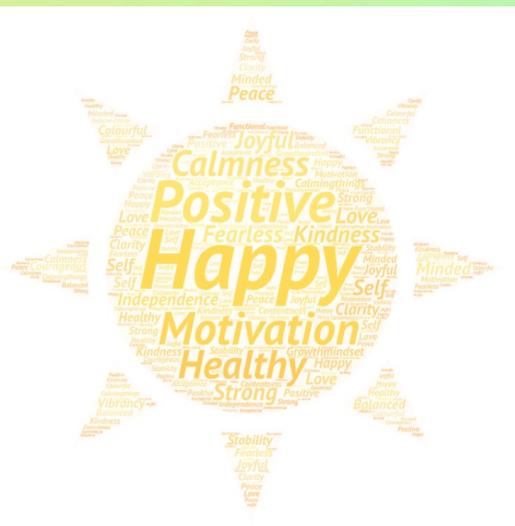
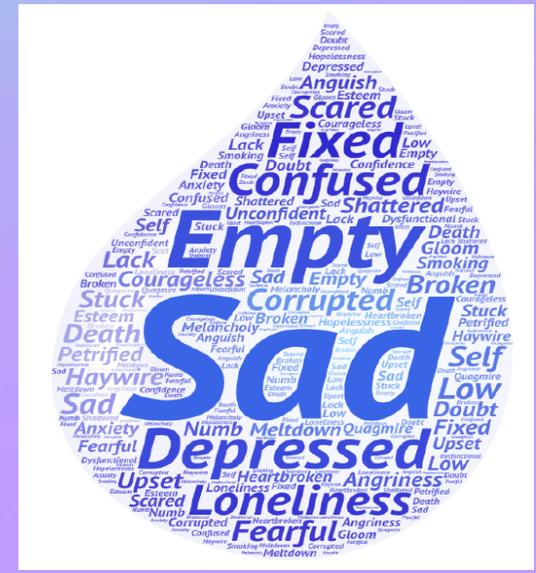




WELLBEING MATTERS



Self-care for children



Supporting Pupil Wellbeing at Thameside

At Thameside, we believe that looking after our mental health is just as important as looking after our physical health. This guide helps children across all year groups to explore ideas about self-care, emotions, and asking for help in ways that are right for their age and stage.

Each section supports children to:

- Recognise and name their feelings
- Understand how to take care of their minds and bodies
- Know who to talk to when they need support
- Build confidence and resilience over time

These prompts can be used in classrooms, assemblies, displays or at home to help normalise conversations about mental health and wellbeing.

We are proud to equip every child with the tools they need to feel safe, supported, and ready to learn.

What makes me feel happy?

What can I do when I am sad or cross?

My feelings are ok.

Who helps me feel better?



I can talk to an adult if I feel upset.

Looking after myself means sleeping, eating well and playing kindly.

What are your feelings today?

It's ok to feel worried or angry. What helps calm you down?

People care: Who can you talk to at school and at home?

Everyone has feelings.

I am learning to be kind to myself.



Looking after myself means getting enough water, food, rest and hugs.

What is it like to feel overwhelmed?

What can I do when I am feeling overwhelmed?

How can I ask for help: What could I say or do?

I can name different feelings.

Sometimes my brain needs a rest too.



Taking care of my mind is just as important as brushing my teeth!

How do my thoughts change how I feel?

What do I like about myself?

Everyone has tough days.

What do other people like about me?

Being kind to myself helps make me feel better.



I can learn calming tricks: breathing, counting and drawing.

What's weighing me down? What can I stop carrying?

What feelings am I carrying today?

I am more than my worries.

Who is the best person for me to talk to about my worry?

Talking helps me to lose some of the heavy stuff.



Taking care of myself helps me to take better care of others.

How resilient have I been today? Have I bounced back?

What wins can I celebrate today (no matter how small)?

It's ok to make mistakes.

Can I be brave and ask for help?



Self-care isn't selfish, it's smart.

Social media can make me feel bad sometimes and it's good to know when to take a break.

What do I need to do to keep my mind healthy and strong?

Why does how I speak to myself and about myself matter?

I am in charge of my mental health.

Can I spot unhelpful thoughts—and what can I do to challenge them?



My body and mind matter.

Boundaries are important - it's okay to say no when something doesn't feel right.