



Brighton & Hove
City Council

Public Health Schools and School Travel Team

present...

Ways to help you smile

The Smile Book

A project for EYFS children which aims to:

- Improve well-being
- Protect mental health
- Increase emotional resilience



*“Sometimes we’re happy and sometimes we’re sad
It’s OK if you feel this way
There are plenty of ways to take care of your mind
You could find out from your friends today”*





How do you
take care of
your **body**?

How do you take
care of your
mind?



Lesson 1

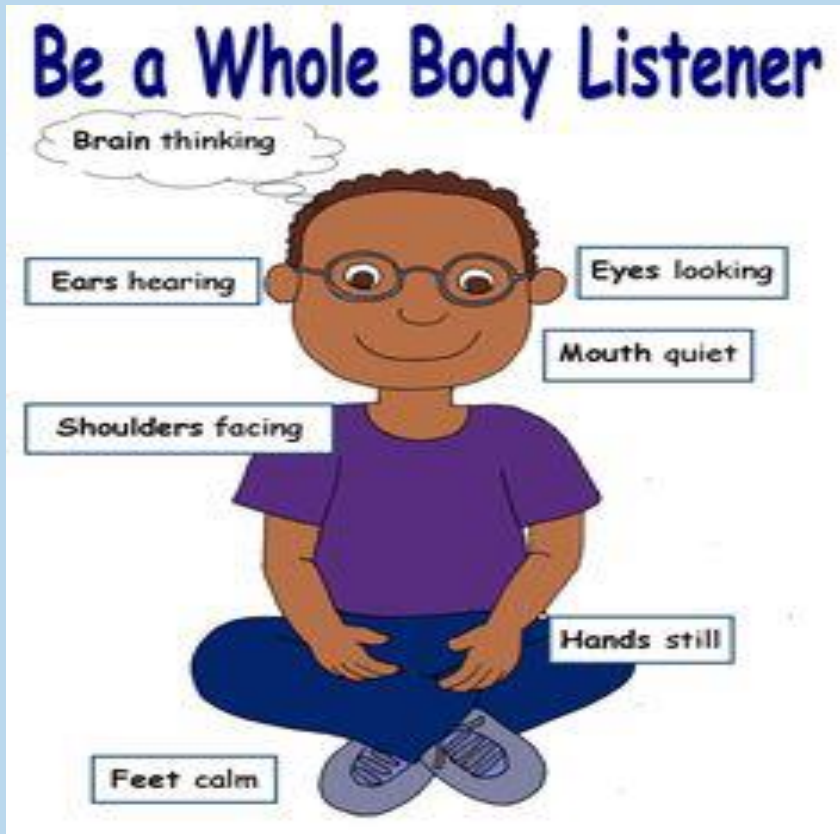
We are learning:

- to notice how we are feeling
- to talk about our feelings
- that no problem is too big or too small that we can't get help
- that talking with our friends and family can help to make us feel happy and well



GROUND RULES

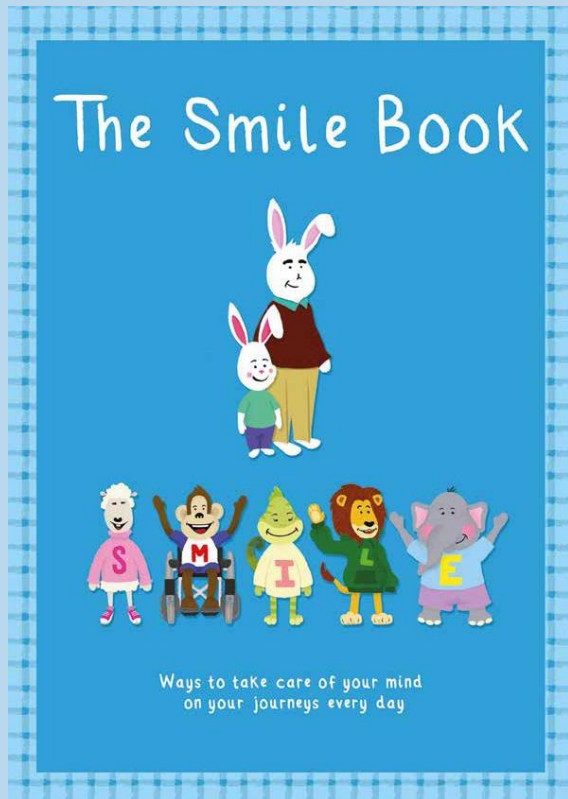
How can we make sure we feel safe and valued in these lessons?



- Join in
- Listen carefully to others
- It's ok to have different ideas
- It's ok to take part in different ways

Read 'The Smile Book'.

- Ravi and friends are teaching us that sometimes we feel happy and sometimes we feel sad and that's ok.
- If we notice and practise these things we can learn to look after our minds.
- Say and sign each one to help you to remember them.



S is for **Speak and Sign**

M is for **Moving**

I is for **Imagining**

L is for **Learning**

E is for **Enjoying**



What does Suzie do to help take care of her mind?

Speaking and signing helps our friendships to grow.



Speaking and signing about our feelings can help us to feel better.

What different feelings or emotions can we think of?



Which of these feelings do we find difficult?

Draw or write on the giant emojis.
What can make someone feel sad or cross?



Tell each other about your ideas.
What might help them to feel better?

Speaking and **signing**
about our feelings and
problems can help us to
solve them. Remember,
no problems are too big
or too small for us to talk
about them.





Speaking and **signing** about happy times can remind us of what we enjoy too.

Talk to your partner about the best thing that happened today. You can tell your grown-ups on the way home from school too.

Lesson 2

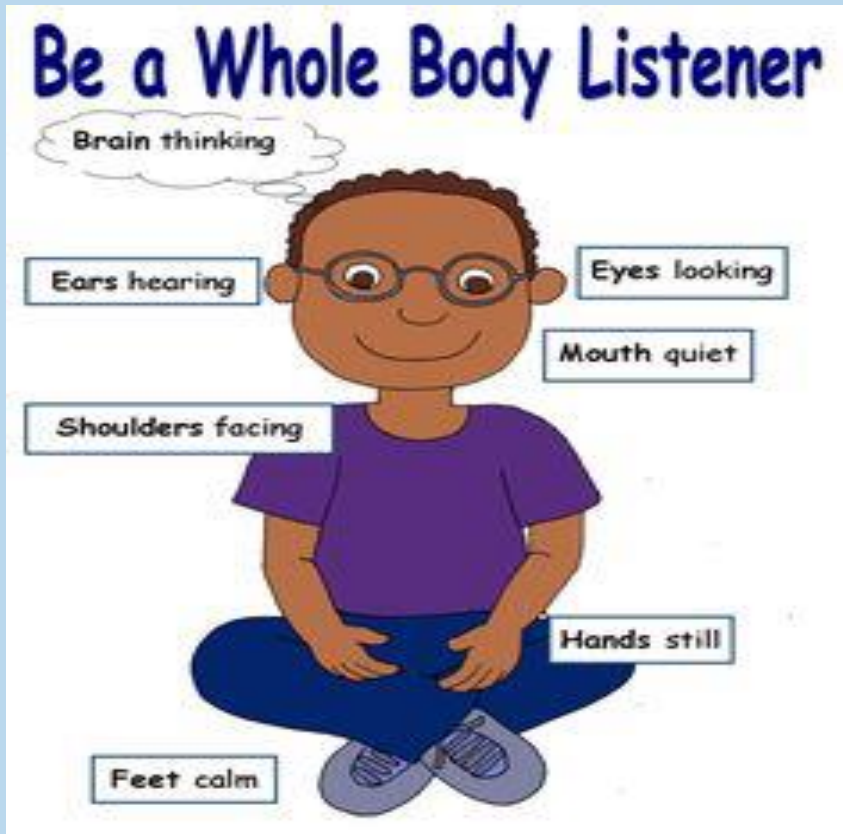


We are learning:

- to notice how moving makes us feel good
- that exercise is good for our bodies and our minds and can help to make us feel happy and well

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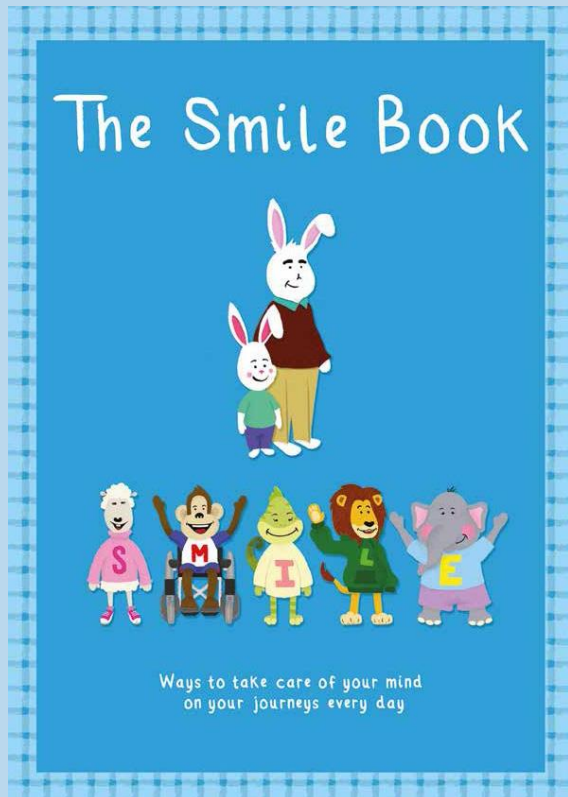
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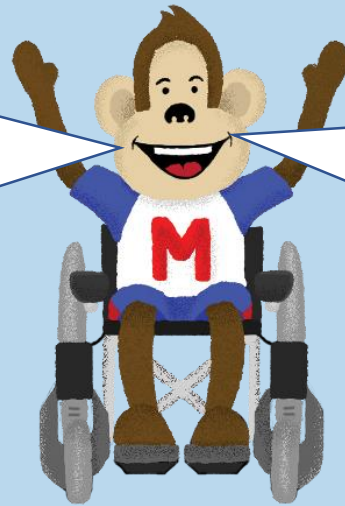
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E is for **Enjoying**

How does Mickey take care of his mind?

Moving helps us to be fit and healthy.



Moving helps us to feel happy and well.

Have a go at this exercise or your favourite 'fit kids' routine...

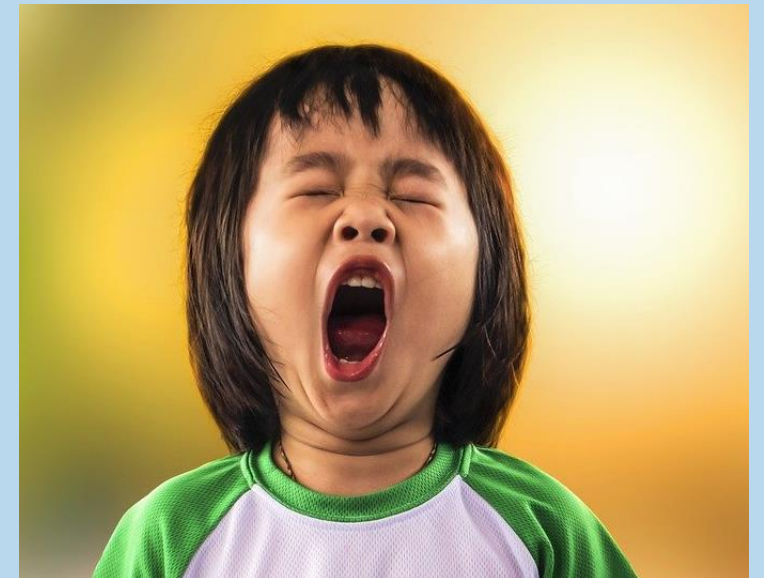
- <https://www.youtube.com/watch?v=KhfkYzUwYFk&list=PLx6NI1J7QxpM6VMvaJCXhPg-AWSMhFvv8&index=1>



How are you feeling now?



- How does your body feel?
- How is your mood?





What is your
favourite
way to exercise?



Find a fun way to exercise on your way home. You could run, skip or jump with your grown-ups all the way along the road. You could try out as many silly walks as you can think of.

Lesson 3

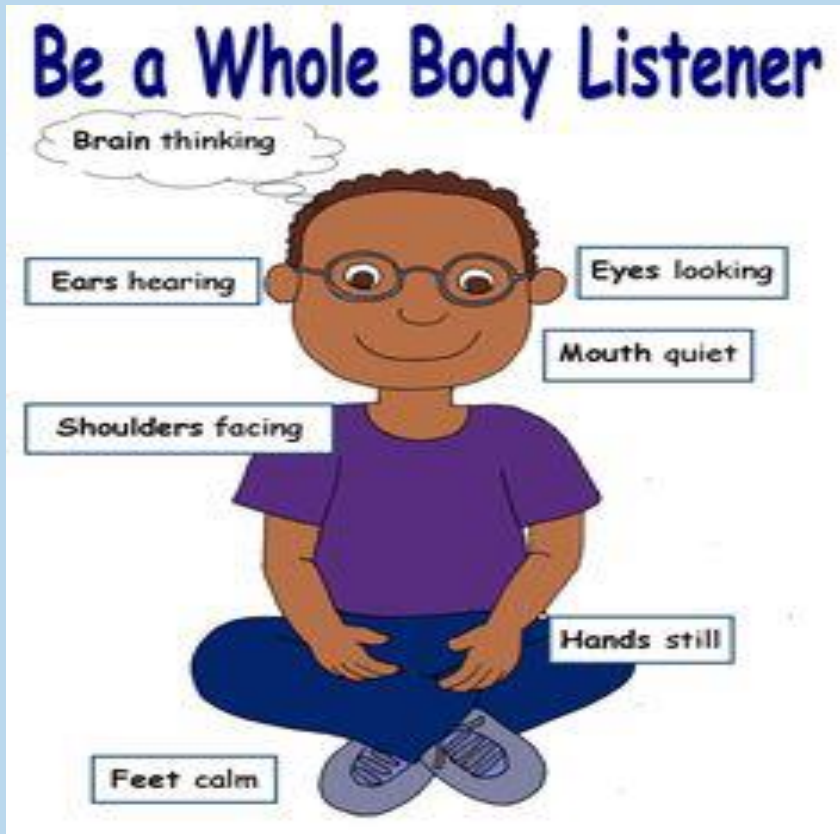
We are learning:



- that imagining helps us to find new ways to play and learn.
- that imagining helps our ideas to grow.

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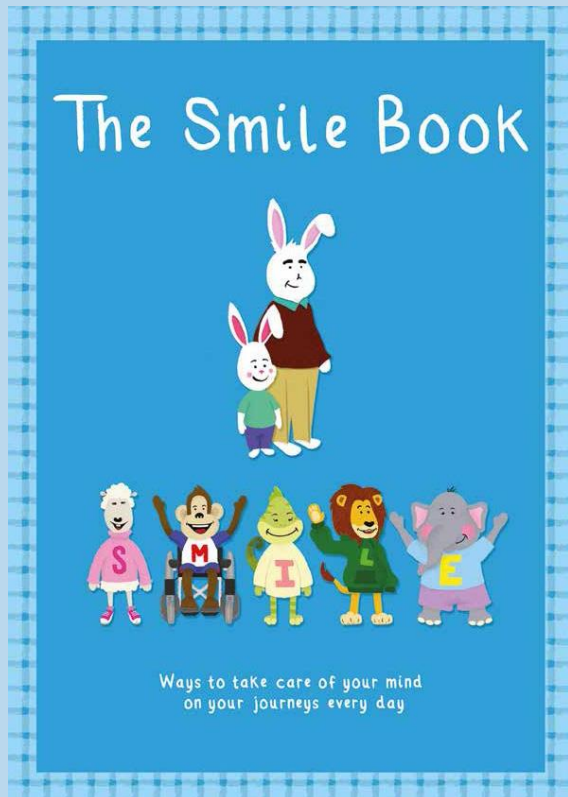
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How does Immy take care of her mind?

Imagining helps us to find new ways to play and learn .



Imagining helps our ideas to grow.

Imagine if...?

Can you ask and answer a 'What if...?' question about each of these pictures?



Share your ideas.



Find a fun way to **imagine** on your way home. You could play cloud spotting with your grown-ups. Notice the shapes the clouds are making. What do they remind you of? What could they be?

Lesson 4

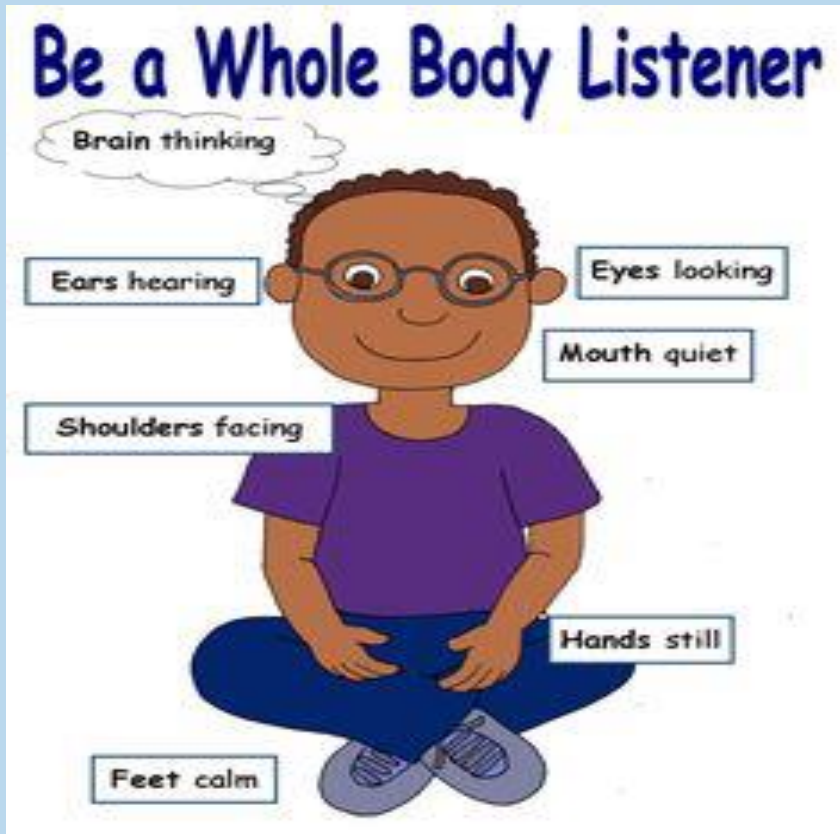


We are learning:

- that learning new skills helps us feel good about ourselves.
- that learning gives us new skills to enjoy.
- that we never stop learning.

GROUND RULES

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How does Leo take care of his mind?

Learning helps us to feel good about ourselves.



Learning gives us new skills to enjoy.



What new skills are we learning at school?

What new skills can Leo learn at home?

Leo finds it hard to tie his shoe laces. How can we help him?

- One step at a time.
- Stick at it. Try, try and try again.
- Don't give up.
- Watch someone else.
- Ask for help.
- Remember it's ok if you still can't do it.



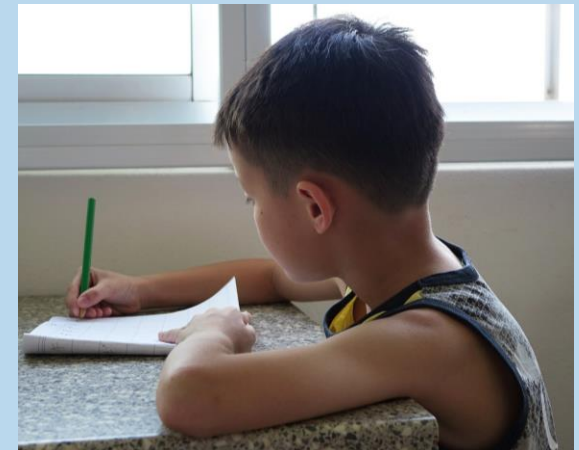
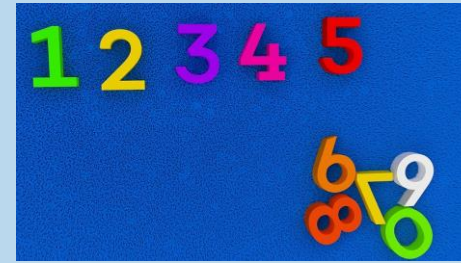
Let's try together or you could try at home...

It's very difficult!

What could we remember
to help us feel ok about
this difficult learning?



Which of these skills can we do already?
How did you feel when you master new skills?



Which of these skills are you still learning?



Practise your **learning** on your way home from school. You could see how many letter sounds you recognise on signs; or find the biggest door number you can.

Lesson 5

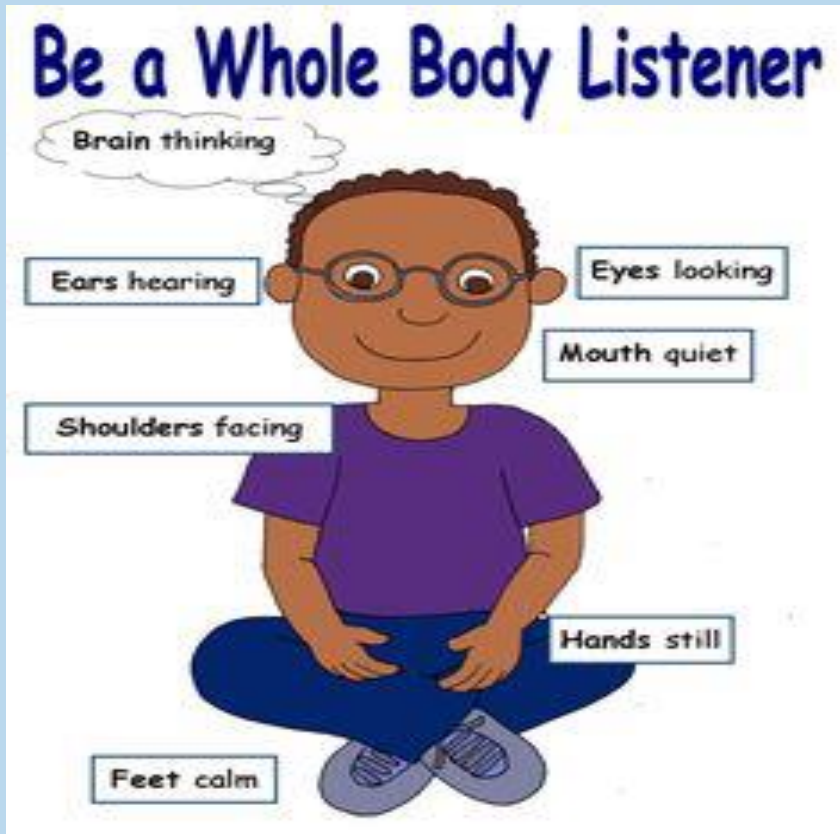


We are learning:

- To look out for the things we enjoy
- That we can notice and enjoy small things everyday

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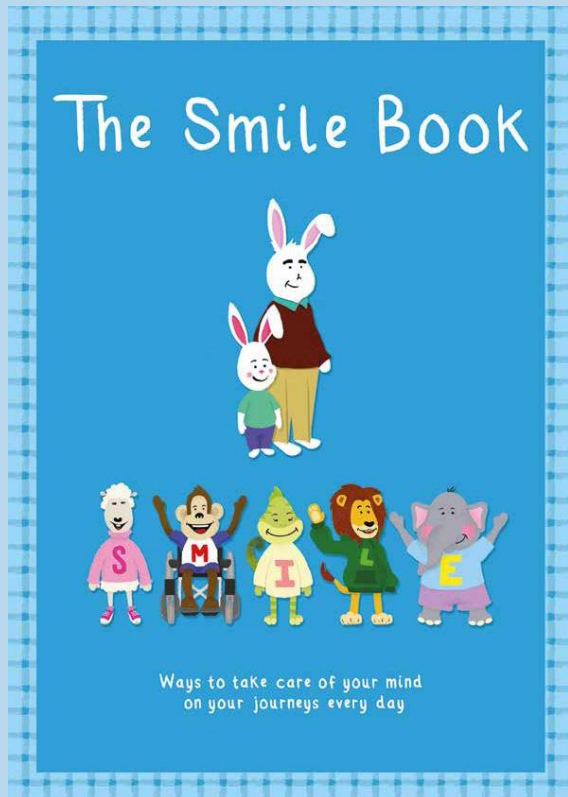
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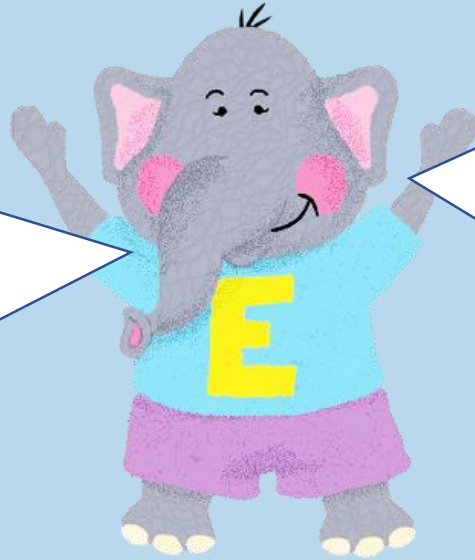
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E is Enjoying

How does Elsie take care of her mind?

Enjoying things is so important for our health.



When we notice what we **enjoy**, we can do more of those things and feel happy.

Elsie enjoys going into the outside environment to enjoy using her senses!

- Use your noticing skills to find something tiny and beautiful.
- Find something brightly coloured or shiny.
- Find something soft or spiky.
- Listen to the different sounds.
- What can you smell?

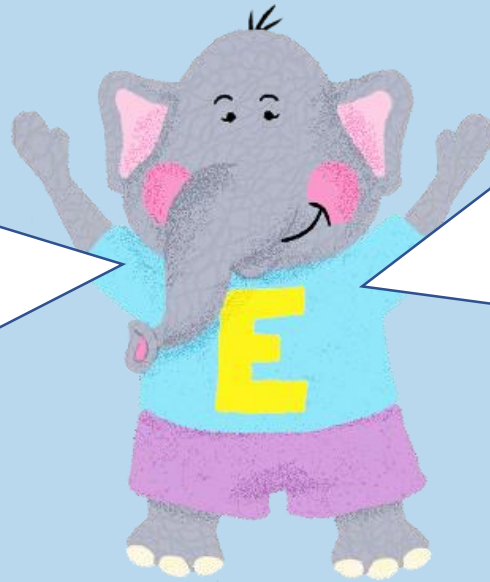


What did you see, hear, smell, taste
and touch?



Elsie says...

We can notice beautiful things around us everyday.



When we notice what we are sensing it can make us feel calm and happy.

Lesson 6



We are learning:

- That helping other people smile can help us, and other people, feel good
- That helping our friendships to grow helps us to feel happy.

Can you remember what each of Ravi's friends are teaching us to do?



How does Ravi take care of his mind?



Helping other people smile is important for our own health.

When we help other people smile, we also help other people take care of their minds.



How do you like to
help others to
smile?

Have you made
anyone smile today?



How do you take care of your **body**?

How do you take care of your **mind**?

