

THE POWER OF WORDS

King Athelstan Primary School World Mental Health Day 2018



Today we have been learning all about how to keep our minds healthy using the power of words. We have thought about the impact of our words on ourselves and those around us and learned ways to ensure our words have a positive impact on ourselves and others. Here are some ways you can follow up this learning with your child at home:

Before you speak:

T H I N K

T - Is it true?

H - Is it helpful?

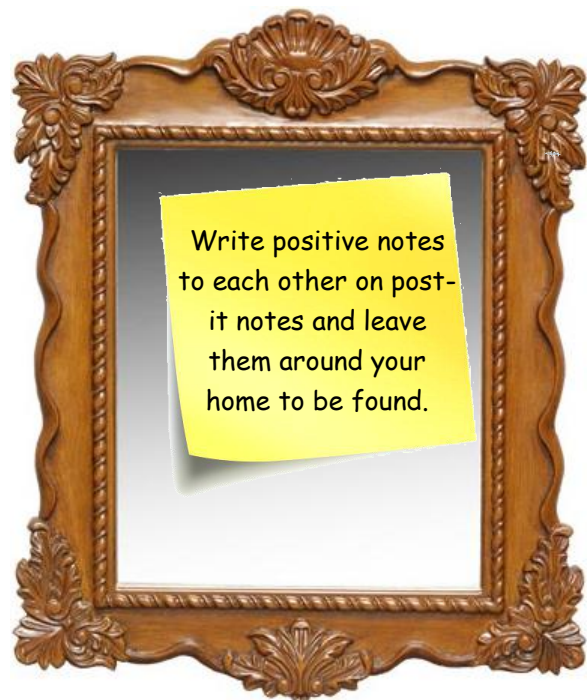
I - Is it inspiring?

N - Is it necessary?

K - Is it kind?

JourneyToCompleteWellness.com

When thinking about the power that their words have on others, we considered the 'filters' we need to use before words come out. Remind your child to T.H.I.N.K before speaking.



Feeling crafty? Why not make a Self-esteem Pizza!

Help your child to paint a paper plate to look the like crust, sauce and cheese of a pizza. Next, support them to cut 'toppings' out of coloured paper and write positive words or phrases about themselves on each one. You could even add your own toppings with things you like and admire about them. Display your finished pizza somewhere in the house (maybe the kitchen!) as a feel-good reminder.

“IF YOU CAN'T
THINK OF ANY-
THING
NICE TO SAY,
STOP NOT THINKING
HARD ENOUGH”

Kid President

Children will be bringing home a little word power in their pocket today. Each 'worry stone' has a power word or affirmation on it to remind them of today's learning and was made with love by the King Athelstan staff ☺

They can hold it in their hand, look at it or rub it when they feel worried.

