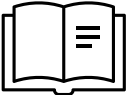


Be yourself- Mental Health

#LovetoLearn

Watch – scan the QR code	Read 	Listen 
Inside My Head: A Newsround Special 	The science of mental health https://www.bbc.co.uk/bitesize/articles/zmvt6g8#zm33f82	Kooth podcast- healthy sleep for a healthy mind https://pod.link/1547256556/episode/083c701848ba135bc2a621367f0ade22
Practice	Make	Who to talk to if worried?
Try this exercise and make notes on how you felt: https://www.kooth.com/content/activities/practice-being-present	Make a mental health first aid kit https://www.kooth.com/content/activities/make-your-own-coping-box	-Mrs Neave -Mr Cooper -Form Tutor