

Samten

# Samten for school





Samten

# Content Table

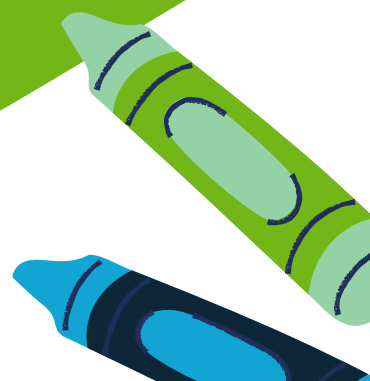
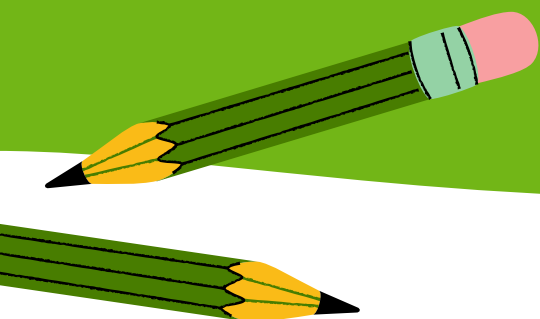
**1. What is Mental Health**

**2. What are positive and negative thoughts**

**3. Positive self-talk activity**

**4. Mini Meditation**

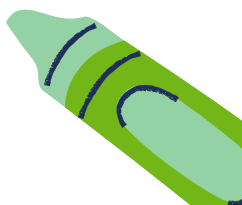
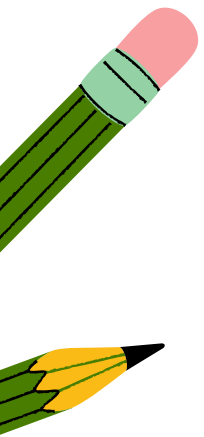
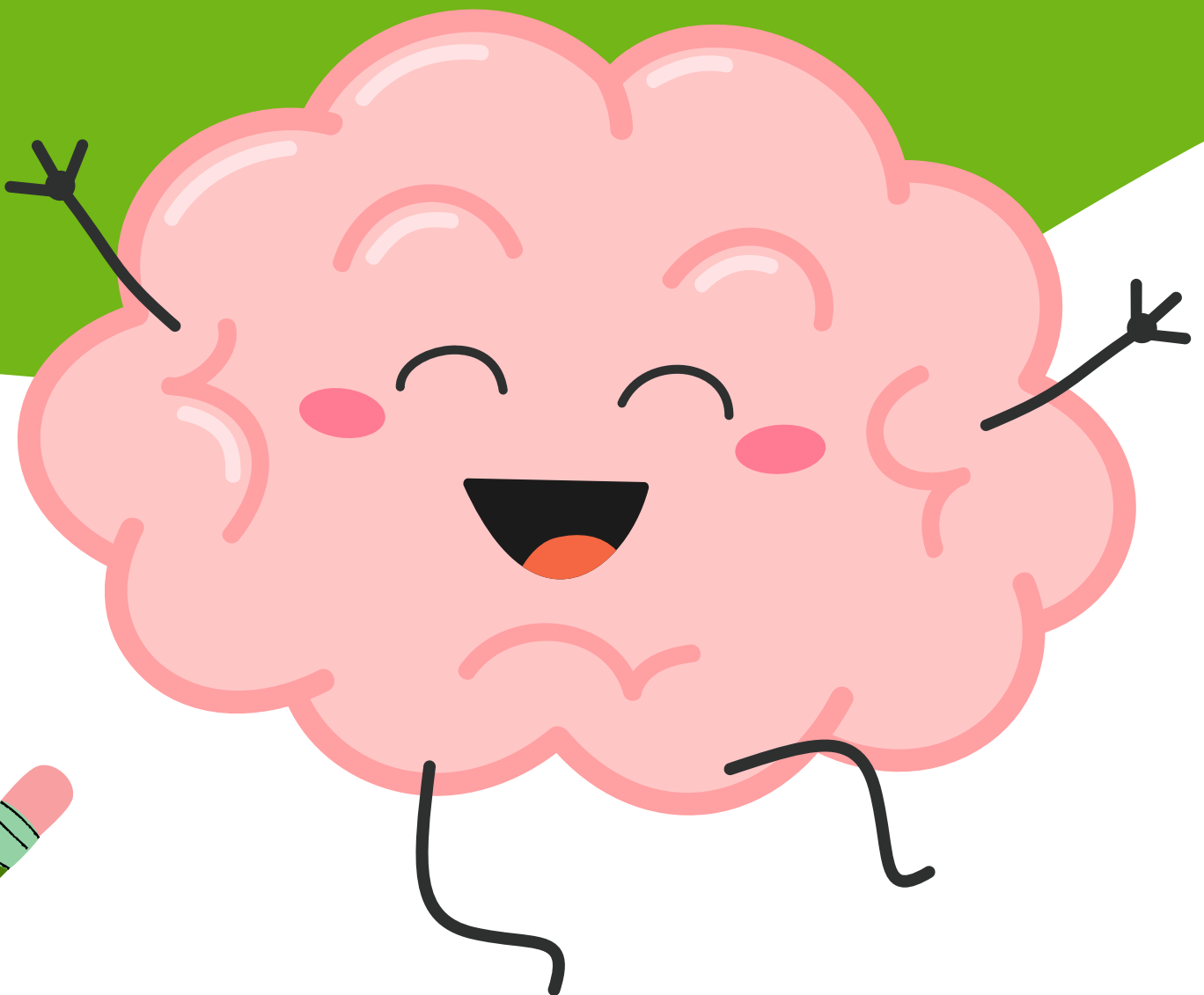
**5. Mindful colouring sheet**





Samten

# What is Mental Health?



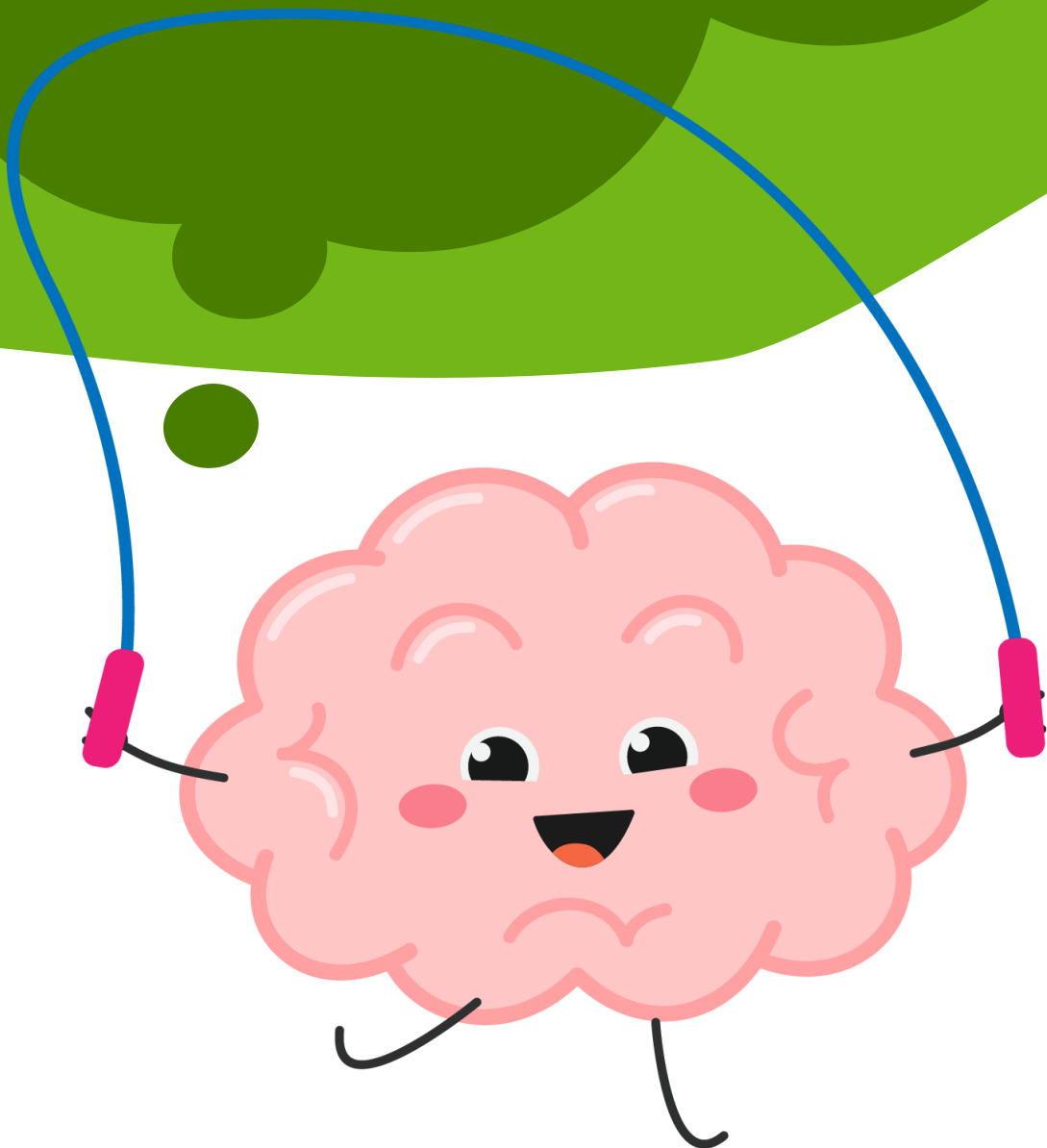


**We all have  
mental health and  
physical health**





**Physical Health**  
**is the way we move**  
**our bodies**





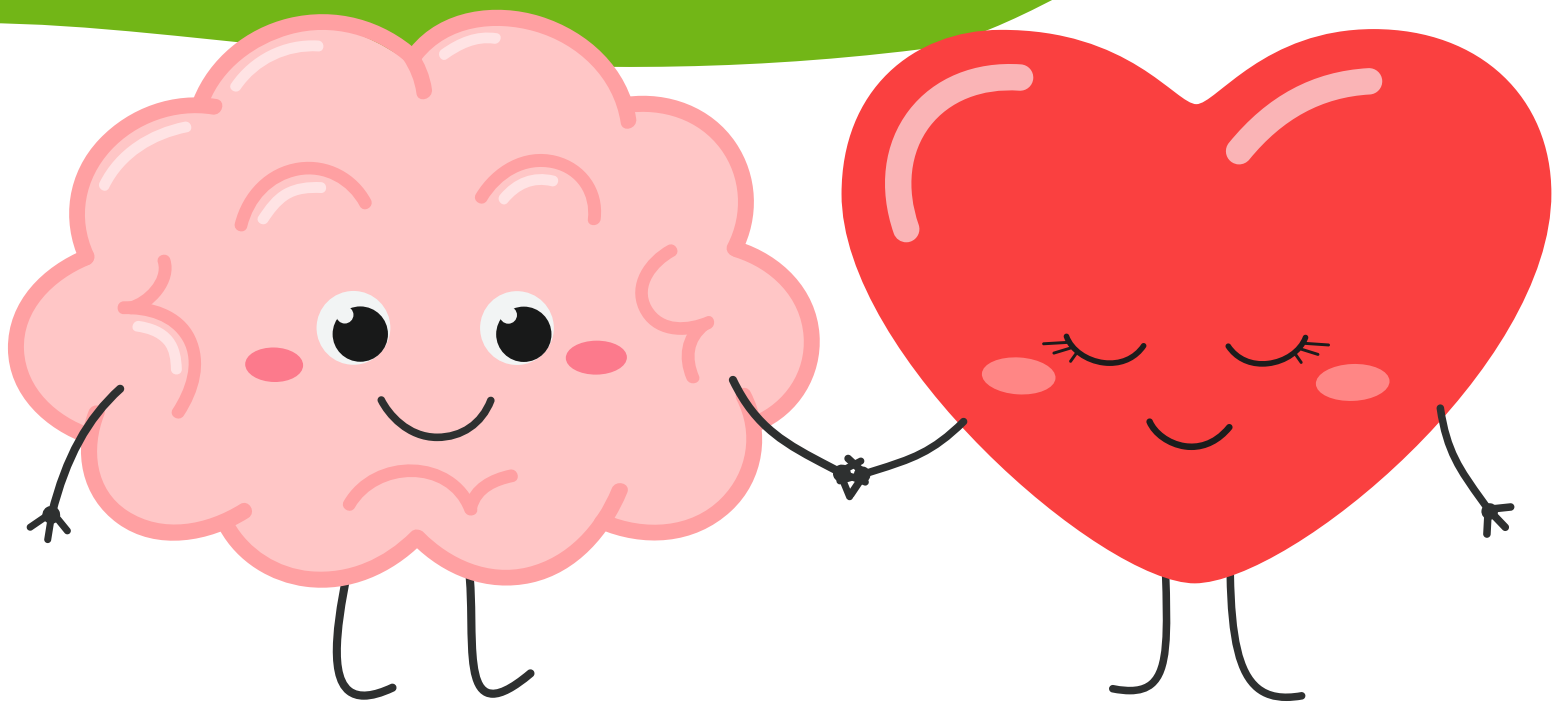
Samten

**Mental Health**  
is to do with our  
minds





**Mental Health**  
**is about our**  
**thoughts and our**  
**feelings**





Samten

Sometimes we feel  
**happy**, and  
sometimes we can  
feel a little **sad**

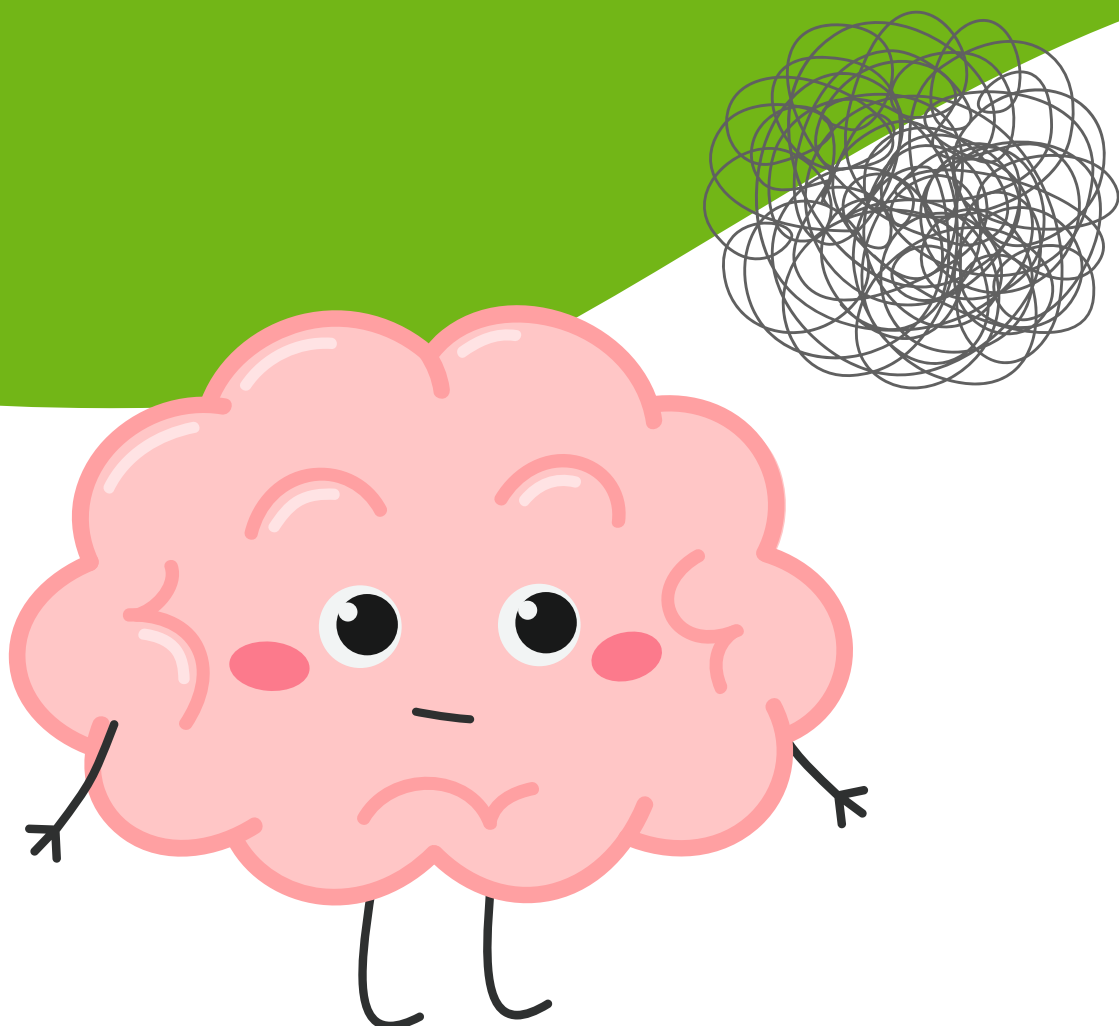






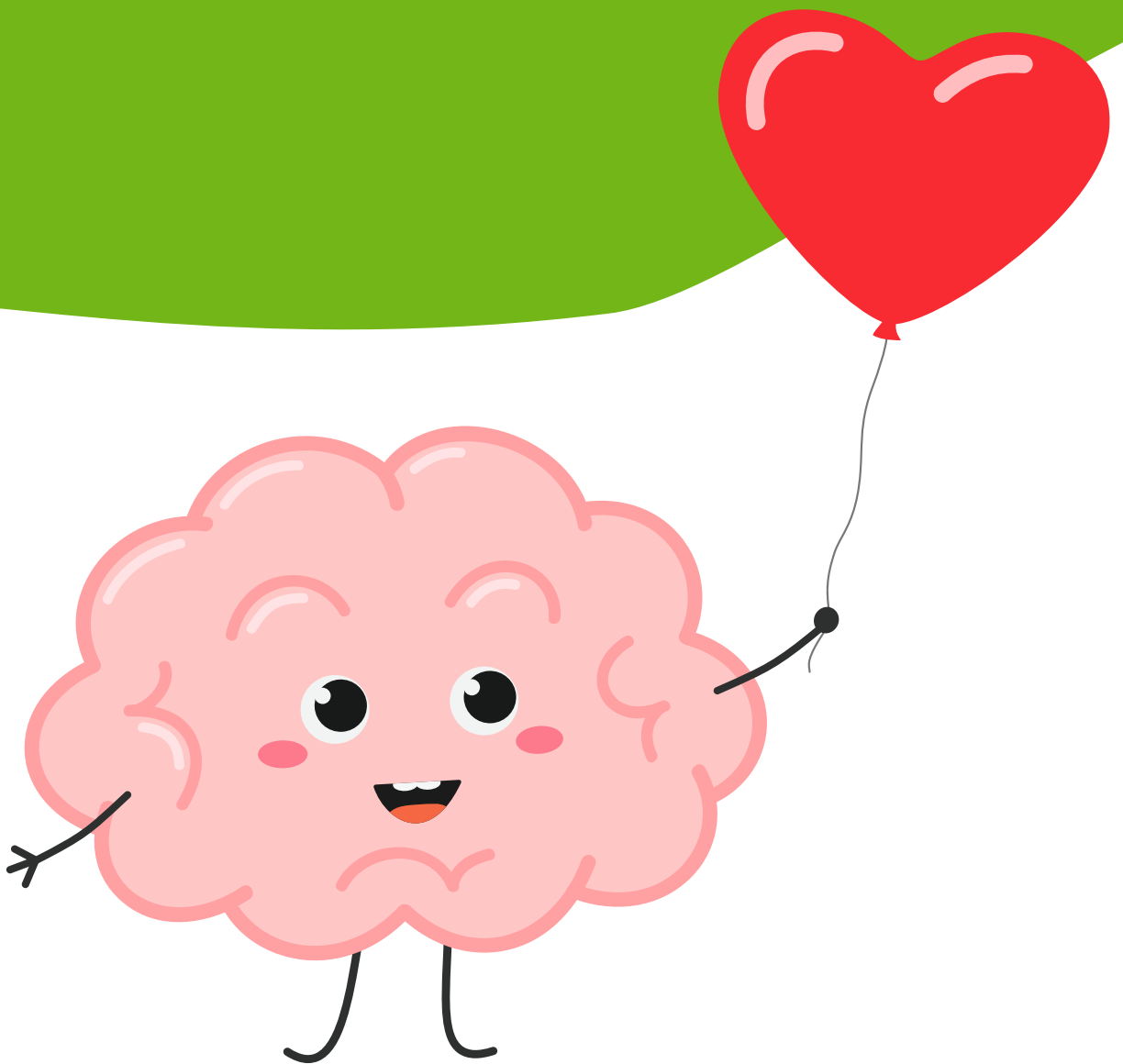
In our minds we have lots of thoughts. Sometimes they are **positive** and sometimes they can be **negative**

It can be a little confusing!





**Positive thoughts  
make us feel happy  
and nice inside**



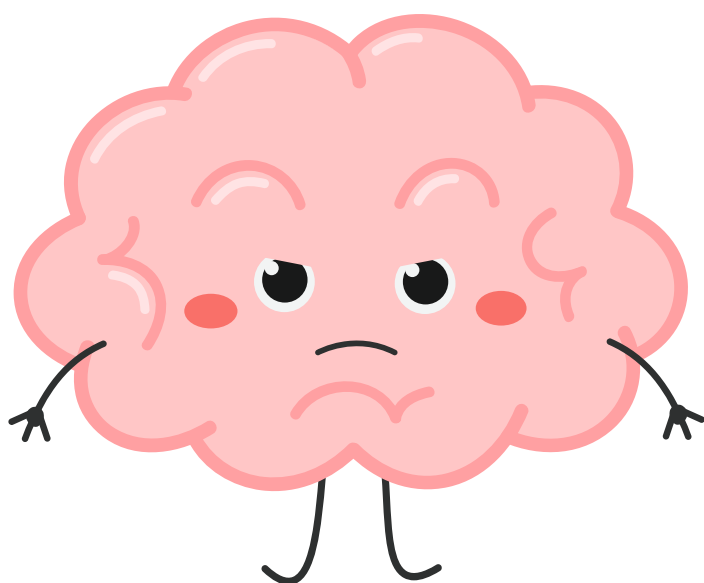
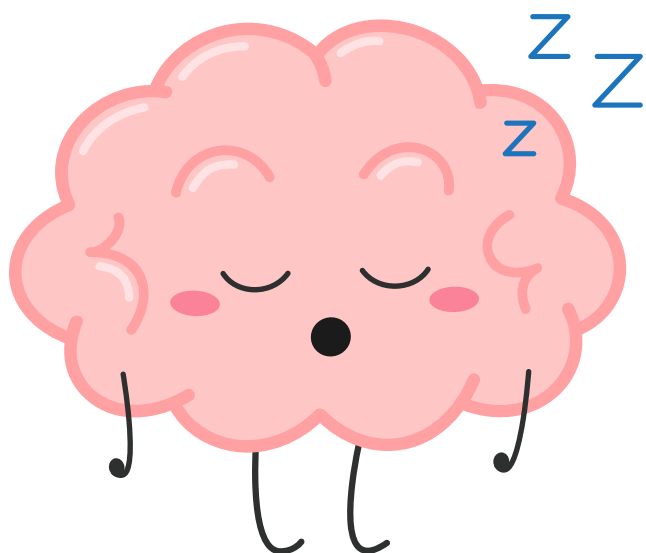
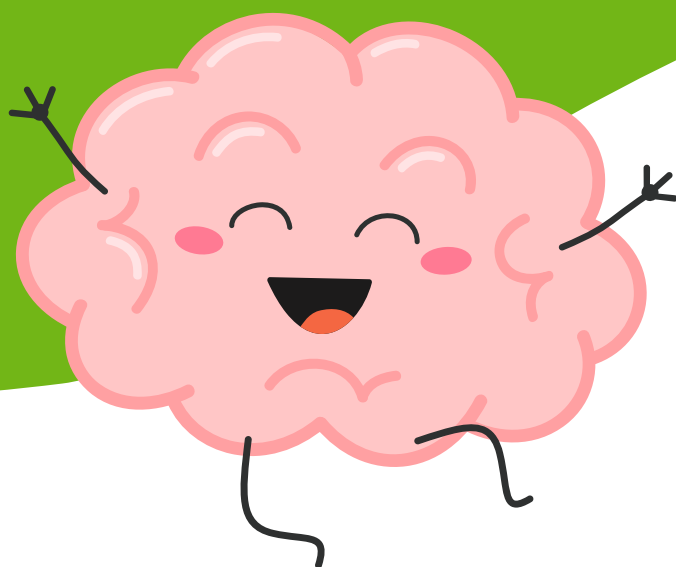


**Negative thoughts  
are ones that make  
us feel sad or angry  
inside**





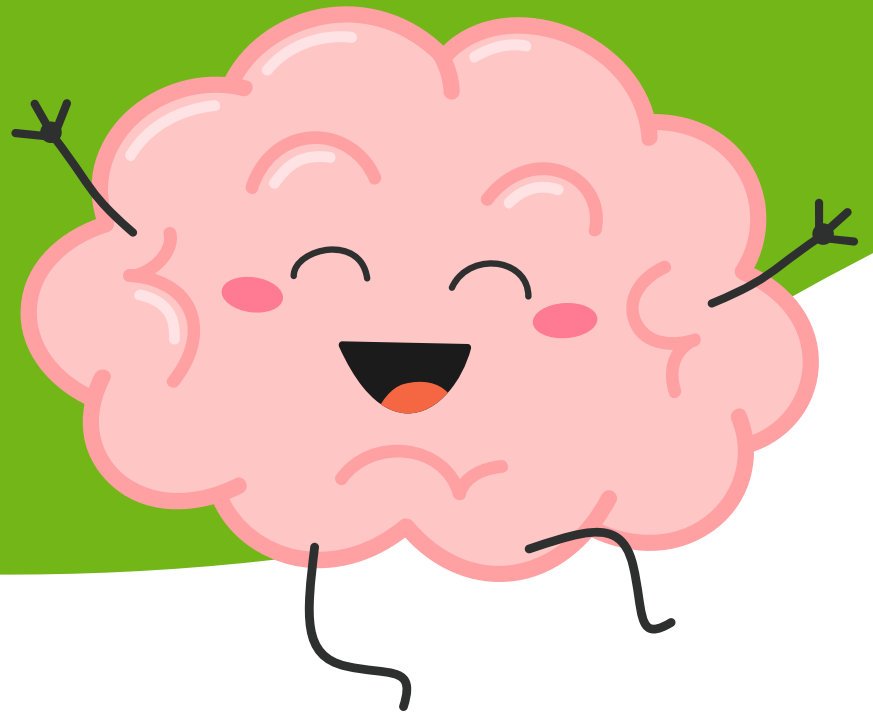
**What feelings do  
you think you can  
spot below?**





Samten

**Can you think of 3 things  
you like about yourself?**



**1 2 3**

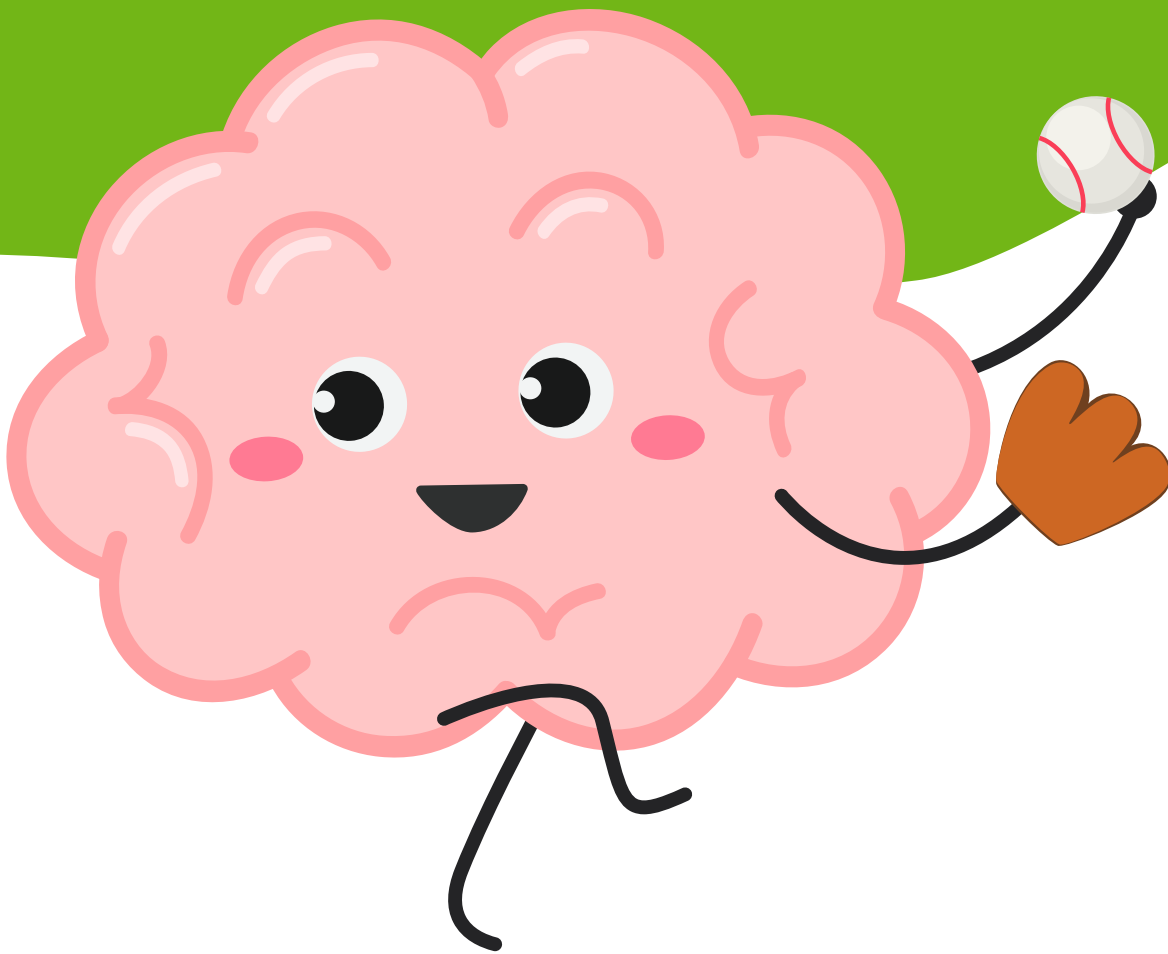
**Can you say them out loud?**

# Great job!



Samten

Can you think of 3 things  
you're really great at?

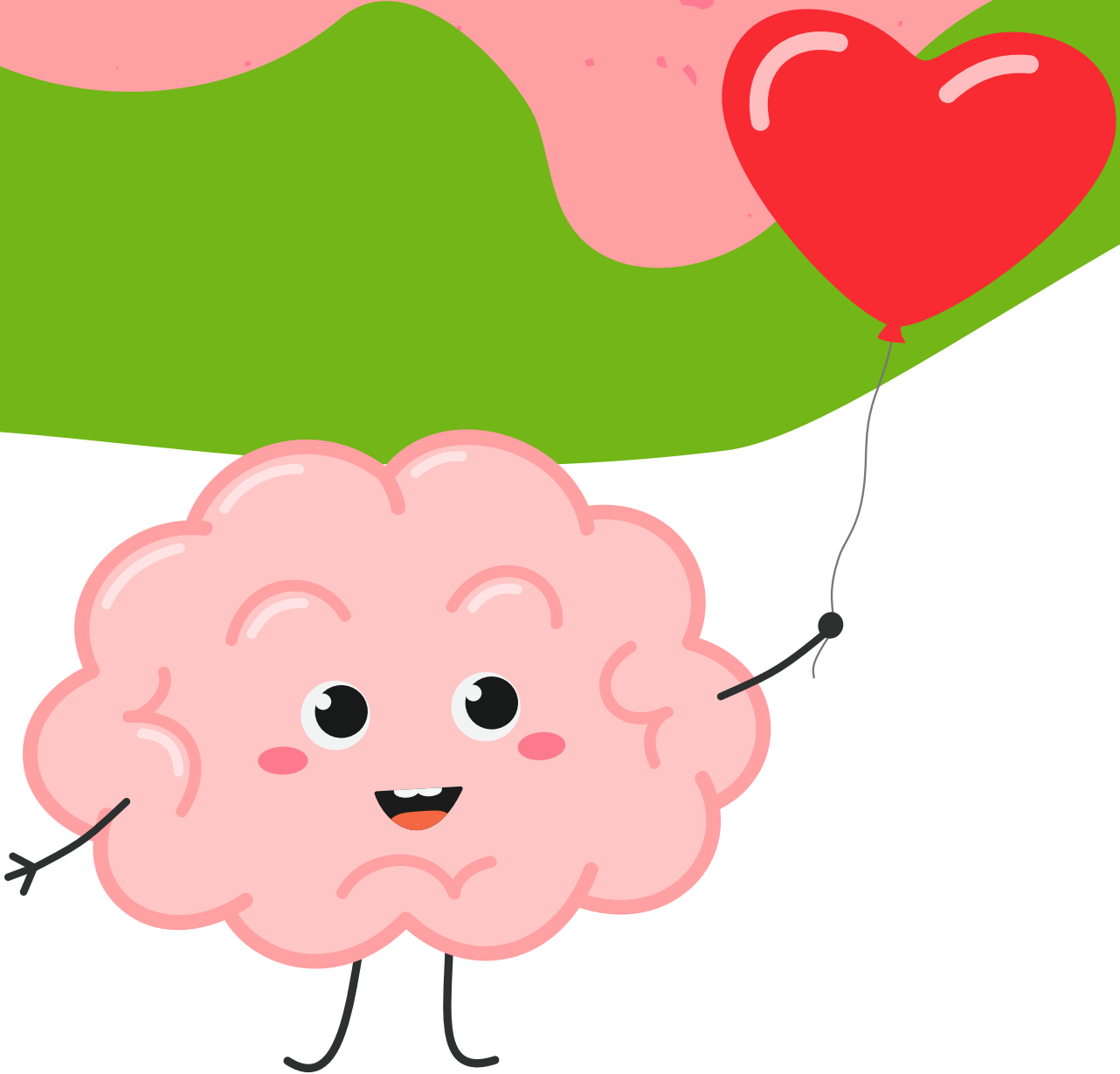


Let's say them out loud!



Samten

**Can you think of 3 things  
you love about the friend  
sitting next to you?**



**Let's say them out loud!**



Samten

**You did a fantastic job!**

**Meditating can really help  
your mind stay nice and  
healthy!**







# When we meditate:

We can keep positive thoughts inside our minds  
We feel nice and happy.  
It helps us feel calmer too  
We can relax easily



# Let's do a little session together!

## Fingers and Toes

1. Lie on the floor on your back with your arms by your side and your hands facing down.
2. Can you feel the floor underneath you? Notice how that feels.
3. Now concentrate on your little finger, can you gently lift it. How does that feel.
4. Bring it back down, and lift the next finger, just like before.



# Fingers and Toes



5. Can you do this one by one with all of your fingers.

6. You might get distracted, that's ok, just come back to your finger and put it down again.

7. Can you scrunch up all of your fingers now. Great! Now open your hands again slowly.

8. How do you feel.. Can you try the same with your toes. One by one just like before.

9. You've done great!





Say a big **thank you** to  
your mind and body,  
for being so clever!

How do you feel?



well  
done!



Samten

**Download the Samten  
Junior App for **FREE****

**Find it in the App Store and  
on Google Play**



**We can't wait to  
meditate with you  
again soon!**

# Mindfulness Colouring Sheet

