



Inside Out Day

Be kind always...you never know how someone is feeling inside

A children's mental health awareness campaign

A day to think about the way we present ourselves on the outside, and how we might be feeling on the inside. If you want to, wear your clothes inside out for your Teams meeting!

BE KIND

**IT'S OK NOT
TO BE OK**

**NO ONE
KNOWS HOW
SOMEONE
ELSE IS
FEELING ON
THE INSIDE**

**THINK OF
OTHERS**

**YOU ARE NOT
ALONE**

Inside Out Day during Children's Mental Health Week

Wear an item of clothing *inside out*!

Inside Out Day during Children's Mental Health Week is an awareness campaign that aims to enable young people to start talking about their mental health.

How someone looks on the outside doesn't necessarily reflect how they are truly feeling on the inside, so it is important to always be kind and think of others.

Turn your clothes *inside out* to get important conversations started. No one should be embarrassed about how they feel.

Schools across the country are urged to support Inside Out Day – a simple premise, easy to implement and a meaningful way to engage pupils in discussions around emotional well-being.

It's important that children know that it's OK not to be OK. No one is perfect, even though they may look so from the outside.

For more information visit: <https://www.insideoutday.org.uk/>

Have you watched the Disney film 'Inside out'?

The film is set in the mind of a young girl called Riley, where five personified emotions—Joy, Sadness, Anger, Fear, and Disgust—try to lead her through life as she and her parents adjust to their new surroundings after moving from house from Minnesota to San Francisco.



Watch the clip below:





<https://www.youtube.com/watch?v=puXSw8yrVnI>

ZONES OF REGULATION!

It's OK to feel different feelings in different situations.

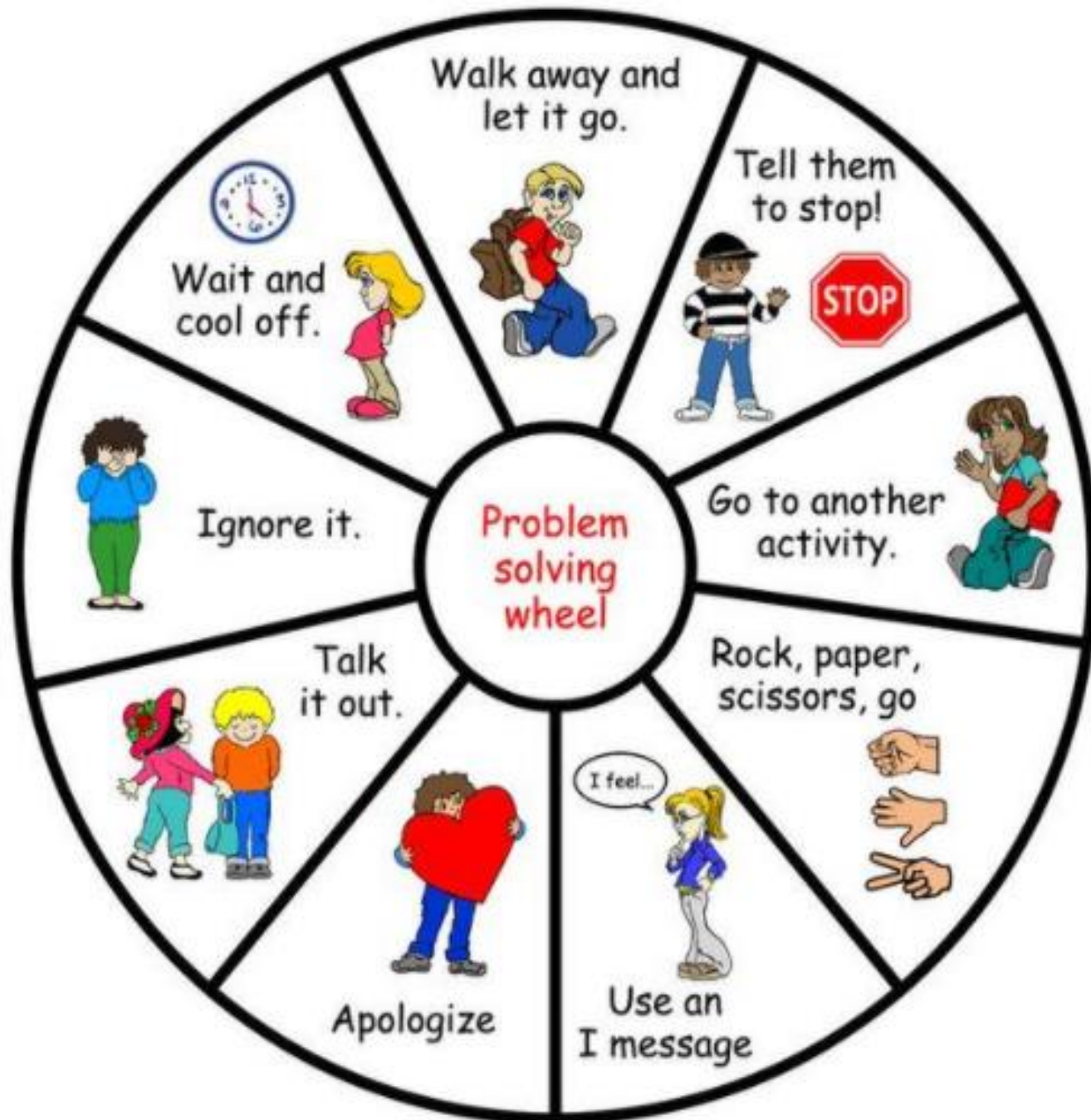
How we manage those feelings is really important.

If you feel you are having a 'big' feeling then stop for a minute and think about what you could do.

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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Sometimes it's hard to talk about 'big' feelings.

Today's task is to create a 'feeling chart'

This is a simple way of showing someone how you are feeling.

Print out the chart on this week's 'learning from home' page.

Write your name on the top line

Find a spare peg



If you are feeling a 'big feeling' but are finding it hard to talk about it use your chart to show someone by pegging the peg on the emotion you are feeling.

