

What helps you feel happy?



For some people, reading helps them feel happy.

Why might this be?

**“Reading
helps me to
relax”**

**“Reading
makes me feel
happy”**

*The Boy, the mole,
the fox and the horse*



Charlie Mackesy

This week is...

Children's Mental Health Week

Let's read a book together that will help us to think about our mental wellbeing.

National
Literacy
Trust

Change your story

Charlie Mackesy



What is mental wellbeing?



You look after your **body** through exercise and eating food that is good for you.

It is also important to look after your **mental wellbeing**. This means taking care of your mind and how you feel inside.

Let's read a small part of the story:

'The Boy, the Mole, the Fox and the Horse' written by Charlie Mackesy.



"Being kind to yourself is one of the greatest kindnesses," said the mole.



"We often wait for kindness... but being kind to yourself can start now." said the mole.

The mole says that being kind to yourself is one of the greatest kindnesses.

It is important that you show kindness to yourself every day – this can help you to look after your mental wellbeing because it helps you to feel good about yourself.



I can show myself kindness everyday by...

Understanding
that it is okay to
have good
and bad days.

Celebrating what
makes me special.

Asking for help
when I need it.

How else could you show
kindness to yourself?

Let's read another small part of the story

"What do you think is
the biggest waste of time?"



"Comparing yourself to others,"
said the mole.

**The mole says that comparing
yourself to others is the biggest
waste of time.**



Everybody is different.

**Why do you think this
is a good thing?**

Let's read another small part of the story



"There's something I haven't told you," said the horse,
"Oh" said the mole
"What's that?" said the boy
"I can fly, but I stopped because
it made other horses jealous."
"Well we love you whether you fly or not."



In what ways were
the boy, the mole and
the fox good friends
to the horse?

Why do you think
the horse decided
to fly again?



What makes the
horse special?



**Everybody is special in their own
way, and we all have things to
celebrate about ourselves.**

What do you think
makes you special?



The horse enjoys flying.

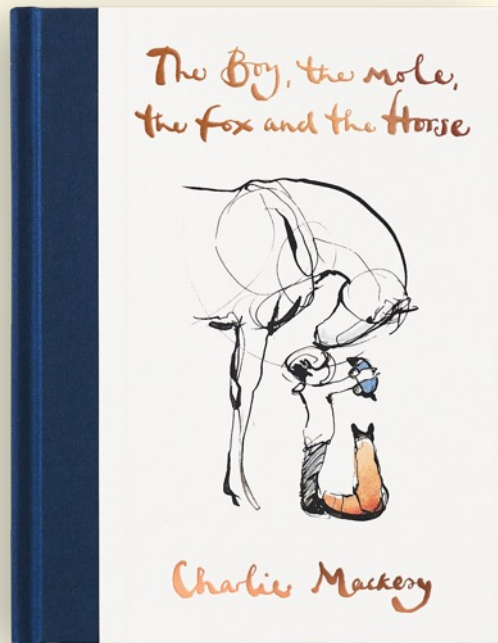
**Why do you think
it is important to spend
time doing things you
enjoy?**

**How does this help our
mental wellbeing?**

This week is Children's Mental Health Week

Think about how the characters in
The Boy, the Mole, the Fox and the Horse take
care of themselves and take care of others.

**This week you are going to spend some time
in class exploring what makes you and your
friends special.**



Everybody is special.

" Always remember you matter,
You're important and you are loved,
and you bring to this world



things no one else can."

