

CHILDREN'S MENTAL HEALTH AWARENESS WEEK!

FILL IN THE GAPS

IF YOU EVER FEEL SAD, REMEMBER THAT THERE ARE PEOPLE WHO CAN . WHETHER IT'S A TEACHER, A PARENT, OR A , TALKING TO SOMEONE IS IMPORTANT FOR TAKING OF YOUR MENTAL HEALTH.

ALWAYS REMEMBER: YOU ARE AMAZING!

MIND MAZE!



TRUE OR FALSE?!

- It's normal to feel sad or angry sometimes.
- Talking about how you feel can help you feel better.
- Mental health means having a healthy brain and feeling happy all the time.
- Asking for help when we feel down is a sign of strength.
- Doing things we enjoy can help our mental health.



SCAN ME!

to see more info about our camps!

Make new friends!

Draw a line to connect the word with the matching emoji.
For example, draw a line from "Happy" to the smiling emoji.



EMBARRASSED MAD DISAPPOINTED HAPPY SILLY SURPRISED SAD

HEY!

I'm **BILLY** Barracuda!
Making new friends, trying new things and learning new skills are all fantastic for our mental health!

Visit barracudas.co.uk
or call 01480 467 567

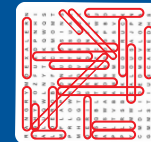
WORD SEARCH!

R A N G R Y M D E X A L E R N
C S H Y F O Z F U E D P N H I
A L U Q W L N Y T X K Q W Q S
L D E R O B U F S C H M O M T
M F L A P F D N U I D S I N S
P R L O W R E L O T E S U A L
M H D G T U I D V E S O D U X
D E R I T S R S R D U N F E S
H S Q B L T R P E Z C Y K W U
A I S W A R O N N D O G P B O
P L T V B A W H M J F P S V I
P L R S B T K S U O I R U C X
Y Y M W J E A L O U S A J P N
C M D L I D E D M Q V L O N A
G M M S T I U S C A R E D H S

- Happy
- Bored
- Worried
- Tired
- Sad
- Angry
- Relaxed
- Silly
- Excited
- Scared
- Calm
- Focused
- Surprised
- Anxious
- Frustrated
- Nervous
- Curious
- Joyful
- Shy
- Jealous

How many smiley faces can you see?

ANSWERS



Fill in the Gaps:

- HELP
- FRIEND
- CARE

Smiley Faces: 15

True or False:

- True
- True
- False
- True
- True

