

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

**POSTER & SLOGANS
ON
MENTAL HEALTH**

Class V

CLASS 5

POSTERS AND SLOGANS ACTIVITY



FOOD & NUTRITION
HOW WAS YOUR FOOD TODAY?
WHAT MADE YOU HAPPY OR SAD?
DID YOU TELL SOMEONE ABOUT YOUR EMOTIONS?
WHO DID YOU MEET TODAY?
WHAT WILL YOU DO WITH YOUR FAMILY?
HOW MANY FRIENDS DO YOU HAVE?

RELATIONSHIPS AND EMOTIONS
LIGHT DID YOU EAT DURING THE DAY? DID YOU REMEMBER TO BRACK? WHO DID YOU ENJOY YOUR MEALS WITH? DID YOU EAT LENTIGELY OR WERE YOU IN A RUSH?

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

EXERCISE AND MOVING TOGETHER
DID YOU CLIMB, RUN, DANCE OR JUMP TODAY? HOW DOES EXERCISE MAKE YOU FEEL? WHAT IS YOUR BEST FAVOURITE EXERCISE?

PLAYING & CREATIVITY
DID YOU DO SOMETHING CREATIVE? WHICH FUEL? THINK & DO YOU DO TODAY? WHAT IS REALITY IN YOUR EYES? WHAT KINDS OF STORIES DO YOU LIKE?

HAND OF MENTAL HEALTH

TAKE CARE OF ME!!!

ARCHITECT BIHAN X.C. 03

CREATING
Awareness About Mental Health

The problem with
the stigma around
mental health is
really about the
stories that we tell
ourselves as a
society.....

Balkirat
Singh
V-C
3

“ IF WEALTH
IS LOST
NOTHING
IS LOST
IS HEALTH
IS LOST
SOMETHING
IS LOST ”

TARANDEEP
ROLL NO. 34 SINGH
V-C



TAKE CARE OF ME!

BE KIND TO OTHERS AND YOURSELF

EAT HEALTHY FOODS

GET OUTSIDE



MAKE POSITIVE FRIENDSHIPS

LEARN TO UNDERSTAND AND EXPRESS YOUR EMOTIONS

Why take Care of your mind?

- ★ To Help Prevent Mental Illness.
- ★ To Succeed In School.
- ★ To Build Confidence.
- ★ To Live A Positive And Healthy Life.

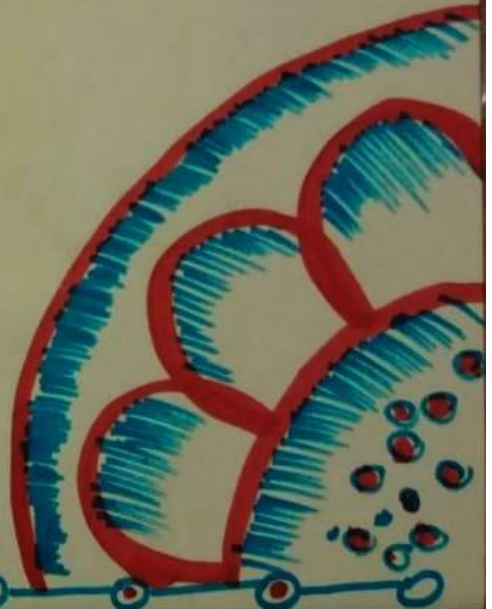
YOUR MENTAL HEALTH MATTERS

Gunraj Singh
SC Rollno -> 10

A HEALTHY
MIND IS A
GREATEST
TREASURE
TO FIND



HARTIRATH
V-C
17.



A Good
health
is the best
Wealth



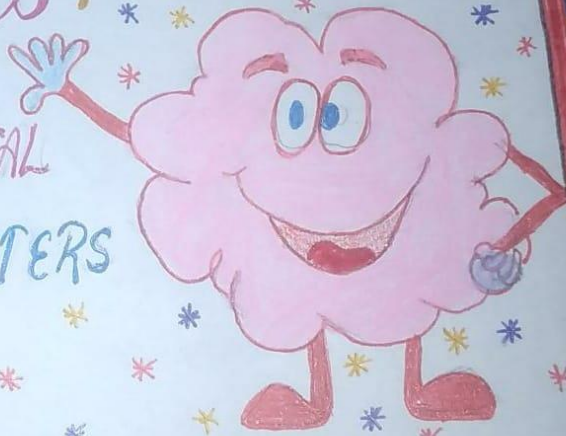
WHEN SOMEONE SAYS
YOU CAN'T DO IT,
DO IT TWICE,
AND TAKE PICTURES

Harpreet Singh, 15, V-C

A healthy
mind, is the
greatest treasure

to find.

YOUR MENTAL
HEALTH MATTERS



Name - Hasneet
Kaur
class/sec - VC
Roll-no - 14

SLOGAN FOR MENTAL HEALTH AWARENESS



A healthy mind is the
Greatest treasure to MIND



YOUR MENTAL HEALTH
IS A PRIORITY

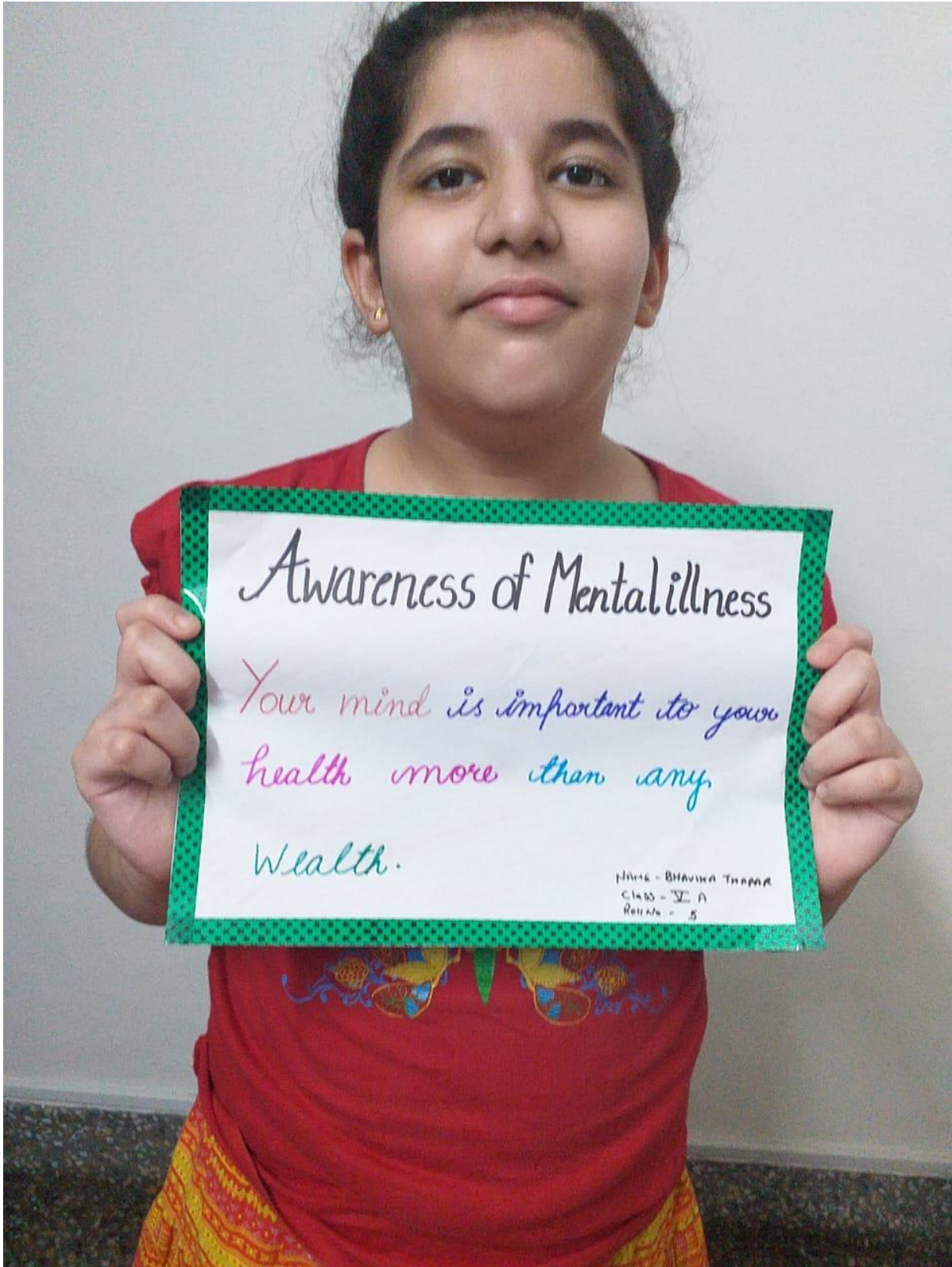
W
O
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MENTAL
HEALTH

I CARE
you MATTER

divya sot kaur roll-1



Awareness of Mental illness

Your mind is important to your health more than any wealth.

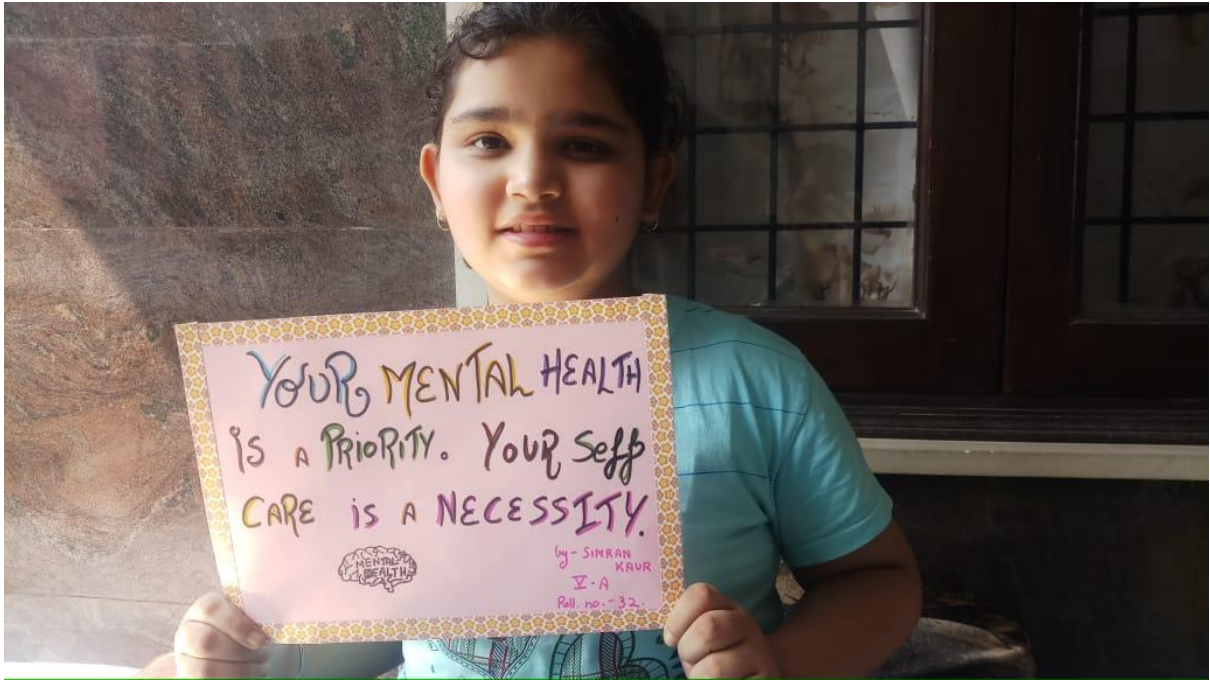
Name - Bhavika Thapa
Class - V
Roll No - 5

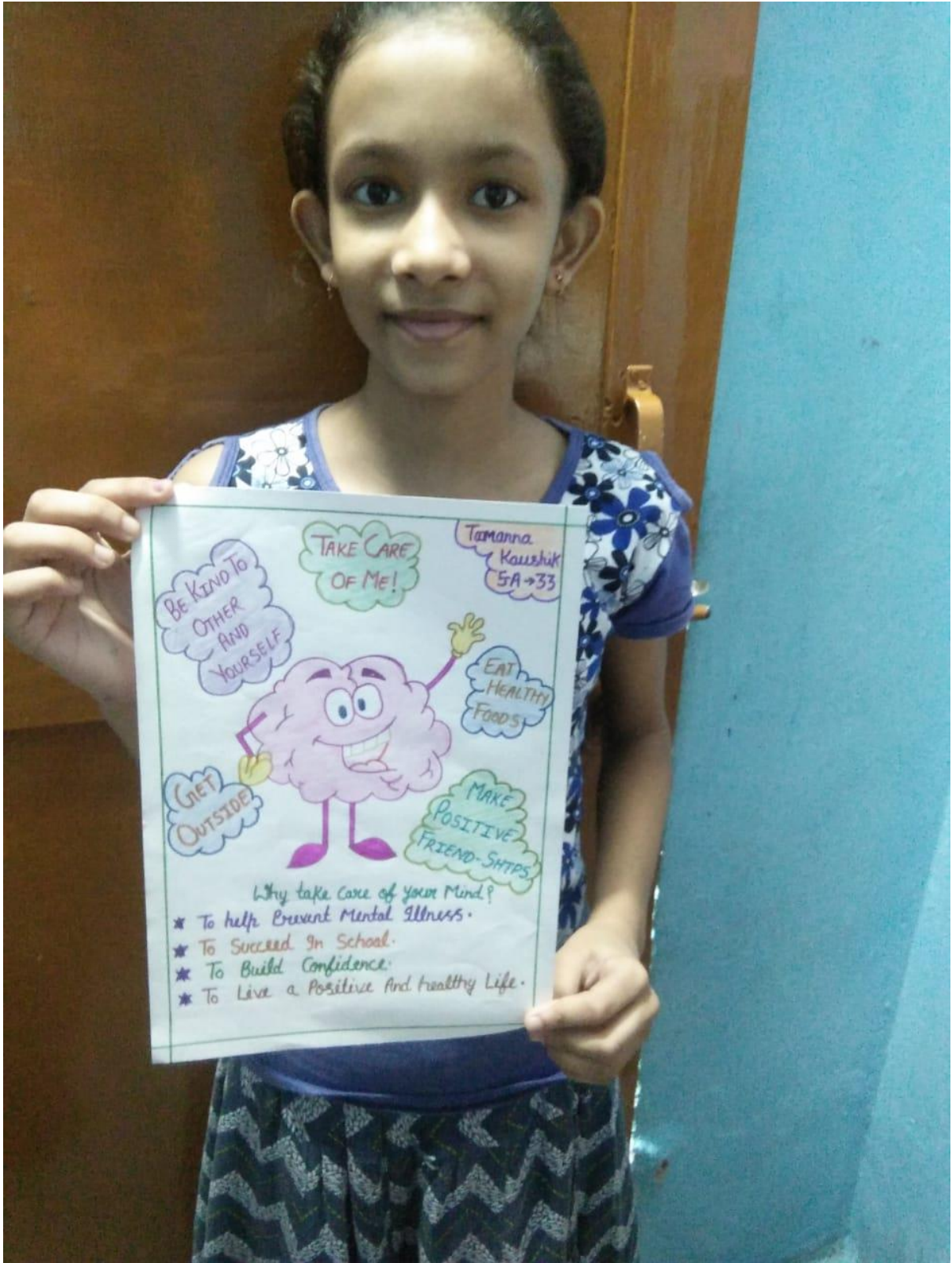
Md
Muazzam

Class VA
(24)



IS JUST AS IMPORTANT
as physical health





TAKE CARE OF ME!

Tamanna Kaushik
5A-33

BE KIND TO OTHER AND YOURSELF

EAT HEALTHY FOODS

GET OUTSIDE

MAKE POSITIVE FRIENDSHIPS

Why take care of your Mind?

- * To help prevent Mental Illness.
- * To Succeed in School.
- * To Build Confidence.
- * To Live a Positive And healthy Life.

Name - Jasraj Singh, Class - V-A, Roll no. - 19.

EAT Well,

SLEEP Well to get
HEALTH and remain

SAFE from getting ill.

HEALTH

- ★ Eat healthy to be s
- ★ Bear some pain to
- ★ Practice some exer
- ★ Be active to be heal
- ★ Good health is real c
- ★ Eat what your body
- ★ Always have good t

A healthy mind
is the greatest
treasure find



BE KIND TO
OTHERS AND
YOURSELF

TAKE CARE
OF ME

GET
OUTSIDE

EAT
HEALTHY
FOODS

Learn to
understand and
Express your
emotions

MAKE
POSITIVE
FRIENDSHIP

Why take care of your mind ?

- ★ TO HELP PREVENT MENTAL ILLNESS
- ★ TO SUCCEED IN SCHOOL
- ★ TO BUILD CONFIDENCE
- ★ TO LIVE A POSITIVE AND HEALTHY LIFE

YOUR MENTAL HEALTH MATTERS

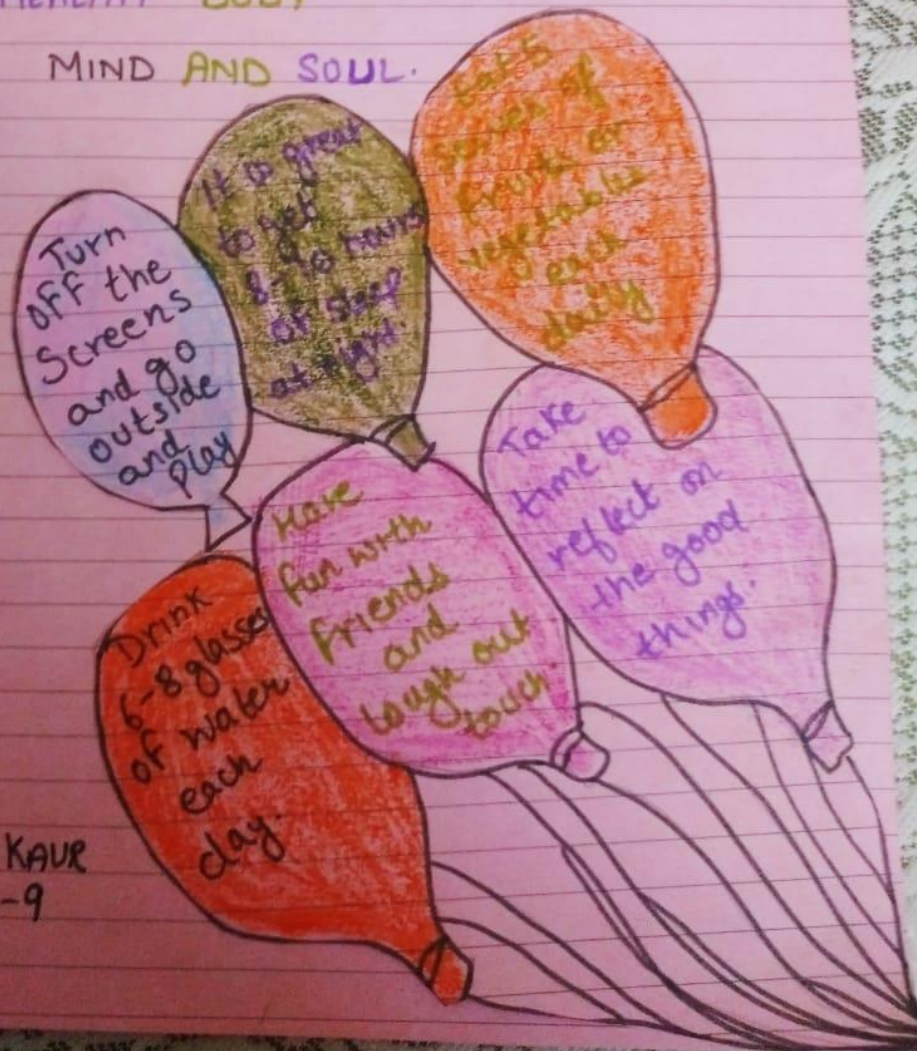
PAYNEET SINGH
V - A
29

You will Feel

happier, lighter and
brighter if you have a

HEALTHY BODY

MIND AND SOUL.



GURPREET KAUR
ROLLNO-9
I-B



TAKE CARE OF YOUR MENTAL HEALTH



TALK ABOUT
YOUR FEELING



EAT WELL



TALK TO
FRIEND &
FAMILY



ASK FOR HELP



SLEEP AT LEAST
8 HRS DAILY



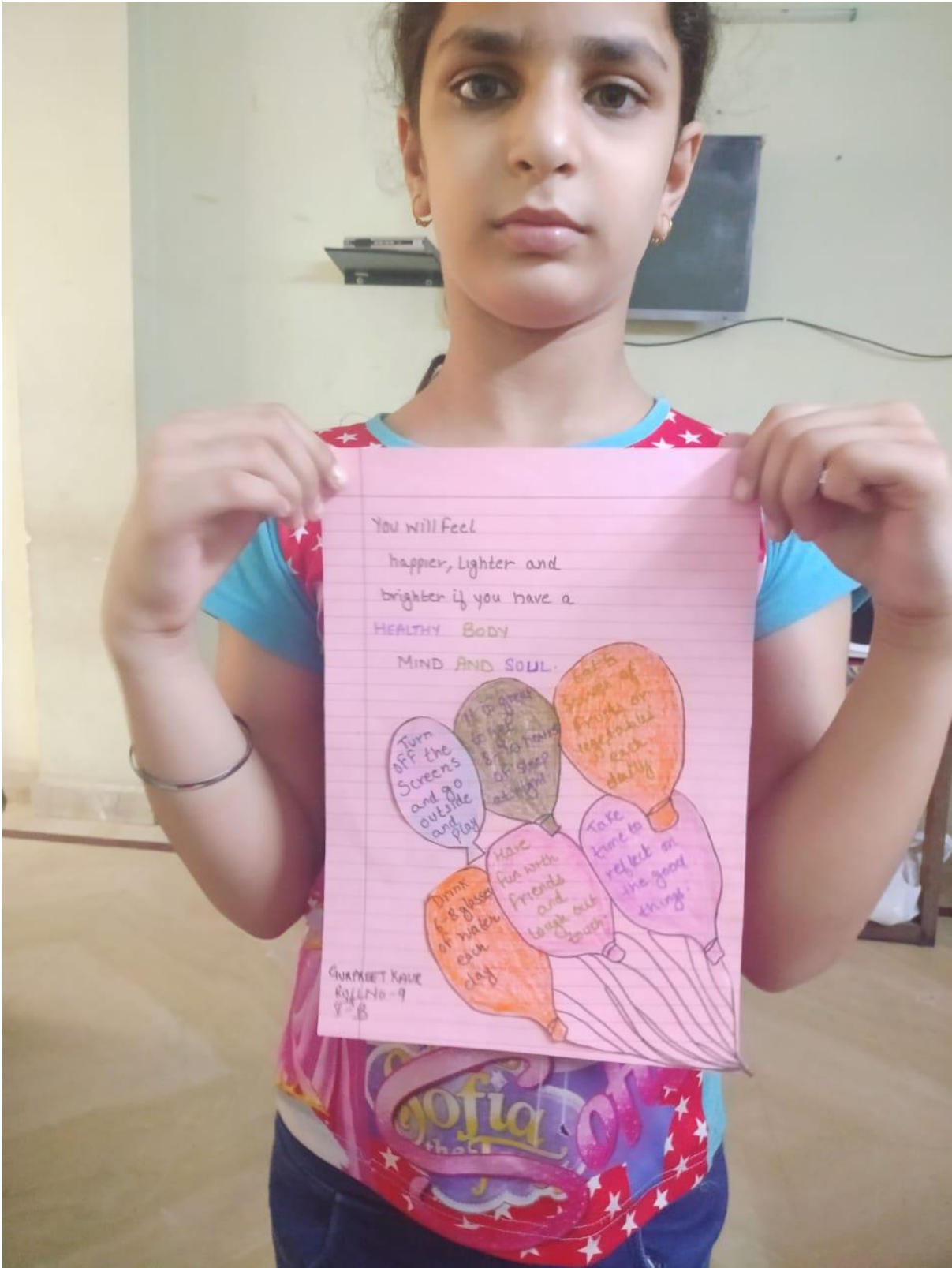
DO SOMETHING
YOU ARE GOOD
AT



DO EXERCISE



ENJOY WALKS WITH
YOUR FAMILY AND
FRIENDS



You will feel
happier, lighter and
brighter if you have a
HEALTHY BODY
MIND AND SOUL.

- Turn OFF the Screens and go outside and play
- It is great to get 8-10 hours of sleep at night
- Eat 5 servings of fruits or vegetables each daily
- Take time to reflect on the good things.
- Have fun with friends and break out touch.
- Drink 6-8 glasses of water each day

GURPREET KAUR
Roll No - 9
Y-8

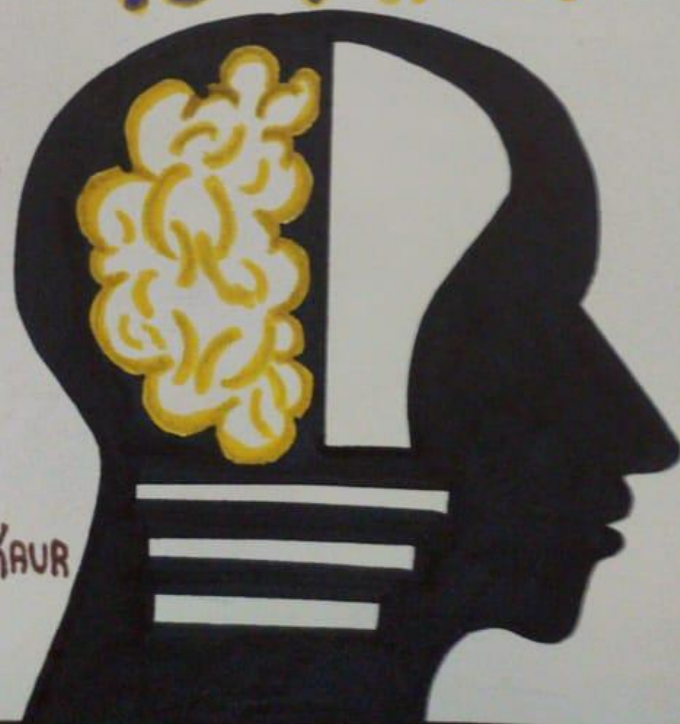
NEVER GIVE UP
ON SOMEONE WITH
MENTAL ILLNESS

WHEN THE "I" IS
REPLACED BY "WE"

ILLNESS
BECOMES
WELLNESS

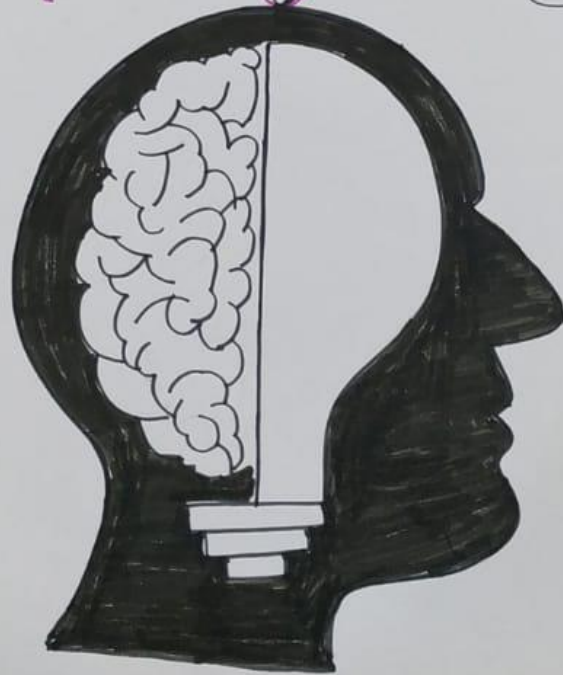
MAYURBAJAJ, V-B, Roll No -21

A HEALTHY
MIND, IS THE
GREATEST TREASURE
TO FIND.



JAPNEET KAUR
Vth B
30

A healthy
mind, is the
greatest treasure
to find.



JASKIRAT
SINGH
Vth B
Roll No-18

Your Mental Health Matters

Take care of your mind

Be Creative
Have FUN

Exercise regularly

Eat healthy food

Each Day has a new HOPE

Believe in yourself

Stay

Relax
Move Forward

Share your feelings with your parents and near ones

Be Kind to yourself
Positive
Calm

By
SUKHMANI
5B (24)



Alok
Roll No. 1
5th B

MENTAL HEALTH WEEK

TAKE CHARGE
OF YOUR HEALTH
JOIN THE MOVEMENT
FOR A HEALTHIER
PRINCETON

Daily Stress

Can Leave

Your

Health

In a

Mess....

MENTAL HEALTH AWARENESS



SELF CARE
Make Time for Yourself

SUPPORT
Break the STIGMA
Go to Therapist

COMPASSION
Be Kind to Yourself
STOP JUDGING

ACTION
Follows Treatment Plan
DON'T GIVE UP

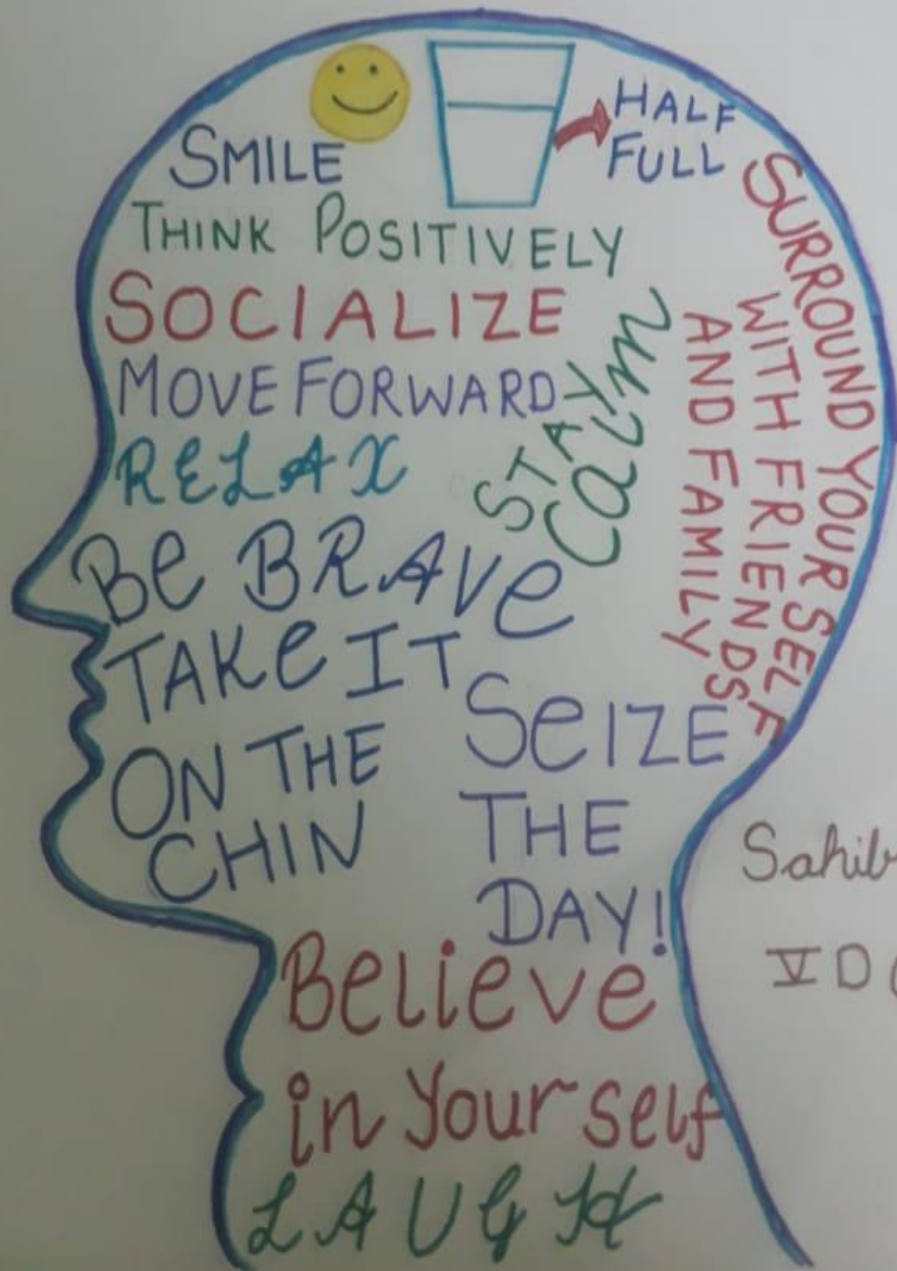
POSITIVE
Practice Positive Self talk

Mangreet Singh
Roll No - 10
27th D.

Mental illness is nothing
to be ashamed of, but stigma
and bias shame us all.

JASNOOR KAUR
Vth D
ROLL No. 9

Be HAPPY...



Sahilpreet
Kaur
ID (19)



WHAT IS MENTAL HEALTH?

MENTAL HEALTH IS THE EMOTIONAL,
PSYCHOLOGICAL AND SOCIAL WELL-BEING OF
AN INDIVIDUAL.

MENTAL HEALTH CAN AFFECT DAILY LIFE,
RELATIONSHIPS AND EVEN PHYSICAL HEALTH.

NAME - PRABHROOP SINGH
CLASS - I D
ROLL NO - 17

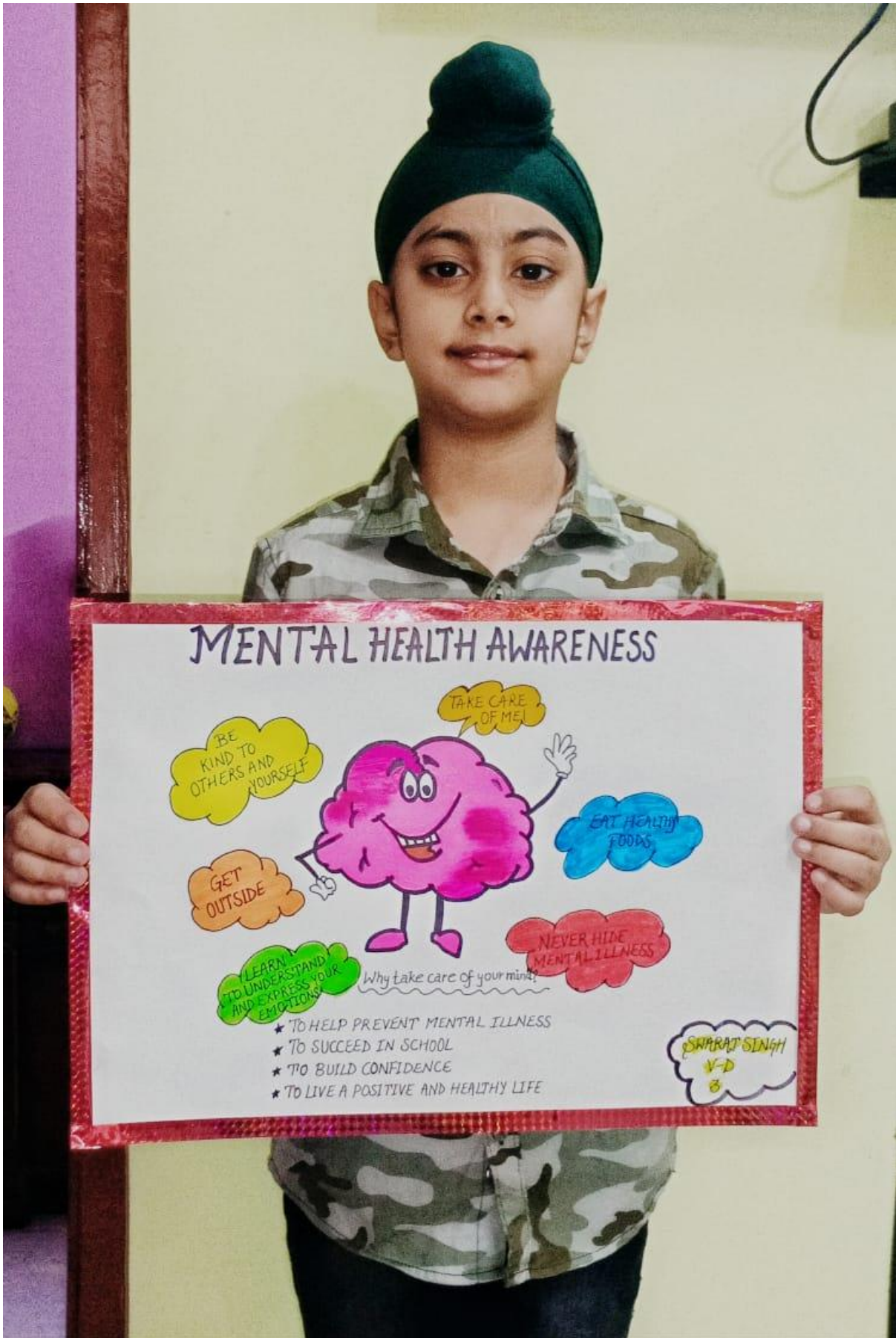


MENTAL HEALTH AWARENESS

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



NAME-AVLEEN KAUR
CLASS-Vth D
ROLL NO - 14



MENTAL HEALTH AWARENESS



Why take care of your mind?

- ★ TO HELP PREVENT MENTAL ILLNESS
- ★ TO SUCCEED IN SCHOOL
- ★ TO BUILD CONFIDENCE
- ★ TO LIVE A POSITIVE AND HEALTHY LIFE

SHARAT SINGH
V-D
8

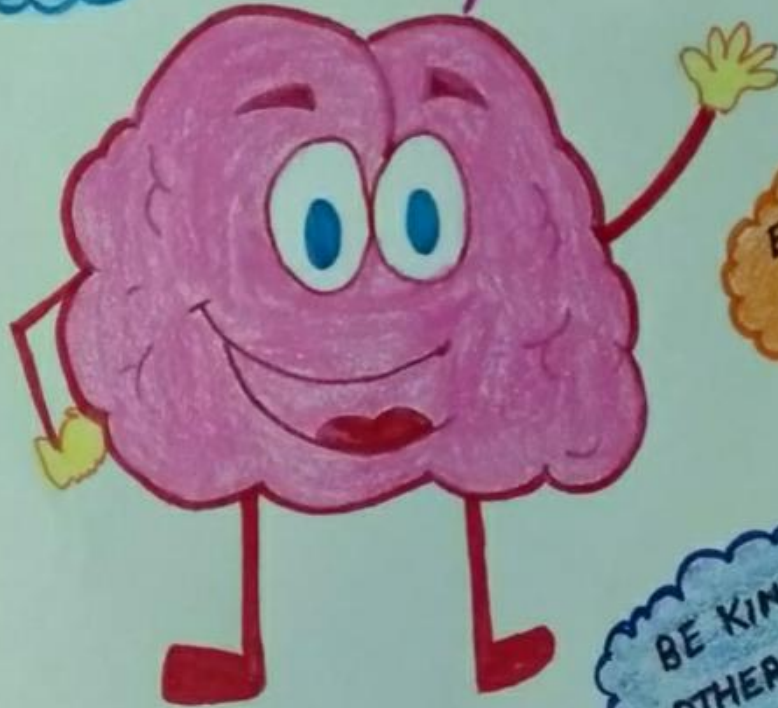
Harsimar Kaur

5-D

16

GET
OUTSIDE

TAKE CARE
OF ME



EAT
HEALTHY
FOODS

BE KIND TO
OTHERS AND
YOURSELF

LEARN TO
UNDERSTAND
AND EXPRESS
YOUR EMOTIONS

MAKE POSITIVE
FRIENDSHIPS

YOUR MENTAL HEALTH MATTERS. 😊



TAKE CARE OF YOUR MENTAL HEALTH

Prashant Kumar
V-D
32



TALK ABOUT YOUR FEELINGS



EAT WELL



TALK TO FRIENDS AND FAMILY



KEEP ACTIVE



ASK FOR HELP



TAKE A BREAK



DO SOMETHING YOU'RE GOOD AT



ACCEPT WHO YOU ARE



CARE FOR OTHERS



Healing Doesn't Mean The
Damage Never Existed.
It Mean To Know what
Like To Be Afraid of
Your Own Mind.

STURKIRATI KAUUF
12
5.4

Mental Health Awareness

Mental Health Awareness increases the chances for early intervention which can result in a fast recovery. Awareness reduces negative adjectives that have been set to describe our people with a mental illness. By raising awareness, mental health can now be seen as an illness. These illnesses can be managed by treatment.

Can Mental Health be prevented?

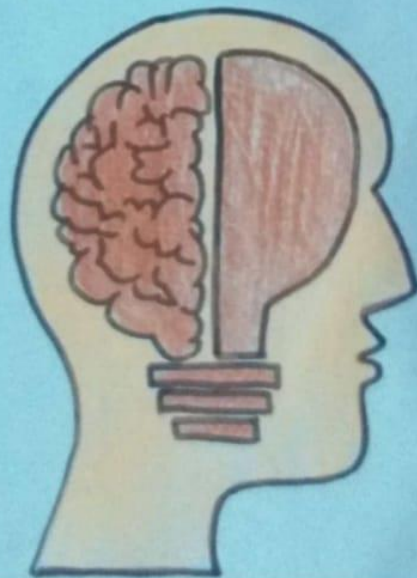
There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control.

What are some type of mental disorders?

- Anxiety disorders, including panic disorders, obsessive-compulsive disorder, and phobias.
- Depression, bipolar disorder, and other mood disorders.
- Eating Disorders.
- Personality Disorders.
- Post-traumatic stress disorder.
- Psychotic disorders, including schizophrenia.

MENTAL HEALTH

“We need to change the culture of this topic and make it speak about Mental Health and Suicide”



KUBER SINGH

V C

22