

DRAW AND WRITE – MENTAL HEALTH AND EMOTIONAL WELLBEING

The following are examples of responses from an upper Key Stage 2 cohort.

What makes me feel happy about myself?

Theme	Number of pupils	Written responses
Friends and peers	49	<ul style="list-style-type: none"> • Having people to talk to when I am sad. • Having friends that are girls and boys. • Friends sticking up for me. • I feel I can tell them anything and I trust them. • I can be myself around others.
Family and home	45	<ul style="list-style-type: none"> • I feel loved and cared for. • Watching a film with my family. • My family are loving and they respect me. • My bedroom. • Hugs. • Family photos.
Physical Activity	41	<ul style="list-style-type: none"> • Ballet, gymnastics, swimming, sports, trampoline, rounders, climbing, • I feel happy with myself in sport.
Pets and animals	28	<ul style="list-style-type: none"> • Seeing animals. • Giving animals like squirrels things like conkers. It makes me feel good.
Activities	27	<ul style="list-style-type: none"> • Reading. • Singing and listening to music. • Playing guitar • I love baking and get really happy when they turn out really well
School	24	<ul style="list-style-type: none"> • Being in a good school • Knowing that the teacher listens and cares for me • Learning • I can speak to people at school about my problems and they listen which makes me happy.

