

Mental health is about our feelings, our thinking, our emotions and our moods.

We all have feelings that come and go every day. Sometimes the feelings can be quite strong but they don't stay around for a long time. These feelings are quite normal.

What is mental health?

For some people, these negative feelings can be really intense at times. They can last for a long time – at least several months. And they can stop us doing what we want in our lives or stop us enjoying life. These kinds of feelings might be described as mental health difficulties.





Help and support is available for young people who are experiencing mental health difficulties.

However you feel, you are not alone.

What do we do to support mental health at Clapham Manor?

- **Zones of Regulation** – an approach used to support the development of self-regulation in children
- Regular check-ins for children to identify how they are feeling
- Strategies to support different feelings

The ZONES of Regulation

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|--|--|--|---|
|  |  |  |  |
| Blue Zone Sad Bored Tired Sick | Green Zone Happy Focused Calm Proud | Yellow Zone Worried Frustrated Silly Excited | Red Zone overjoyed/Elated Panicked Angry Terrified |

What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

What might help you?

Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

What do we do to support mental health at Clapham Manor?



- Curriculum – explicitly teach about mental health in autumn 1

| 1 | 2 | 3 | 4 | 5 | 6 |
|---|--|---|---|---|---|
| Mental and Physical Health | Mental and Physical Health | Mental and Physical Health | Mental and Physical Health | Mental and Physical Health | Mental and Physical Health |
| <i>Recognising feelings Identifying people who can help us. Finding ways to relax</i> | <i>Understand that feelings change. To know about big feelings To know there are things that help people feel good</i> | <i>To understand identity To identify strengths and how these can affect others To break down barriers to achieve goals</i> | <i>Mental and physical health Recognise what affects feelings Expressing feelings Managing feelings</i> | <i>Healthy and unhealthy habits Learn and use varied vocabulary when discussing feelings Change in feelings and their intensity</i> | <i>What keeps us mentally and physically healthy Spotting the warning signs of poor mental health Challenging stigma around mental health</i> |

- Mental health and bullying is woven into other units throughout the year such as 'Relationships' and 'Respect for All'

What do we do to support mental health at Clapham Manor?

Lesbian, Gay, Bi or Trans (LGBT) Safe Space

- Ms Turner is our adult that children can go to if they are LGBT or need somebody to talk to about being LGBT
- Children who are LGBT can be targeted by other children and a child who is perceived by other children to be LGBT (whether they are or not) can be just as vulnerable as children who identify as LGBT
- Risks can be greater when children who are LGBT don't have a trusted adult that they can speak to
- Ms Turner reduces additional barriers and provides a safe space for children to speak out or share any concerns



What do we do to support mental health at Clapham Manor?

- Mental Health Lead
- Wellbeing Young Leaders
- Mindfulness opportunities when needed
- Assemblies throughout the year
- Extra-curricular opportunities
- Talking!

