


MY

MENTAL

ELF



created by

 mind
North Kent

WHAT CHRISTMAS TREE EMOTION ARE YOU TODAY?



HAPPY



SAD



NERVOUS



SURPRISED



MAD



EXCITED



TIRED



SILLY



FRUSTRATED



EMBARRASSED



UPSET



CALM





MOOD TRACKER



WORRIED 

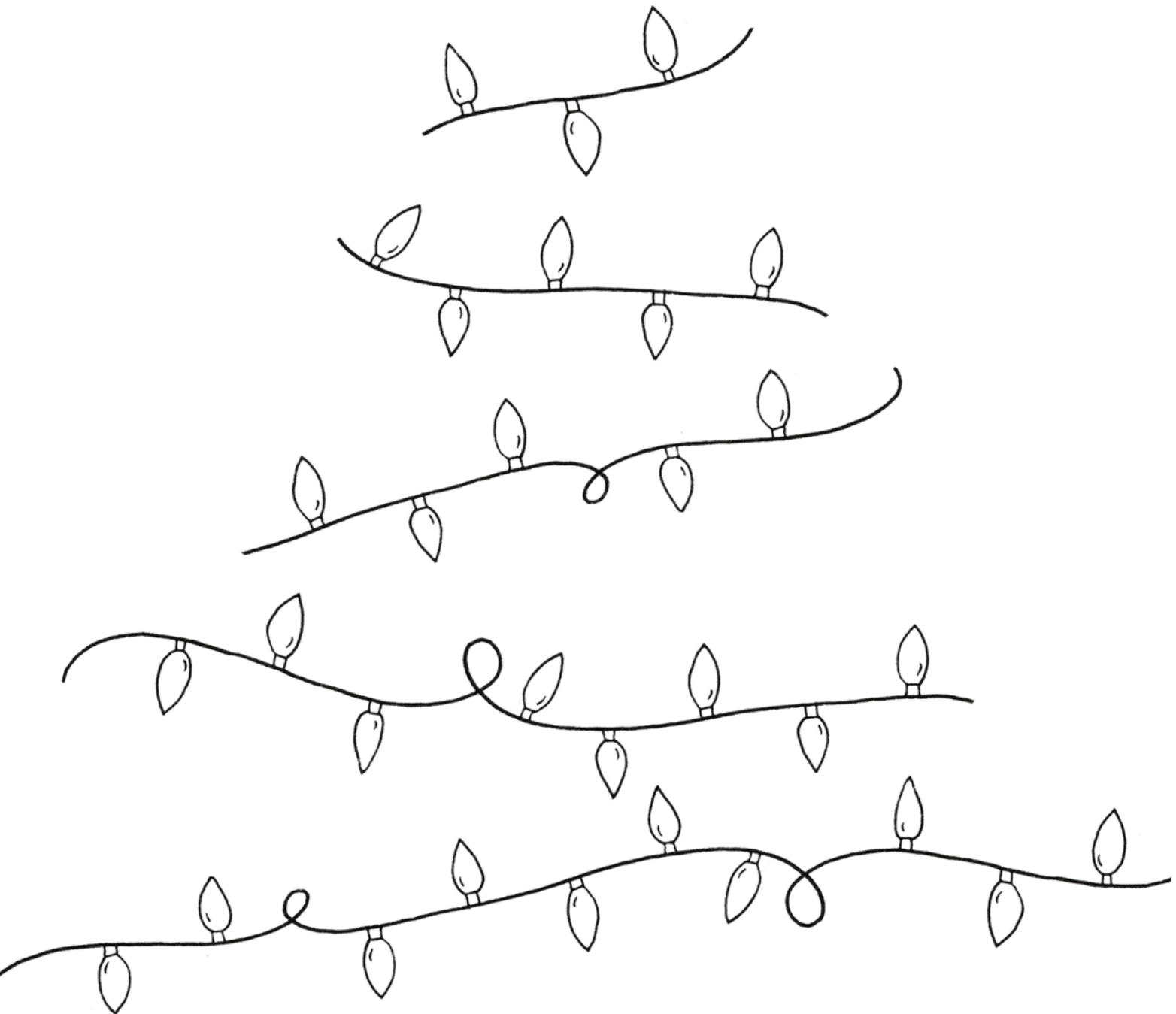
EXCITED 

ANGRY 

SAD 

CALM 

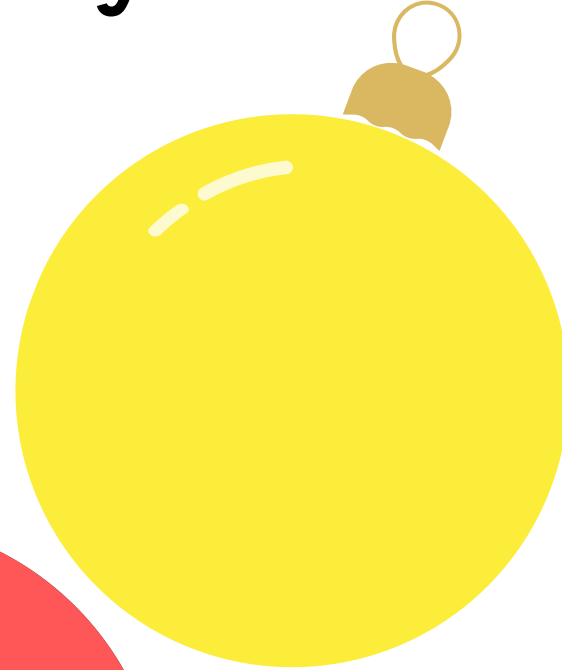
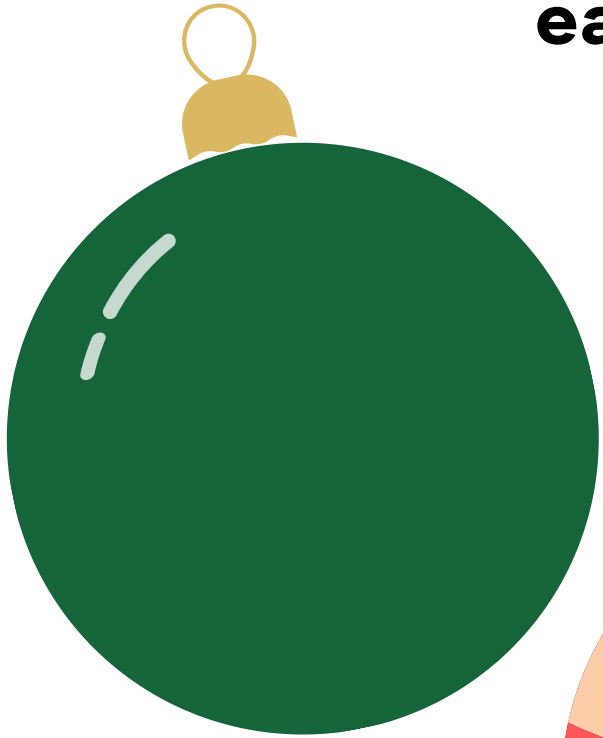
HAPPY 





CHRISTMAS LOVE

**what makes you happy?
write something that makes you smile in
each bauble**

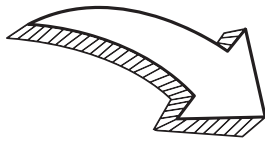


**design a
snowman!**



COLOUR THIS

IN





TREE BREATHE

Use your finger to trace along the line while you focus on breathing in and out.



START

WINTER WELLBEING

b a s b s t f a r c s r x z
l u c o d c i e h r i z o a
a u s a g o v a o s n a r r
n b o r b l v b t l g t h e
k e h d u o h a c e i c t a
e a l g f u x k h e n i a d
t f f a j r q i o p g c b i
k v r m f i h n c w y o m n
s f i e k n a g o a l o r g
e y e s s g r l l l i k a u
i x n i g h o s a k m i w r
v z d t y q a l t i a n x c
o u s o g s w i e n f g t k
m y t l z c j w r g k n c f

hot chocolate

fresh air

walking blanket

reading

colouring

warm bath

friends

cooking

sleep

family

board games

crafts

movies baking

singing



SANTA DOES YOGA!

**EVEN SANTA HAS TO RELAX!
TRY SOME OF THESE YOGA POSES**





Young person's signposting



Action for Happiness actionforhappiness.org

A not-for-profit providing resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

Alumina <https://www.selfharm.co.uk/alumina>

Free online self-harm support programme for young people who are struggling with self-harming behaviour. Live sessions that connect young people with trained youth workers for 6 weeks.

Barnardo's barnardos.org.uk

A leading children's charity which provides services, research and guidance on a range of issues concerning children's well-being including child poverty, sexual exploitation, disability and domestic violence.

Calm thecalmzone.net/ | Tel: 0800 58 58 58

Run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.

ChildLine childline.org.uk | Tel: 0800 1111

Counselling service for parents, children and young people, offering free and confidential help and advice. Also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English.

Hub of Hope hubofhope.co.uk

A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.

Kooth kooth.com

Free support services for young people delivered by qualified counsellors via online chat.

MindEd minded.org.uk

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

YoungMinds youngminds.org.uk | Tel: 0808 802 5544

A UK charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.



Some of these images have been resourced from other platforms:

- www.andnextcomesl.com
- <https://www.elsa-support.co.uk/>
- <https://www.twinkl.co.uk/resource>

