



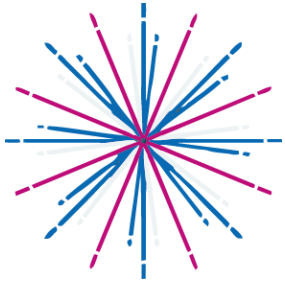
School Holiday Survival Guide



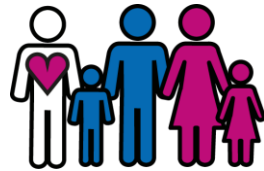
What is positive about school holidays?



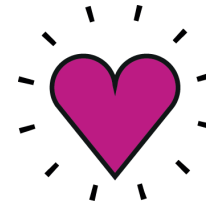
What is positive about school holidays?



Celebration spirit



Time with family



Receiving / Giving



Parties



Music



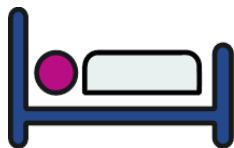
Lovely food



Going out places



Time out of school



Staying up late



Sparkly lights
and decorations



Family Traditions



Playing in the snow/Playing
in the sunshine

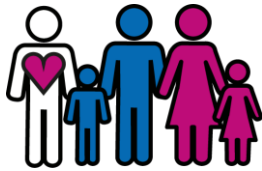
(we hope!)

What might be difficult about school holidays?



Why holidays might be difficult...

Separated families



Family circumstances



Comparing self to others



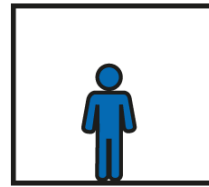
Illness



Money / Finances



Family arguments



Loneliness



Bereavement or Loss



Expectations



Having to pretend you feel ok (even if you don't)



Peer pressure



Overwhelming / Full on / Uncertainty



Not being able to see the people you want to see i.e. friends

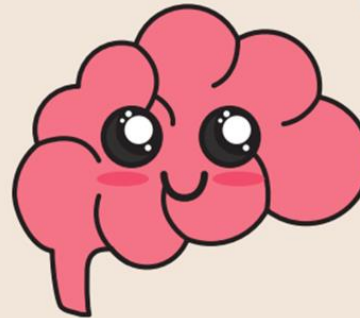
BE HAPPY

WHAT IS MENTAL HEALTH?

Physical health is to
do with our bodies.



Mental health is to
do with our minds.



BRAIN

Mental health involves
the thoughts and
feelings we have.



These can be **helpful**
or **unhelpful**.



Helpful thoughts are thoughts that make you feel **happy** and **nice**.



For example, **I am great at football**
or **I am a good friend**.



Unhelpful thoughts
are thoughts that
make you feel **sad** or
bad about yourself.



For example, I am not good at
maths or **no one likes me.**



+ **-**
× **=**

The 12 Emotions of Christmas



Overwhelm



Anxiety



Happy



Guilt



Stress



Sad



Joy



Frustration



Envy



Peopled out



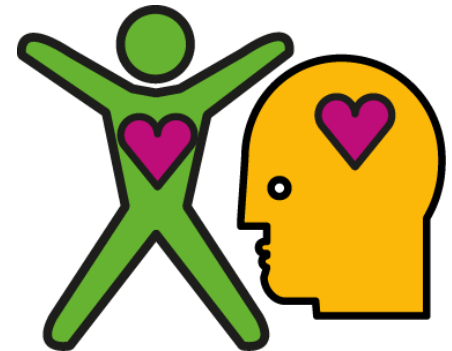
content



Gratitude

@thepsychologymum

**We can feel
lots of different
emotions at
Christmas,
So we need to
look after our
mental health.**

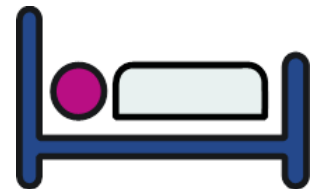
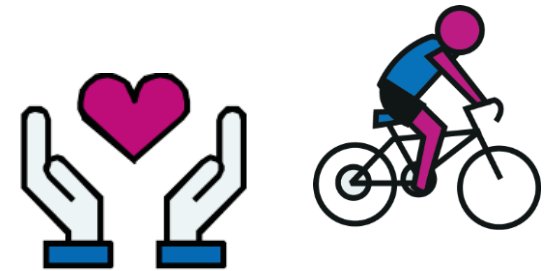


How could you look after your mental health?



10 ways to look after your mental health

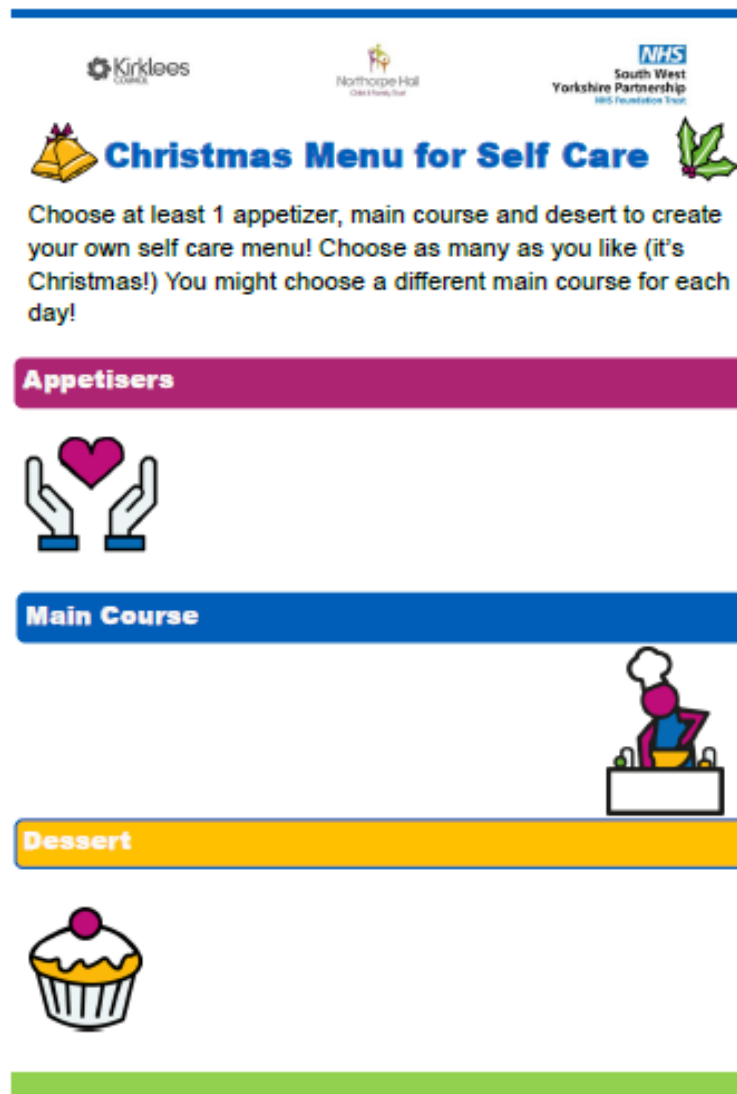
- Talk about your feelings
- Eat a balanced diet – often a time of overindulgence
- Keep in touch with friends
- Take a break / relaxation
- Accept who you are/don't compare yourself to others
- Keep active
- Take a break from screen time
- Do something you are good at
- Caring for others
- Get enough sleep






Create a menu for your self care!

From the ideas we have spoken about , or your own ideas.....

Choose at least 1 appetizer, main course and desert to create your own self care menu! Choose as many as you like (it's Christmas!) You might choose a different main course for each day..





Christmas Menu for Self Care

Choose at least 1 appetizer, main course and desert to create your own self care menu! Choose as many as you like (it's Christmas!) You might choose a different main course for each day!


Appetisers



Main Course



Dessert



Who can I contact if I'm still struggling?

- Speak to a member of staff or a trusted adult.

- Or you might want to visit Childline (under 12s): <https://www.childline.org.uk/kids/>



childline

ONLINE, ON THE PHONE, ANYTIME

Finger breathing exercise

- Sit or stand comfortably with your back straight
- Open the palm of one hand wide
- Now with the pointer finger of the opposite hand, slowly trace your fingers while breathing.
- Trace up one side of your thumb, 1, 2, 3, trace down the other side of your thumb, 1, 2, 3.
- Repeat for all five fingers.

