



Ways to create a Mental Health Friendly Classroom

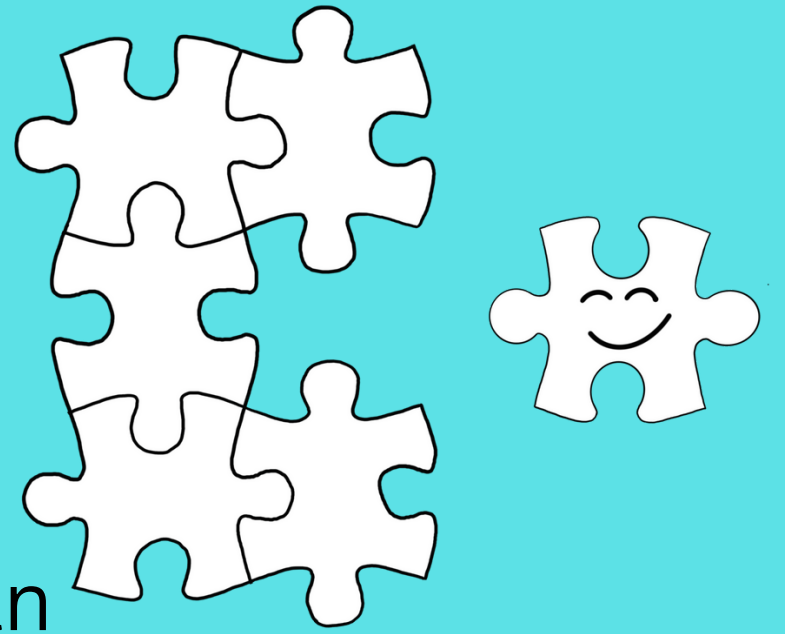
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1

DEVELOP A SENSE OF BELONGING

Feeling that you belong is a powerful human need. It enables CYP to feel seen, thought about and accepted but most of all safe. It is so worth making the time to develop this together at the beginning of the academic year.

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2

WEAVE THE SKILLS FOR EMOTIONAL WELLBEING INTO EVERYDAY TEACHING

Use questions that enable children to think about different points of view, emotions, relationships and problem solving. When sharing a book or story with the CYP you can think and discuss the characters in the book through a social and emotional lens. Model emotions & ways of managing them for the CYP.

[Emotional Literacy book list](#)

3

TEACH ABOUT FEELINGS & HOW TO MANAGE THEM.

Children need to be able to identify the emotions they are feeling, so that they can learn to regulate. Make sure that emotions are given a place in the classroom. Talk about them, read about them and discuss them whenever you get the opportunity. Set up a Regulation Station and teach calming strategies. [Download Assembly](#).

4

CELEBRATE DIFFERENCE

Celebrating differences in the classroom can help students develop empathy, social skills & be more inclusive. It can & help students understand equality & equity, & respect and value diversity. Whenever possible try to introduce students to role models from different backgrounds. Not only is this guaranteed to make students feel represented but it also exposes others to different kinds of iconic people.

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5

LEARNING IS FULL OF EMOTIONS

Help children understand that learning is full of emotions, joy, delight, frustration, anger.

Each of these feelings can be experienced. It may be that they didn't understand column subtraction straight away, or they didn't get the results they wanted in a test. By helping children put language around these physical sensations and then helping, develop strategies to manage.

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