
I make sure that I am not mean to people because I do not want to damage someone else's mental health. Year 4
Year 4
We have little things in our brains that we have to look after. Year R
I tell someone if my brain is struggling!
Year 2
If you smile it lifts your mood. Year 5
I find a quiet place!
Year 1
Pupil Voice
Mental Health
I like it when my mum and dad cuddle me!
Year R
I write in the worry box!
Year 2
I take deep breaths!
Year 2
I think about nice things!
Year 1
I don't let social media say things that hurt me and I make sure it does not compare me to images. Year 5
I make sure that I do not miss too much learning. Learning helps my brain.
Year 4
I only play on appropriate online games and limit the time I use social media. Year 5/6