

JUST TALK WEEK 21 – 27 NOVEMBER

Look Beneath the Surface

[Power in me – Assembly song.](#)

<https://www.youtube.com/watch?v=5CAL3OC-Qfk>





What is it?

Positive mental health and wellbeing campaign: Coordinated by Public Health, with **35 partners** including NHS, Education, Voluntary Community and Social Enterprise organisations. Steered by young people, including our ever-growing number of **Just Talk Ambassadors**

What kind of resources do we offer?



Leaflets, toolkits, posters, **e-learning**, **webinars**, short films, **journal** – always adding more resources based on feedback.

Who is it for?



There is information for **children**, young people, **parents/carers**, and **professionals**

How are messages shared?



Get involved check out our website www.justtalkherts.org or drop us an email justtalk@hertfordshire.gov.uk

FOLLOW US AT

- Instagram: @JustTalkHerts
- Twitter: @JustTalkHerts
- Facebook: JustTalk Herts

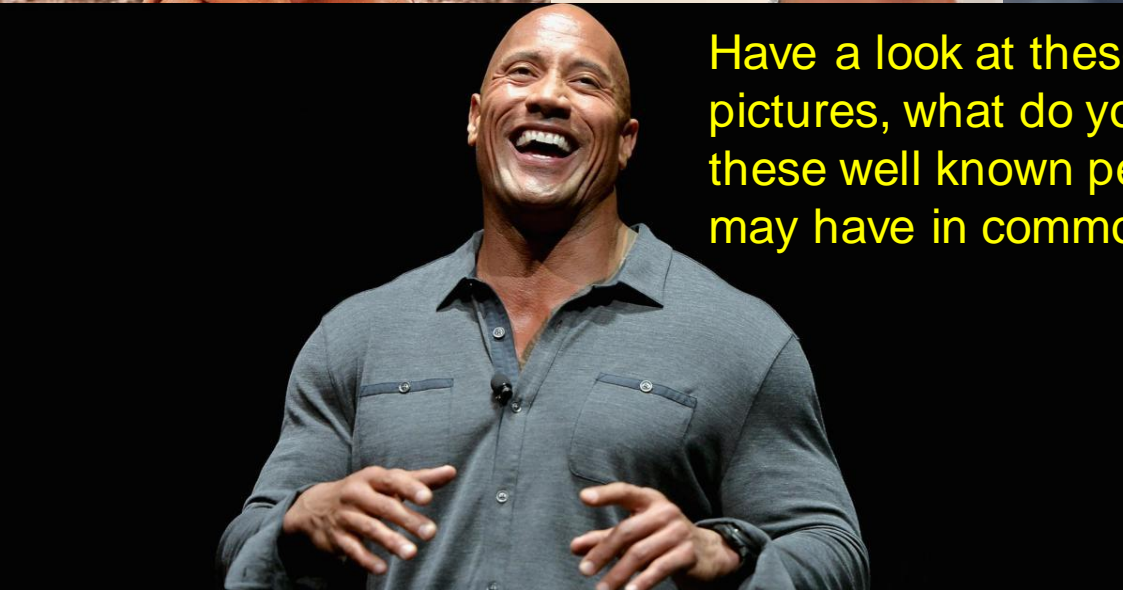
The Just Talk campaign aims to encourage better mental health and wellbeing for children, young people and professionals across Hertfordshire.

JUST TALK

Vision:

To make Hertfordshire a county in which **all young people** recognise that **it's ok to not be ok**, feel **comfortable** and **confident** in talking about **mental health**, have **tools** for looking after their **wellbeing**, and know how to **access support** when it's needed.





Have a look at these pictures, what do you think these well known people may have in common?



We All Have Mental Health

We all have a head and all have a brain, so we all have mental health.

Some days we feel happy but other days we can feel low or worried.

Life can be difficult sometimes. It shows strength to talk to someone when you're feeling stressed, anxious or low. If you keep things locked up inside they can sometimes come out in other ways and upset others – have you ever shouted or snapped at someone because you were feeling upset or worried about something else?





JUST TALK



Try To Be Patient

Sometimes worries, fear, frustration or sadness can make us act in certain ways – for example, it can make us angry, quiet, grumpy or difficult.

It's important to understand that if you see a friend, family member or someone you know acting unusually, they may be having a bad day or a difficult time – try to be patient with them.

Let's explore this further....



Look Beneath The Surface

What we may see above the surface:

Shappi is very quiet
and not really talking
to her friends.



What might be going on beneath
the surface:

- Shappi may be worried about something
- Shappi may be feeling sad
- Shappi may not be feeling well
- Shappi may have had a bad night's sleep

WORRIES, ANXIETY AND STRESS

What are the most common worries?

Environment
Death & loss
Friends
Tests
How I look
Health
Covid-19
Schoolwork
Family
Moving to secondary school

What can we do to support someone who may be going through a difficult time?



- Ask them if they're OK
- If they say "I'm fine" we can ask again, just to check.
- We can listen if they want to talk
- We can make sure they're included in group activities so they don't feel alone
- We can let them know about the Five Ways to Wellbeing, and that they can find support if they need it from their school or from the organisations listed on www.justtalkherts.org



JUST TALK

Supporting friendships.

At South Hill School, we recognise that the school playground can be a lonely place for a child if they do not have anyone to play with. However, we are very fortunate to have several special types of friendship benches, which are located in various areas of our beautiful school grounds. These benches help children to make friends and get them talking and open up about their feelings in a mutually supportive way.

Please take a look at the fabulous new friendship bench which was recently purchased by our incredible PTA. It is located opposite the key stage 1 playground.



How we can support children in the classroom.



Every classroom at South Hill School has either a worry box or a worry monster.

Your teacher will check these every day and discuss the messages you have put inside them.

Please put your hand up if you have ever used your worry box or worry monster.

Did your problem get resolved?

Wednesday, 18 January 2023

FIVE WAYS TO WELLBEING

LEARN

NOTICE

CONNECT

GIVE

BE ACTIVE



Wednesday, 18 January 2023

FIVE WAYS TO WELLBEING - LEARN

LEARN



Wednesday, 18 January 2023

FIVE WAYS TO WELLBEING - NOTICE

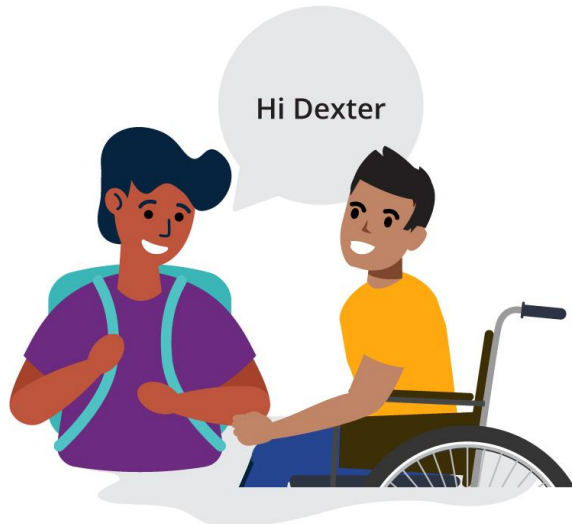
NOTICE



Wednesday, 18 January 2023

FIVE WAYS TO WELLBEING - CONNECT

CONNECT



Wednesday, 18 January 2023

FIVE WAYS TO WELLBEING - GIVE

GIVE



Wednesday, 18 January 2023

FIVE WAYS TO WELLBEING – BE ACTIVE

BE ACTIVE



THANKS FOR LISTENING

Don't forget, its important to be kind and patient with others, because you never know what kind of day they're having.

You can watch Harry the Hornet from Watford Football Club sharing some ideas with you about the Five Ways to Wellbeing:

<https://youtu.be/tExuf4SoyR8>

