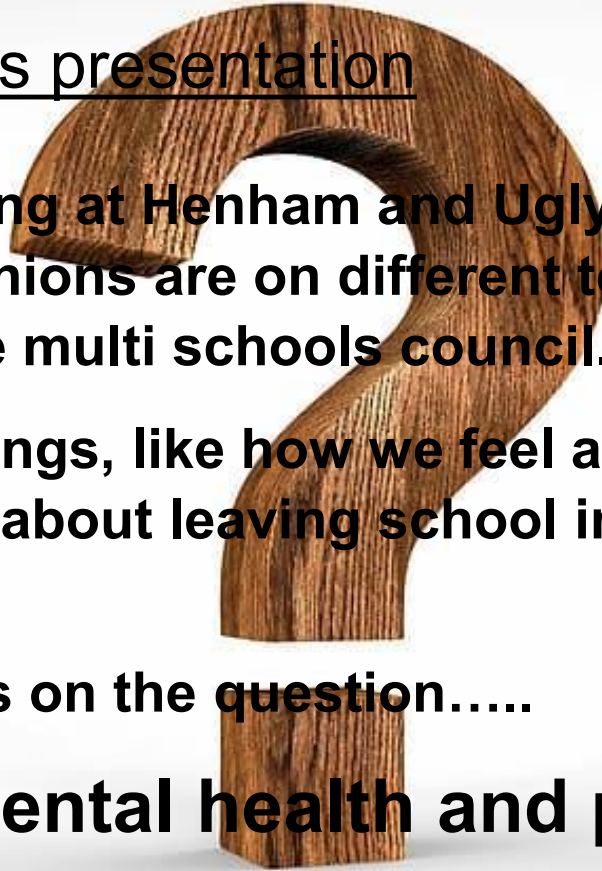
Why we made this presentation

We went to a meeting at Henham and Ugly primary school to talk about what our opinions are on different topics as part of the share zone with the multi schools council.

We talked about things, like how we feel about homework and how we are feeling about leaving school in year 6 and what could help us.

Today we will focus on the question.....

”how to link mental health and physical health?”



What is Mental health?

Mental health is how we feel, how we behave and how we think. It affects how we feel about life, and school and home. Mental health is about emotions and how cope with feeling sad, happy, scared, anxious and angry.

When we have good mental health we can enjoy life more.

What is physical health?



Physical health involves keeping the body working well with regular exercise, good sleep and healthy food,

Ways to improve your mental and physical health

Improving mental and physical health involves regular exercise like walking and dancing, or playing football.

A balanced diet with fruits and vegetables helps keep you healthy - but you can have some treats too.

Getting a good nights sleep is also really important.





Share your
worries

It's important that you see people that bring you joy and make you feel happy. We should talk and share our worries. It's ok to feel anxious or sad, everybody does sometimes, but we need to do things to help us when it feels too much.

Its important to stay healthy!

On the next slide are some workout freeze frames we have made for you to try at home.

There are lots of things you can do to stay healthy, like walking the golden mile, riding a bike, hula hooping and balancing as well as many other things.





How to link mental health and physical health?



Its important to teach the body and mind to connect with each other, remembering they are part of the same team.

Doing things you enjoy, and what makes you happy will help both your physical and mental health.

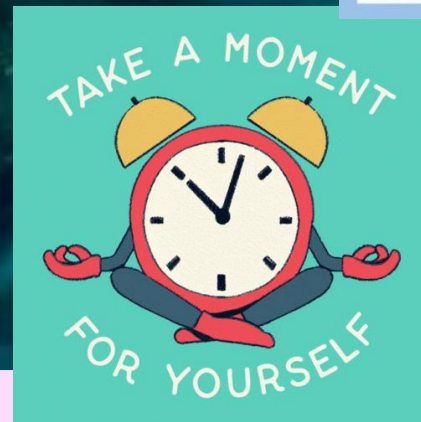
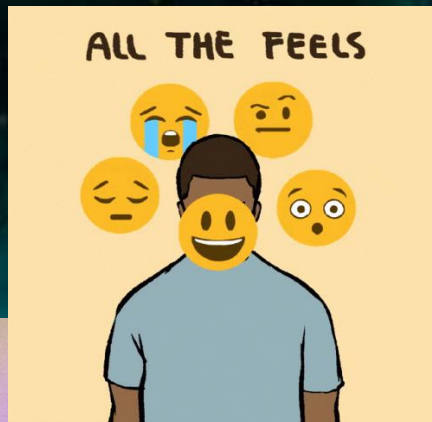
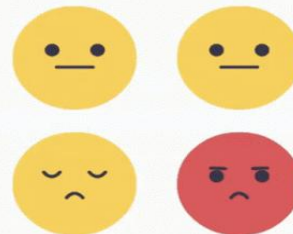


Check in with yourself and others.

Ask how your friends and family
are doing.

HOW ARE YOU FEELING?

Comment down below!



Your mental health is just as important as your physical health.

GLIPHS

Mental Health is Physical Health

PILLARS OF SELF CARE: PSYCHOLOGICAL



WE ARE ALL DIFFERENT

**But we all have
the same smile**

Thank you for listening 😊