

## Wilden VA Primary School



### **Mental Health Vital 10**

1) Identify and name the range and degrees of childhood emotions:

**Stage 1:** Recognising fear, joy, disgust, surprise, sadness, anger, happiness.

**Stage 2:** Recognising pride, shame, dismay, jealousy, embarrassment, empathy.

**Stage 3:** Recognising multiple emotions (feeling good, bad or indifferent at the same time), false emotions (pretending to like a present).

2) Emotional triggers and impact of life events.

3) Talk about emotions.

4) Appropriate emotions/behaviour.

5) Benefits of physical activity and social activity on well-being.

6) Positive routines and sleep.

7) Simple self-care.

8) Tackling boredom and loneliness.

9) Talk about your feelings.

10) Who to ask for help – helping hand