

**Guru Tegh Bahadur
3rd Centenary Public
School**

**Poster & Slogans on
Mental Health**

Class - III



IT'S OK TO FEEL

SCARED

LONELY

ANGRY

ENVIOUS

WORRIED

SAD



ASHAMED

FRUSTRATED

UPSET

JEALOUS

GUILTY

INSECURE

Name: Bhargavi Singh
Class: 3C
Rollno: 12

EVERYBODY FEELS THAT WAY SOMETIMES.
WE DON'T LIKE IT, BUT IT DOESNOT MAKE US WEAK. IT MAKE US.
HUMAN.
AND IT HELP TO TALK ABOUT IT.

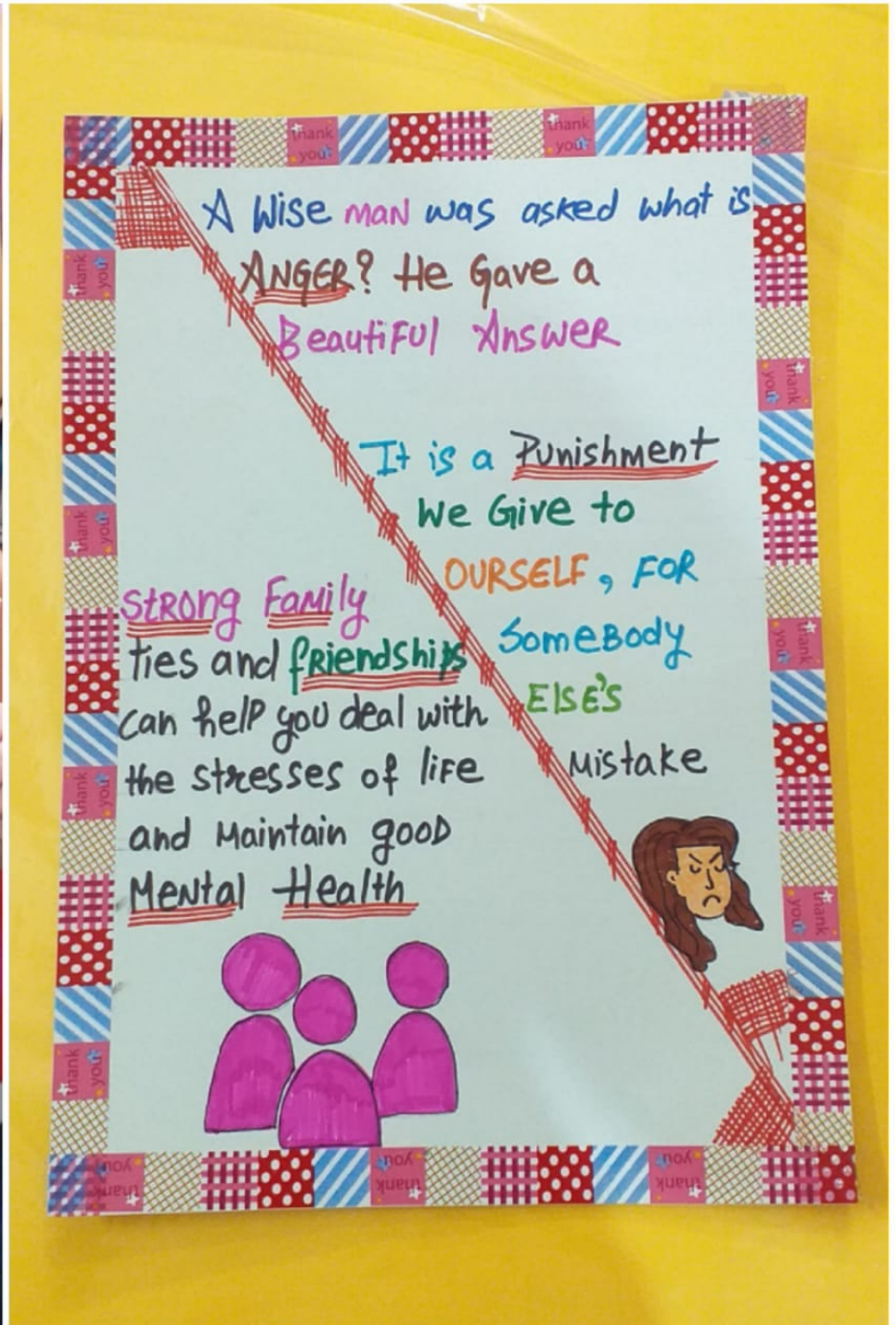
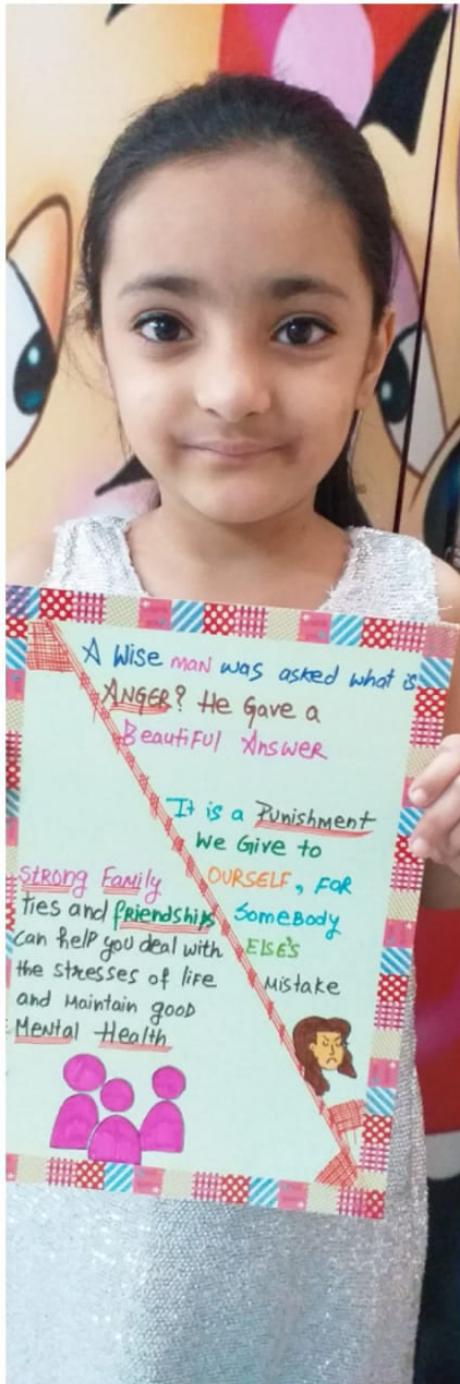


WORLD

Mental
HEALTH
DAY

10th October





A Wise man was asked what is ANGER? He Gave a Beautiful Answer

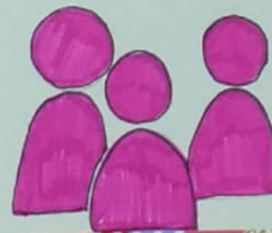
It is a Punishment We Give to

OURSELF, FOR

Strong Family Ties and friendships Somebody

can help you deal with the stresses of life and Maintain good Mental Health

ELSE'S Mistake



Be Kind
to others
& Yourself

Take care
of me!

Get
Outside

Eat
Healthy
food

Learn to
express
yourself

Make
Positive
Friendships



— Why take care of your mind?

- ★ To help Prevent Mental Illness.
- ★ To Succeed in School.
- ★ To Live Healthy Life.
- ★ To Build Confidence.

YOUR MENTAL HEALTH MATTERS

***** ARMEET SINGH *****
***** III - C *****

TO HAVE A MENTALLY HEALTHY MIND

ACT, BELONG, COMMIT

ACT



STAY Mentally
and physically
fit!

BELONG



Stay social
and let
yourself

COMMIT



Set a
challenging goal
and try to
stick to it!





MENTAL AWARENESS

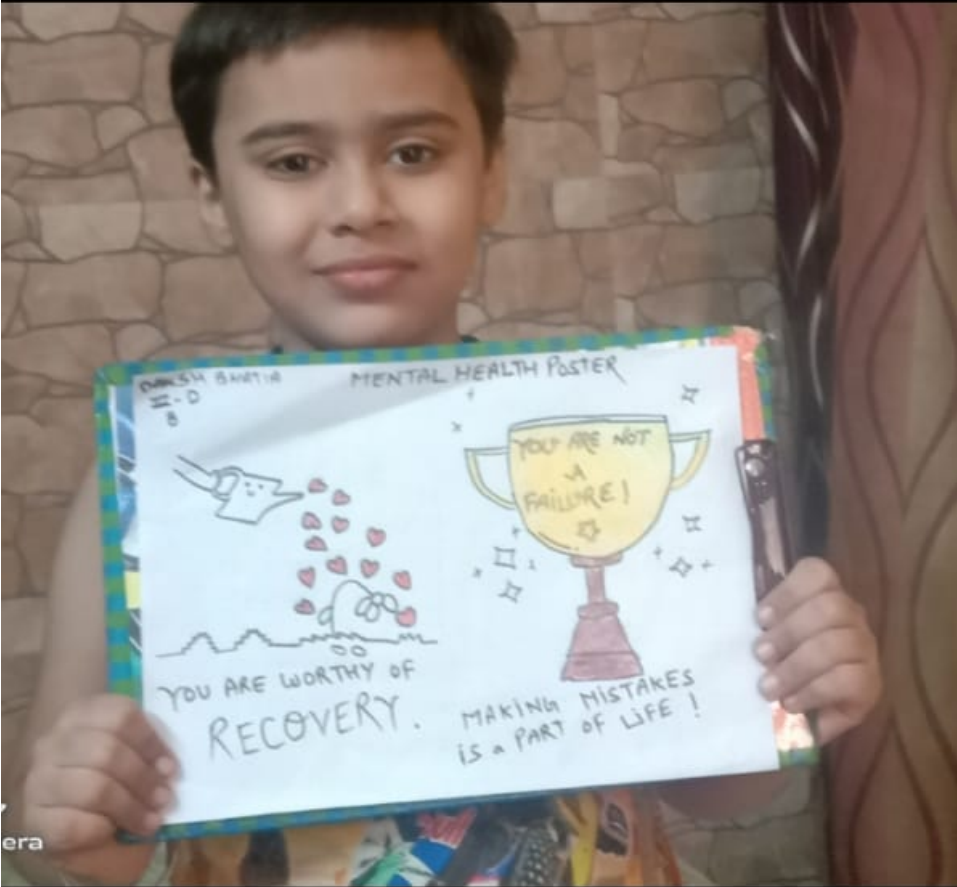
to reach
out for
help

It's
okay



WORLD MENTAL HEALTH DAY

Agamprast Kauri
III-B Roll no. 2



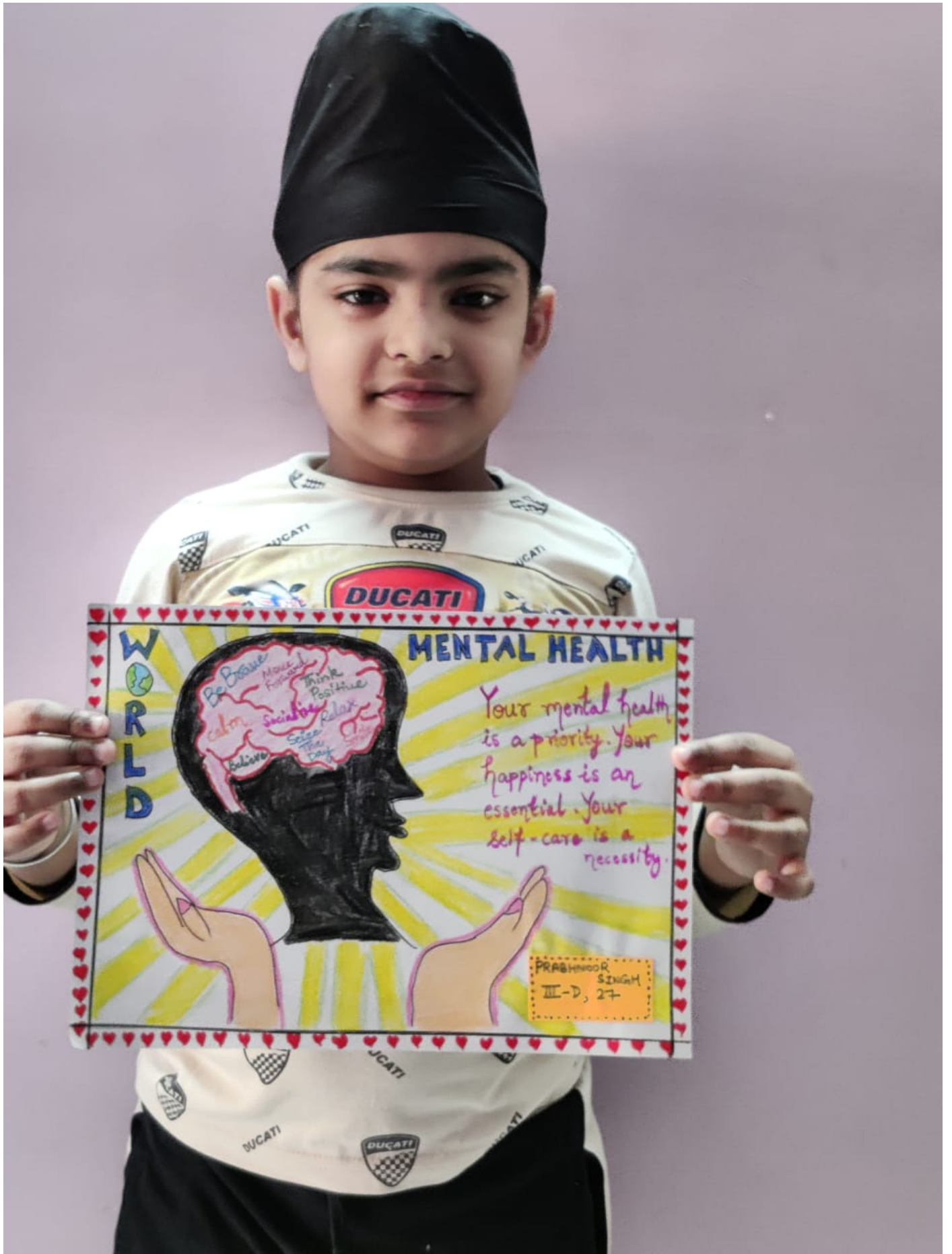
MENTAL HEALTH



AWARENESS

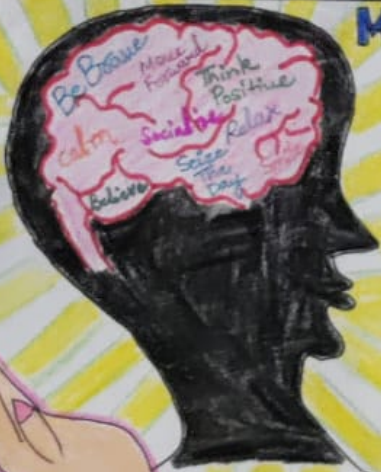
A healthy mind,
Is the greatest
treasure to find.

Name - Manveer Singh
Class - III - D
Roll No - 24



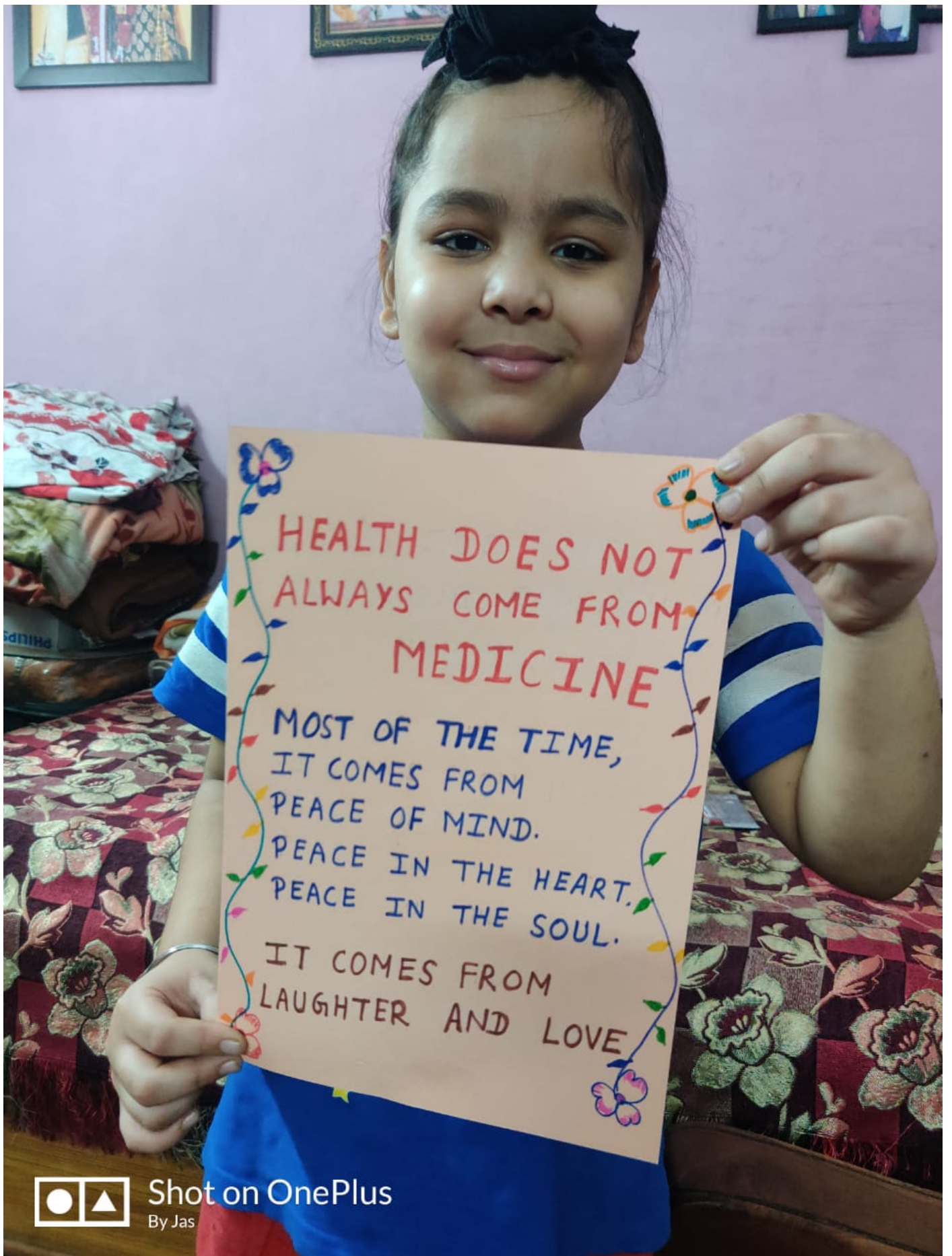
WORLD

MENTAL HEALTH



Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.

PRABHMOOR SINGH
III-D, 27



HEALTH DOES NOT
ALWAYS COME FROM
MEDICINE

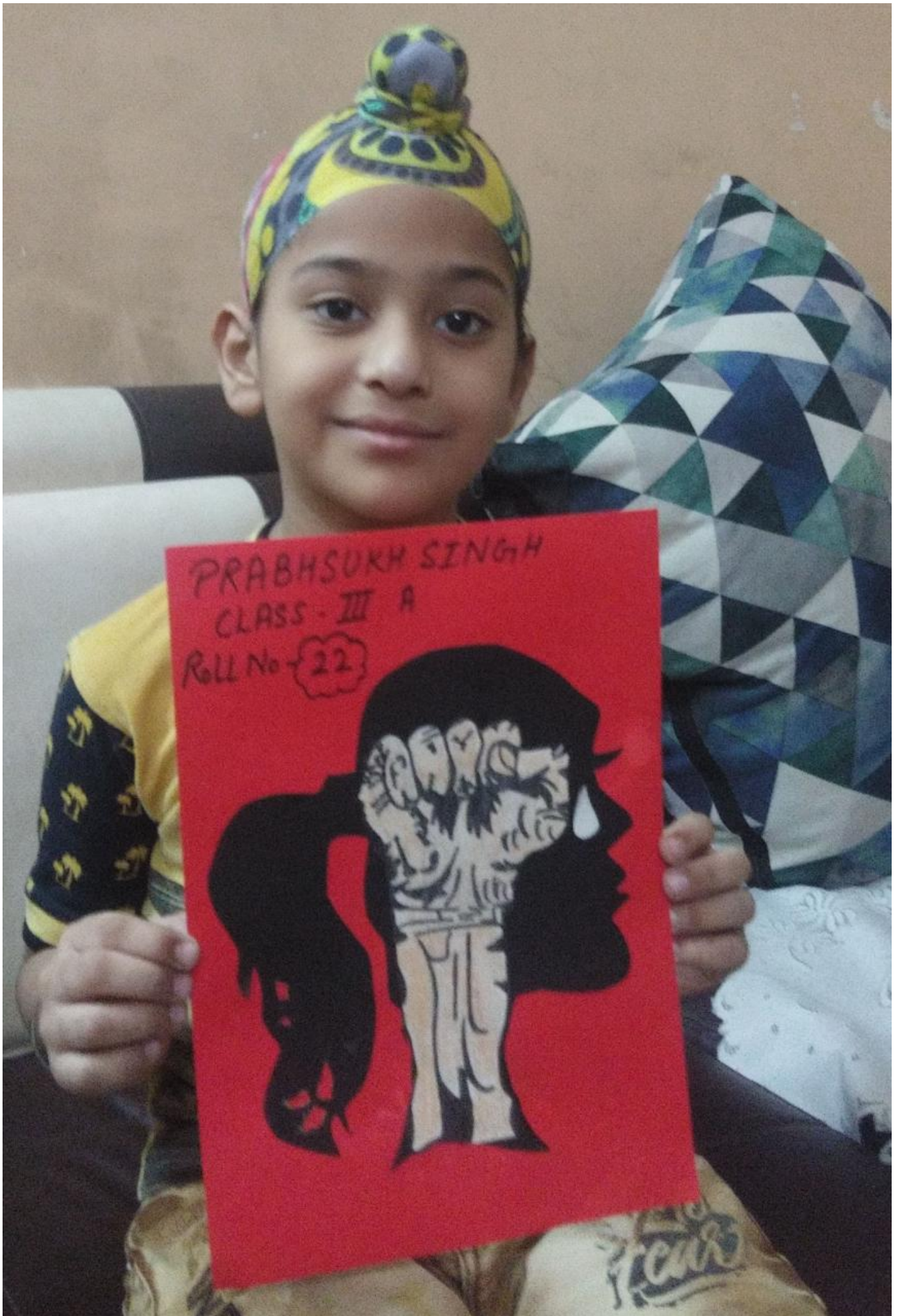
MOST OF THE TIME,
IT COMES FROM
PEACE OF MIND.
PEACE IN THE HEART.
PEACE IN THE SOUL.

IT COMES FROM
LAUGHTER AND LOVE

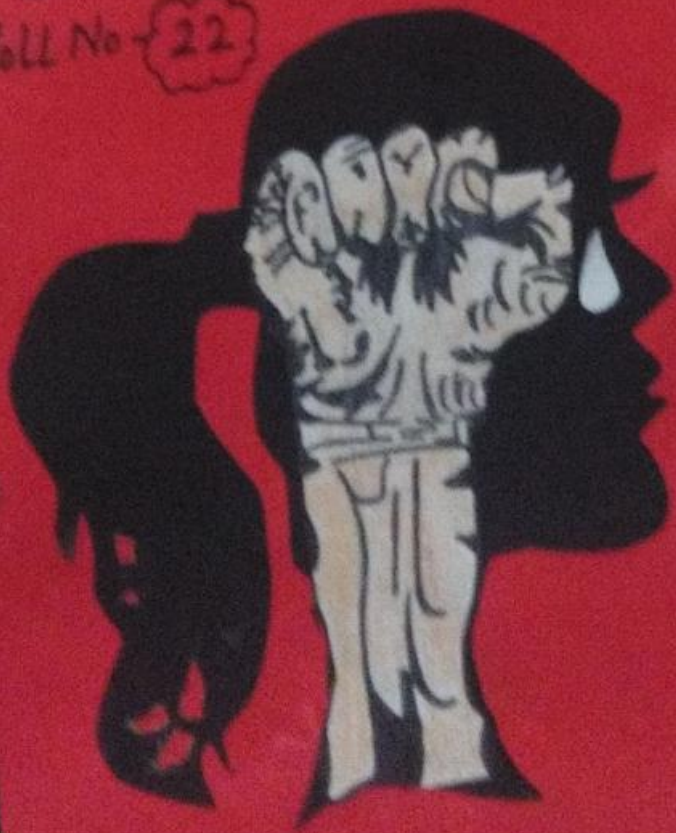


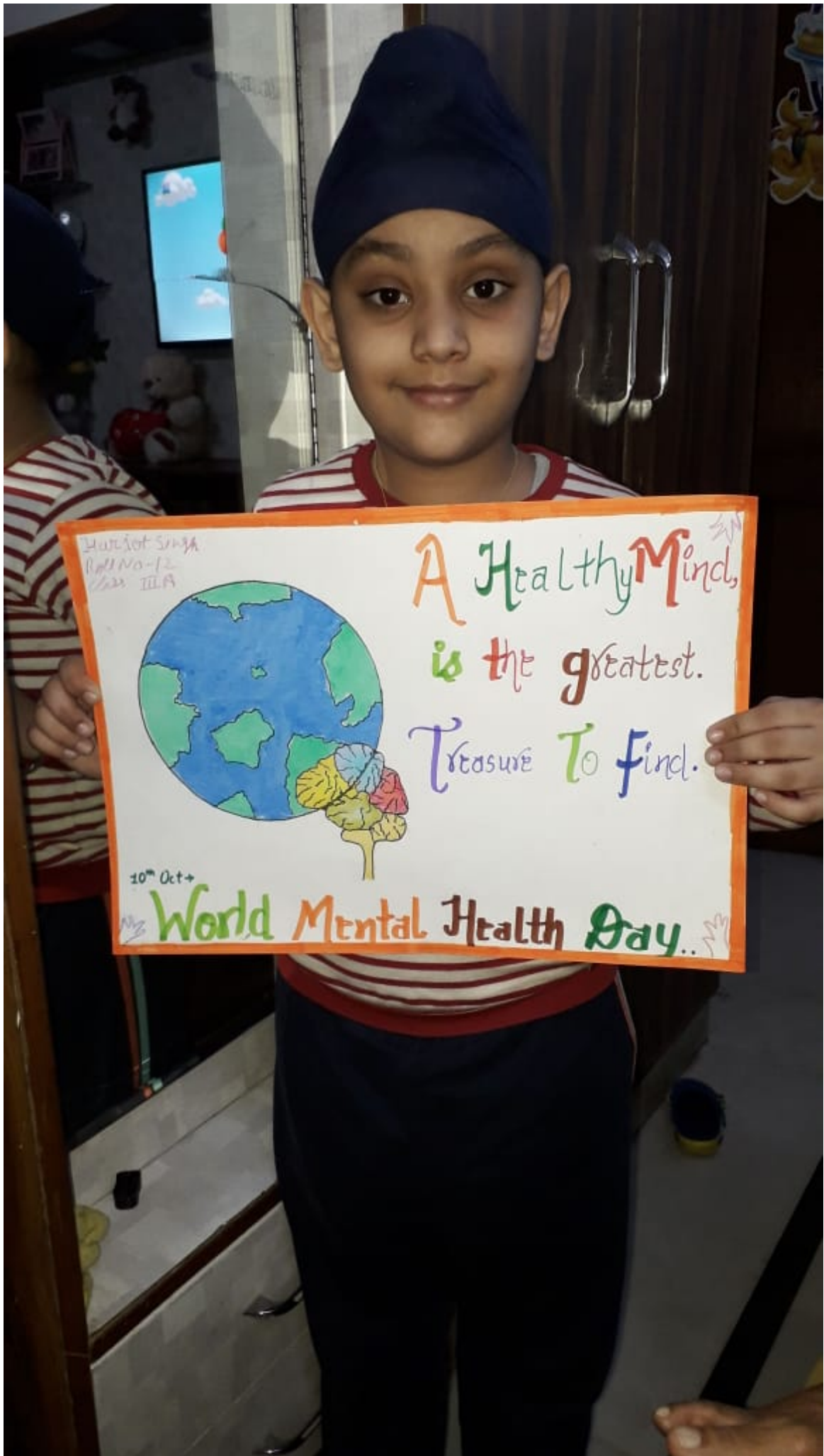
Shot on OnePlus

By Jas



PRABHUKH SINGH
CLASS - III A
Roll No - 22





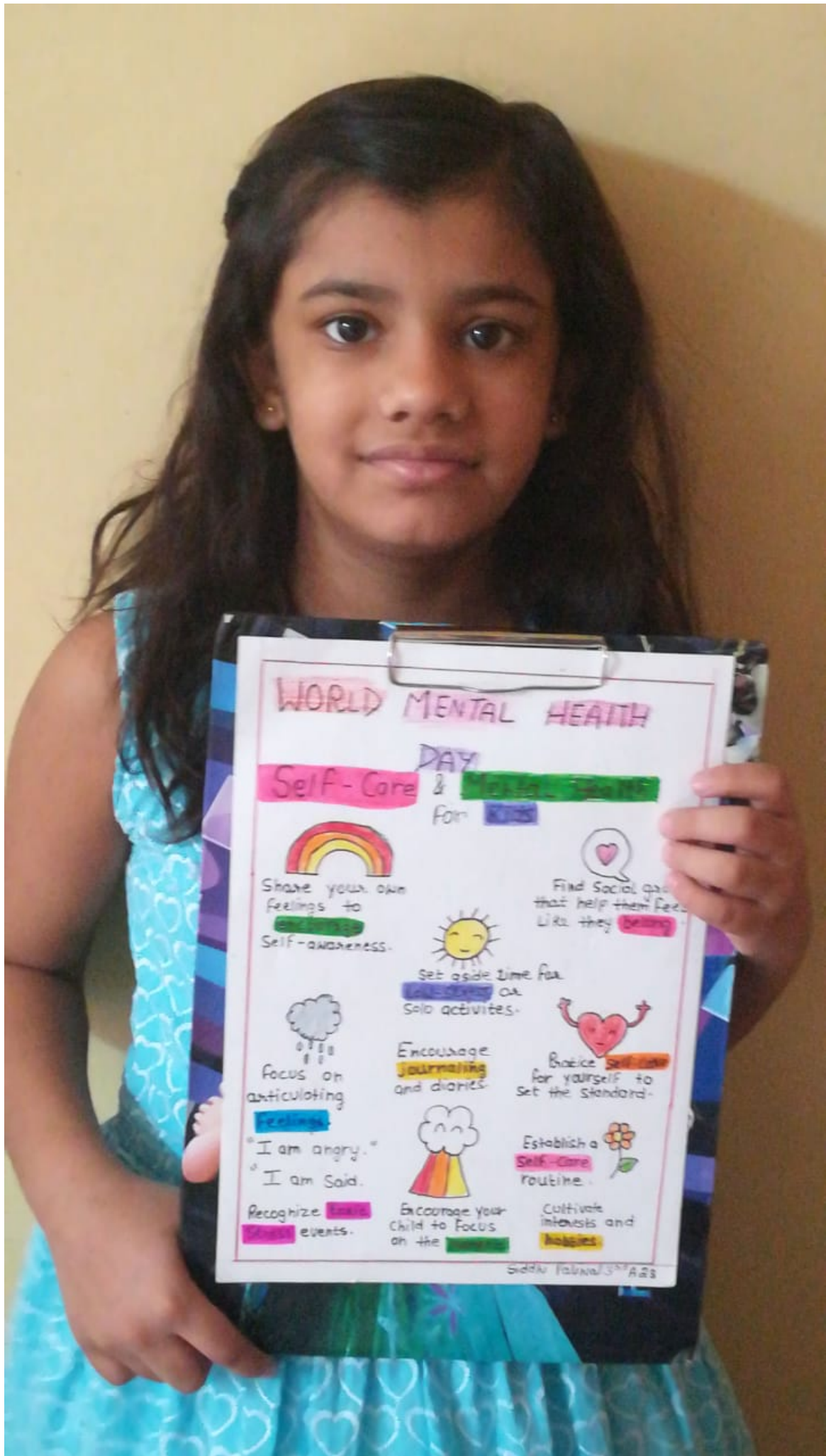
Harjot Singh
Roll No-12
Class IIIA



A Healthy Mind,
is the greatest.
Treasure To find.

10th Oct+

World Mental Health Day..



WORLD MENTAL HEALTH

DAY Self-Care & Mental Health for Kids



Share your own feelings to **enhance** Self-awareness.



Find Social media that help them feel like they **belong**.



Set aside time for **relaxation** or solo activities.



Focus on articulating **feelings**.



Practice **self-care** for yourself to set the standard.



Encourage your child to focus on the **positive**.



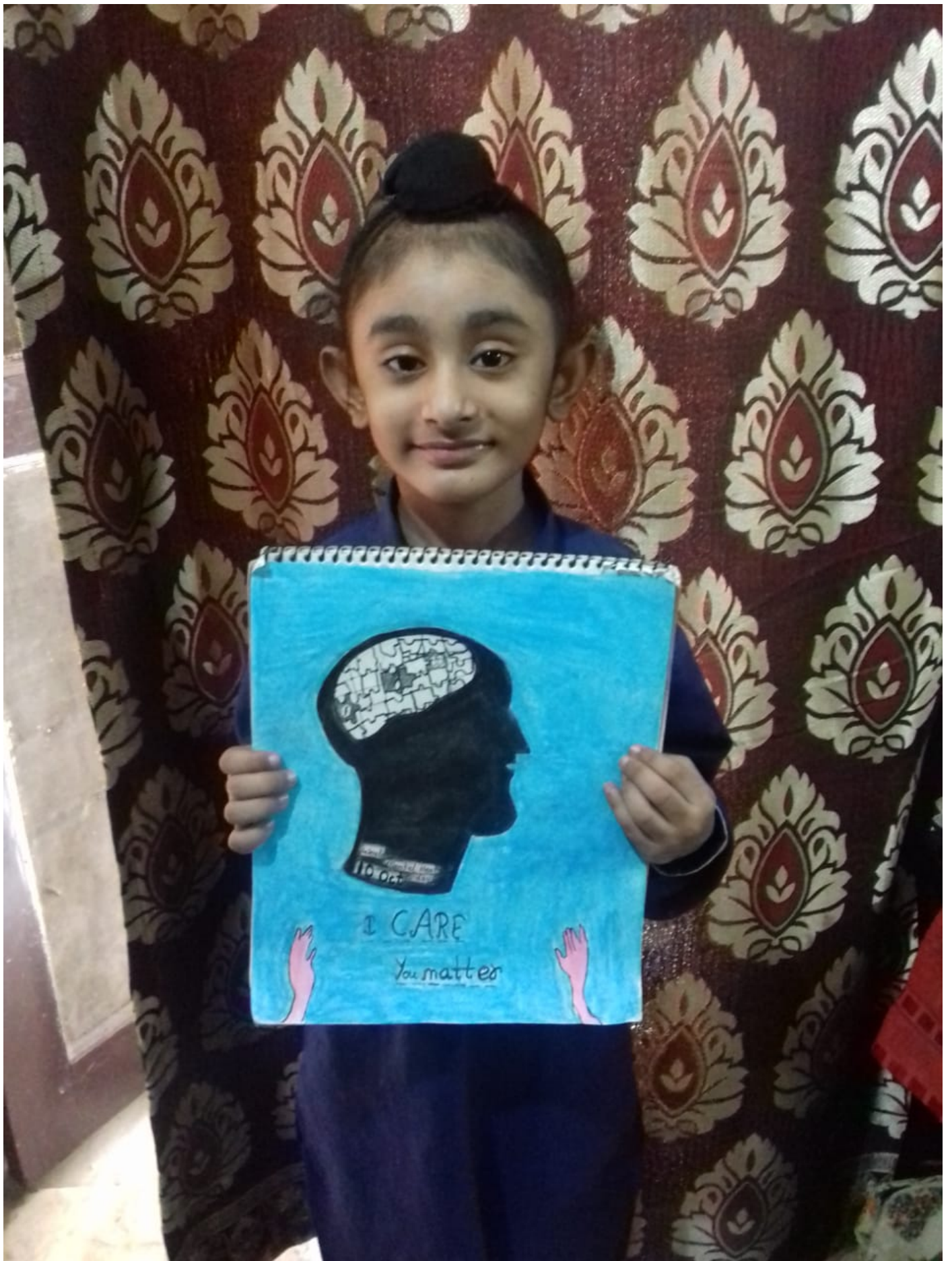
Establish a **Self-Care** routine.

"I am angry."
"I am sad."

Recognize **stressful** events.

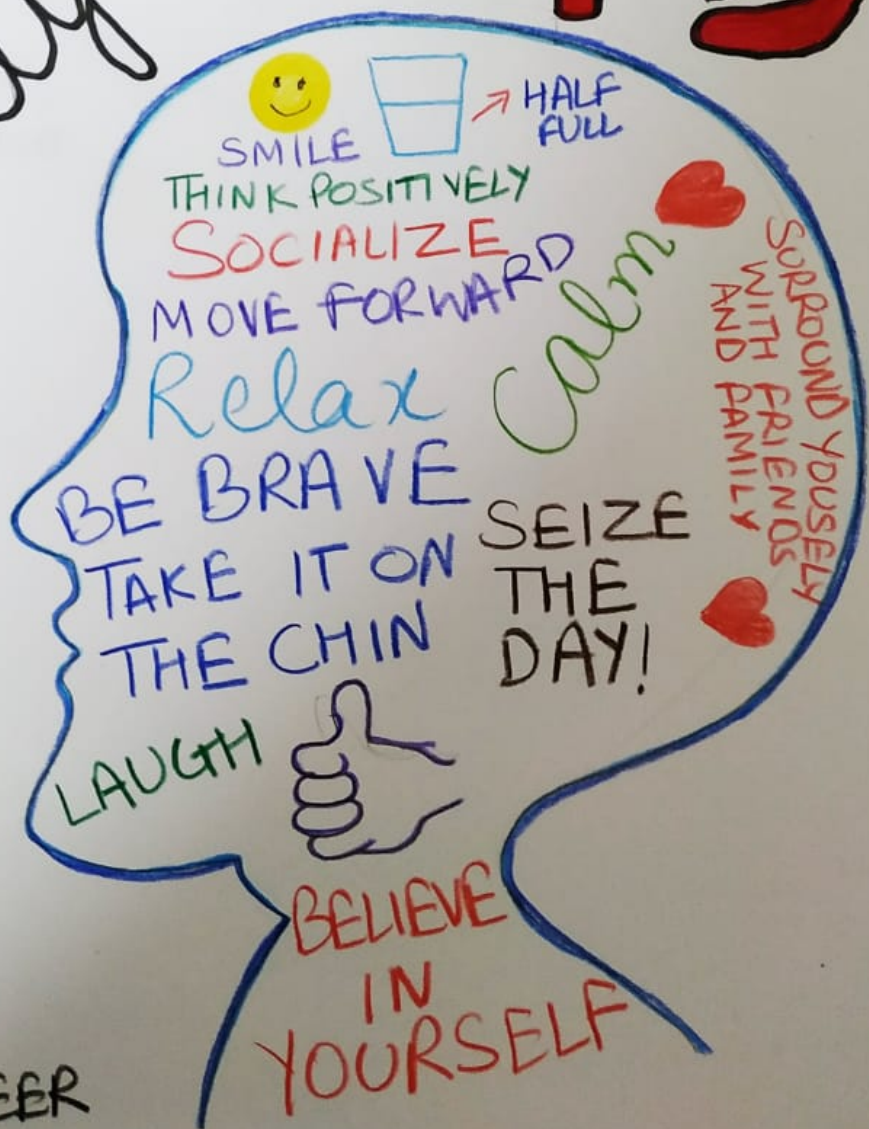
Cultivate interests and **hobbies**.

Siddhi Patil/3rd A23



Be Happy

Mentally



MAHABEER
WIRD A
Roll No. 18



WORLD
MENTAL
HEALTH
DAY

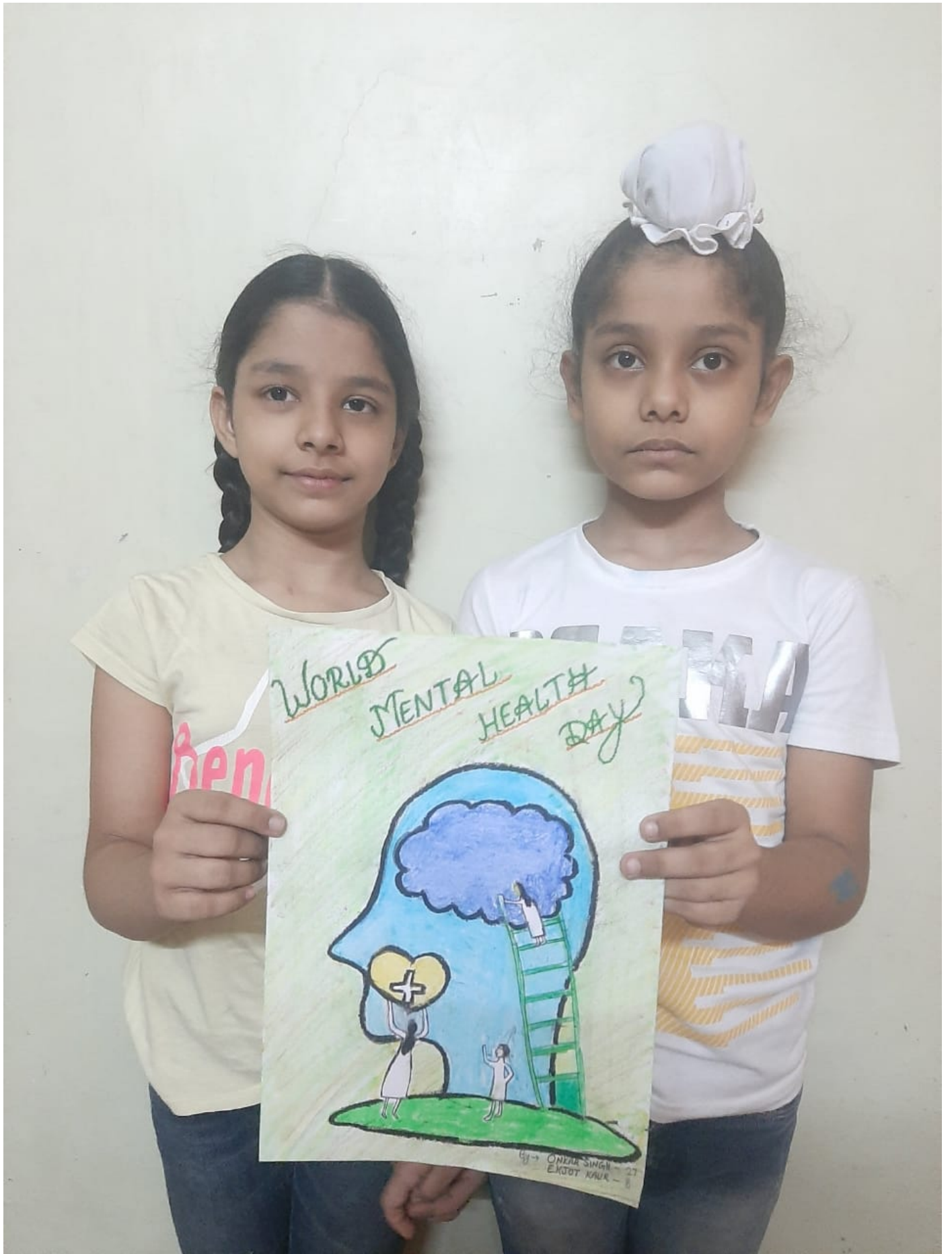
OCTOBER
10th 2020

TALK ABOUT
MENTAL
HEALTH

SUSHMANI KAVR...



Shot on realme 2



HAND OF MENTAL HEALTH

FOOD & NUTRITION

WHAT DID YOU EAT DURING THE DAY?
DID YOU REMEMBER TO SNACK?
DID YOU EAT LEISURELY OR WERE YOU IN A RUSH?
WHO DID YOU ENJOY YOUR MEALS WITH?

Sleep & rest

DID YOU SLEEP WELL?
WHAT TIME DID YOU GO TO BED?
DID YOU WAKE UP REFRESHED?
DID YOU HAVE TIME TO RELAX & REST?

RELATIONSHIPS AND EMOTIONS

HOW WAS YOUR MOOD TODAY?
WHAT MADE YOU HAPPY OR SAD?
DID YOU TELL SOMEONE ABOUT YOUR EMOTIONS?
WHAT WILL YOU DO WITH YOUR FAMILY?



EXERCISE and moving together

DID YOU CLIMB, RUN, CRAWL, DANCE OR JUMP TODAY?
HOW DOES EXERCISE MAKE YOU FEEL?

PLAYING & CREATIVITY

DID YOU DO SOMETHING CREATIVE?
THINGS DID YOU DO TODAY? WHAT IS BEAUTIFUL IN YOUR EYES?

Harjot Singh
III, B/A.N. (11)

IT'S OK TO FEEL

SAD

SCARED

LONELY

ANGRY

ENVIIOUS

WORRIED



ASHAMED

FRUSTRATED

UPSET

JEALOUS

GUILTY

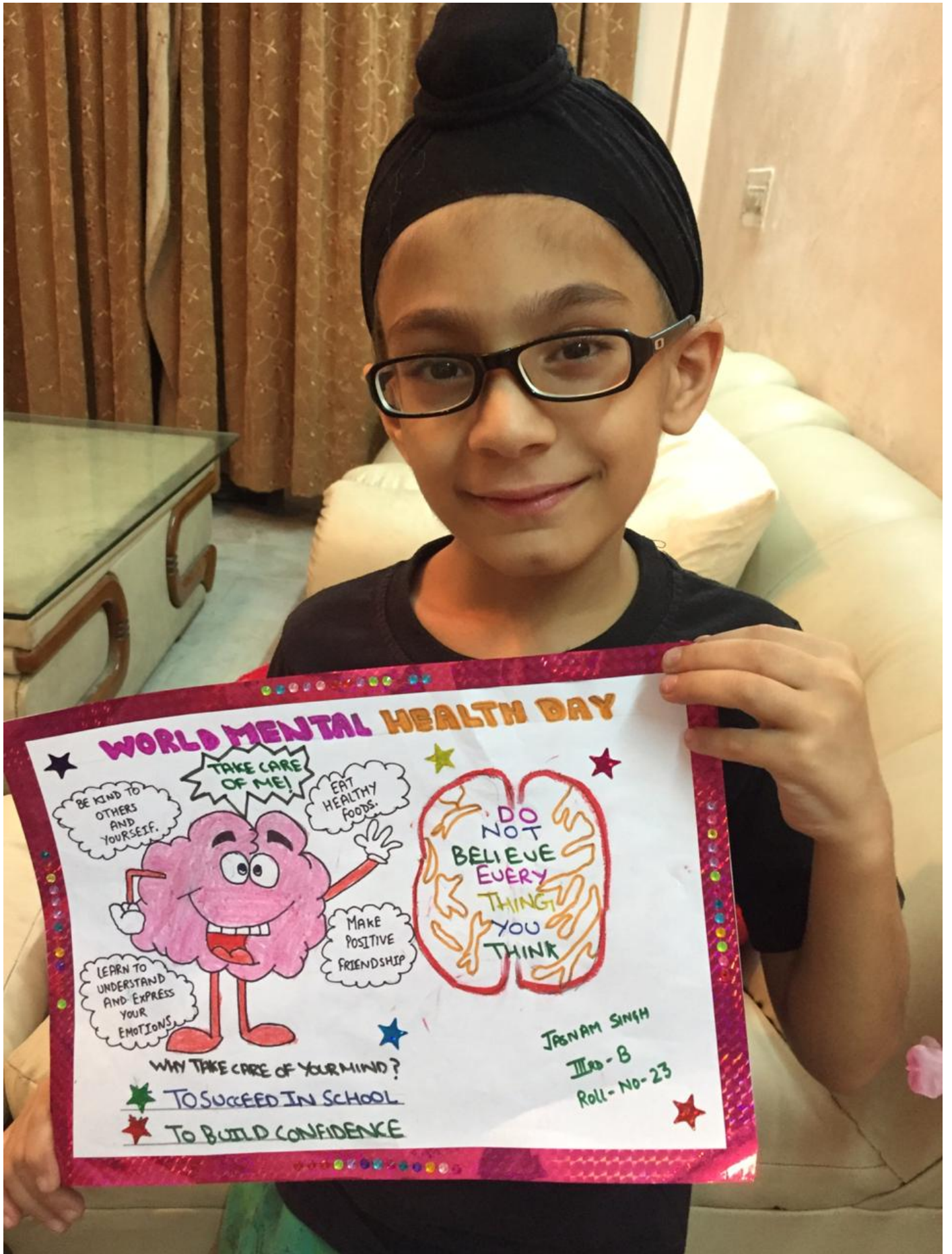
INSECURE

EVERYBODY FEELS THAT WAY SOMETIMES
WE DONT LIKE IT, BUT IT DOESNT MAKE US
WEAK IT MAKES US

HUMAN

AND IT HELPS TO TALK ABOUT IT

HARGUN KAUR
ROLL NO:- 9
CLASS:- 3 'B'



WORLD MENTAL HEALTH DAY

★ BE KIND TO OTHERS AND YOURSELF.

★ TAKE CARE OF ME!

★ EAT HEALTHY FOODS.

★ LEARN TO UNDERSTAND AND EXPRESS YOUR EMOTIONS.

★ MAKE POSITIVE FRIENDSHIP

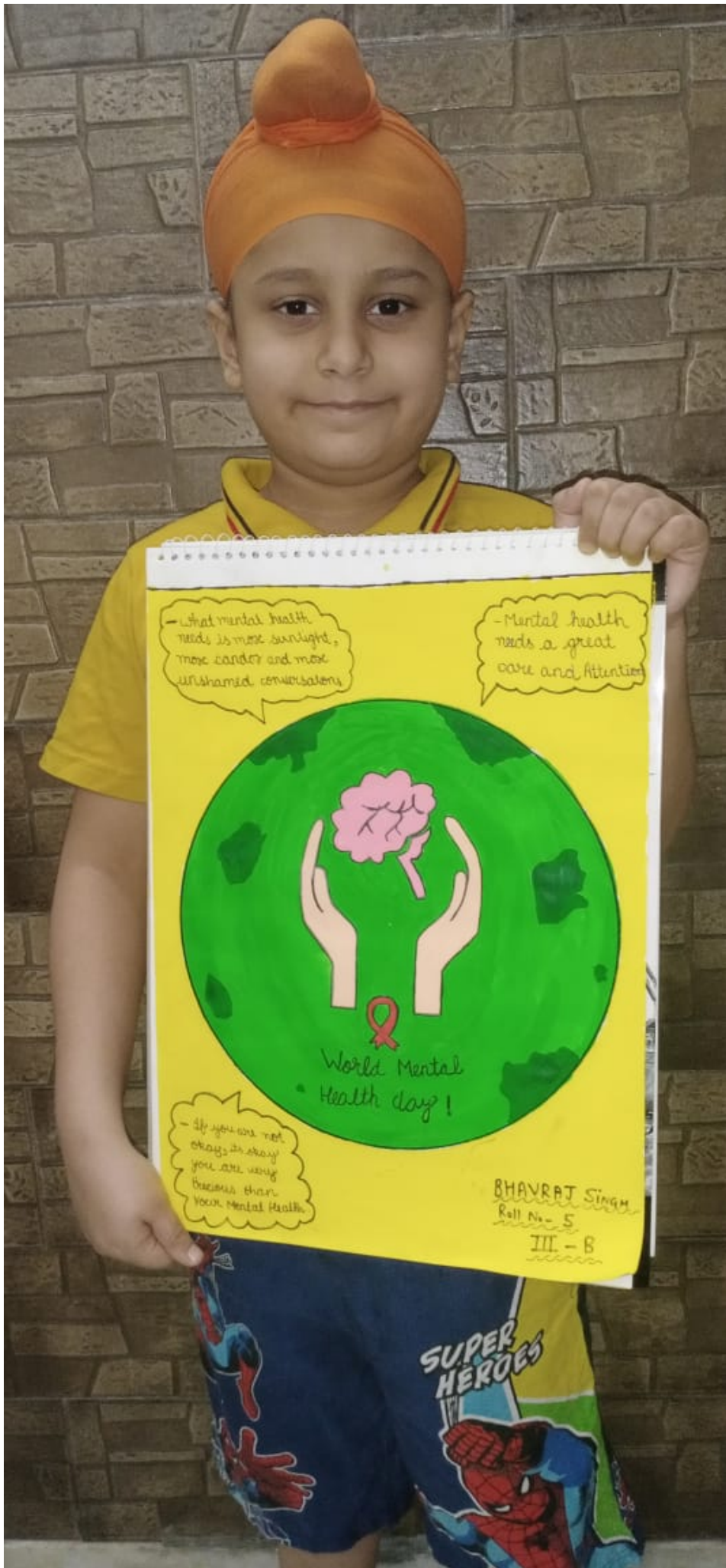
★ DO NOT BELIEVE EVERY THING YOU THINK

★ WHY TAKE CARE OF YOUR MIND?

★ TO SUCCEED IN SCHOOL

★ TO BUILD CONFIDENCE

★ JASNAM SINGH
★ IIIrd - 8
★ Roll - No - 23



- What mental health needs is more sunlight, more candor and more unshamed conversations

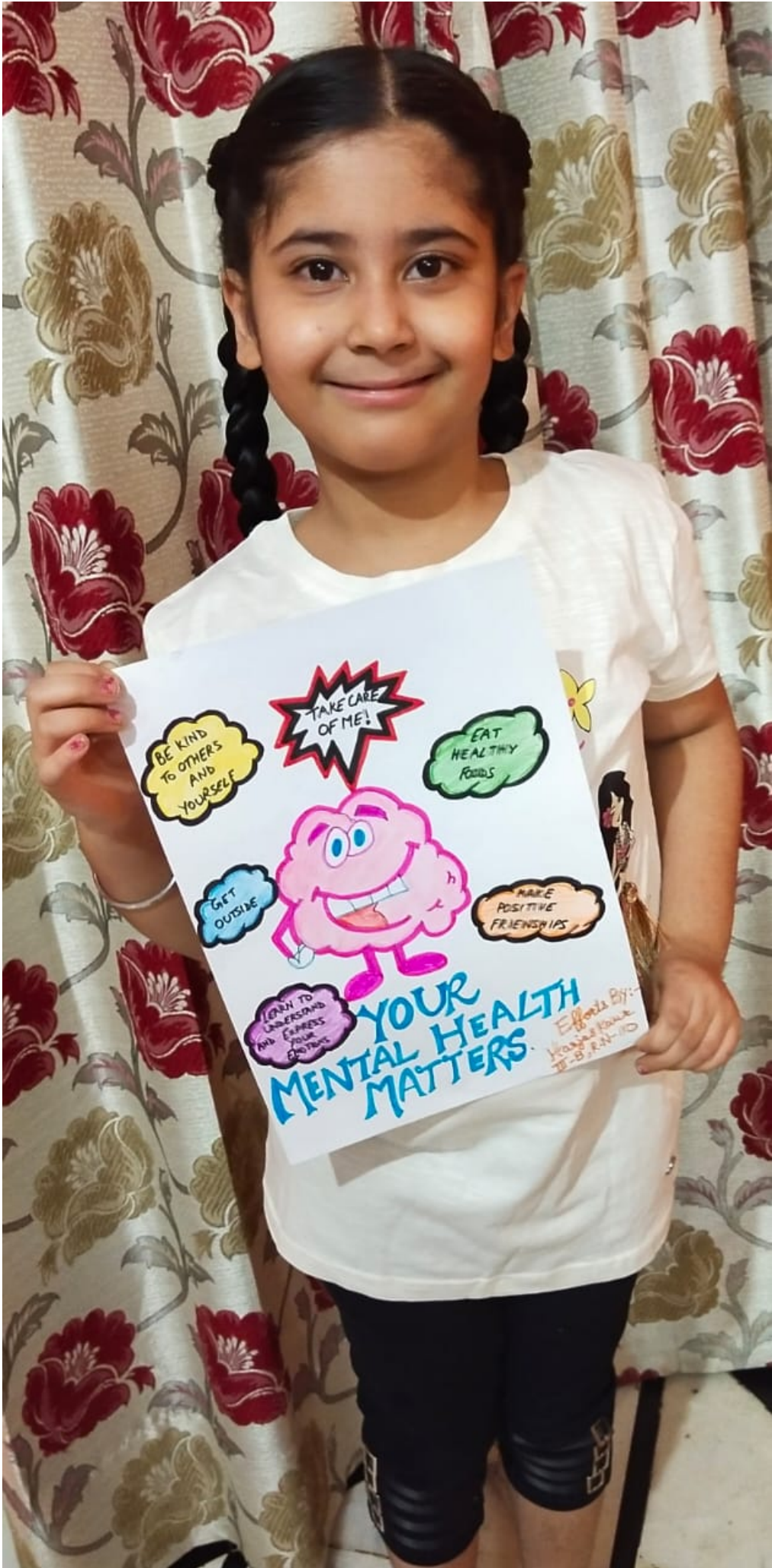
- Mental health needs a great care and Attention



World Mental Health day!

- If you are not okay, it okay you are way braver than your mental health

BHARAJ SINGH
Roll No - 5
III - B



BE KIND TO OTHERS AND YOURSELF

TAKE CARE OF ME!

EAT HEALTHY FOODS

GET OUTSIDE

MAKE POSITIVE FRIENDSHIPS

LEARN TO UNDERSTAND AND EXPRESS YOUR FEELINGS

YOUR MENTAL HEALTH MATTERS

Efforts By:-
Kavya Rani
10-B, R.N. 10

TO HAVE A MENTALLY HEALTHY MIND
ACT, BELONG, COMMIT



ACT

BELONG

COMMIT

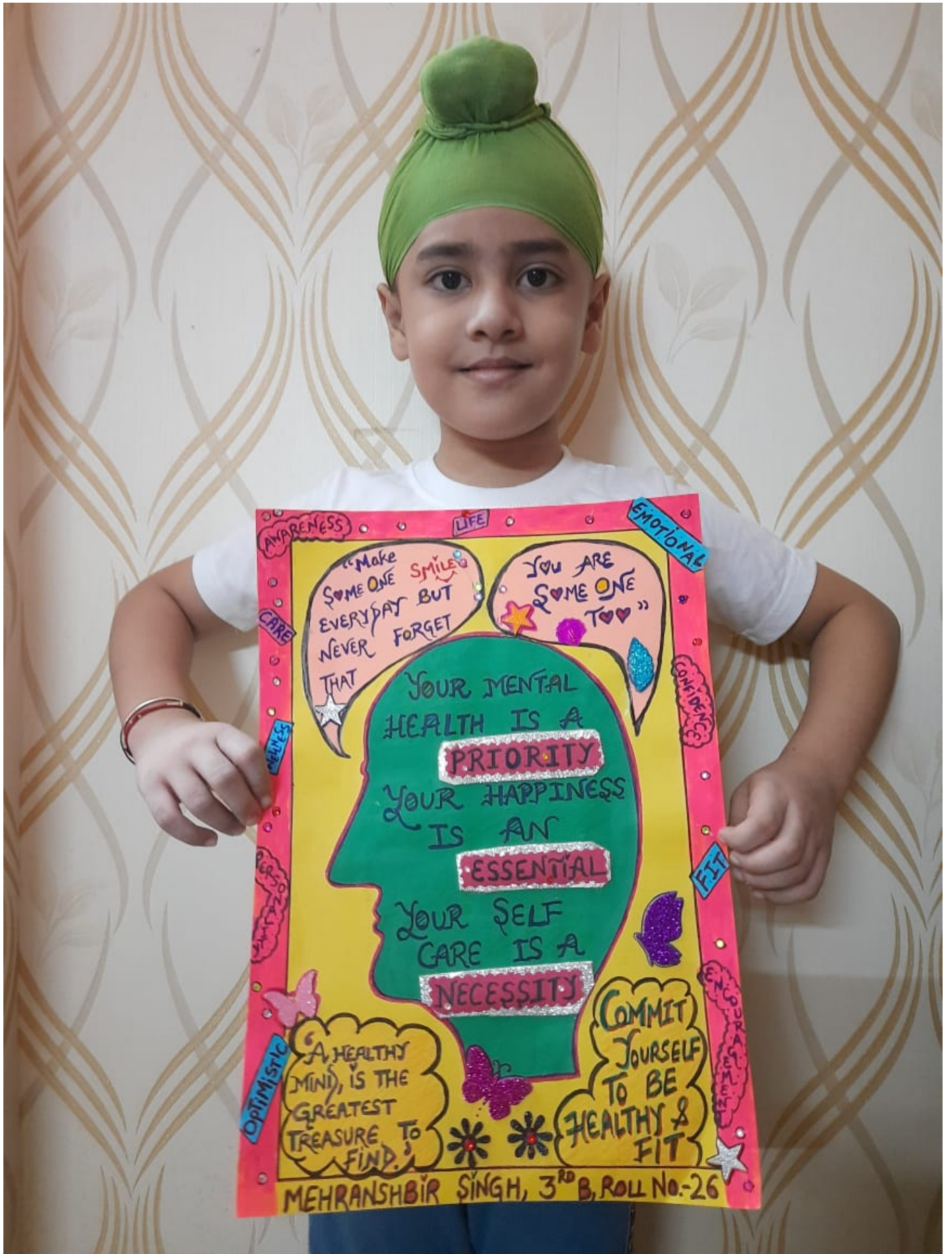


STAY MENTALLY AND PHYSICALLY FIT!

STAY SOCIAL AND LET YOUR SELF BELONG!

SET A CHALLENGING GOAL TRY TO STICK TO IT!





AWARENESS **LIFE** **EMOTIONAL**

"Make SOME ONE SMILE EVERYDAY BUT NEVER FORGET THAT

YOU ARE SOME ONE TO ♥♥"

CARE **NEEDS** **CONFIDENCE**

YOUR MENTAL HEALTH IS A PRIORITY

YOUR HAPPINESS IS AN ESSENTIAL

YOUR SELF CARE IS A NECESSITY

OPTIMISTIC **FIT** **ENCOURAGEMENT**

"A HEALTHY MIND, IS THE GREATEST TREASURE TO FIND."

COMMIT YOURSELF TO BE HEALTHY & FIT

MEHRANSHIR SINGH, 3RD B, ROLL No.-26

