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**HEAD**

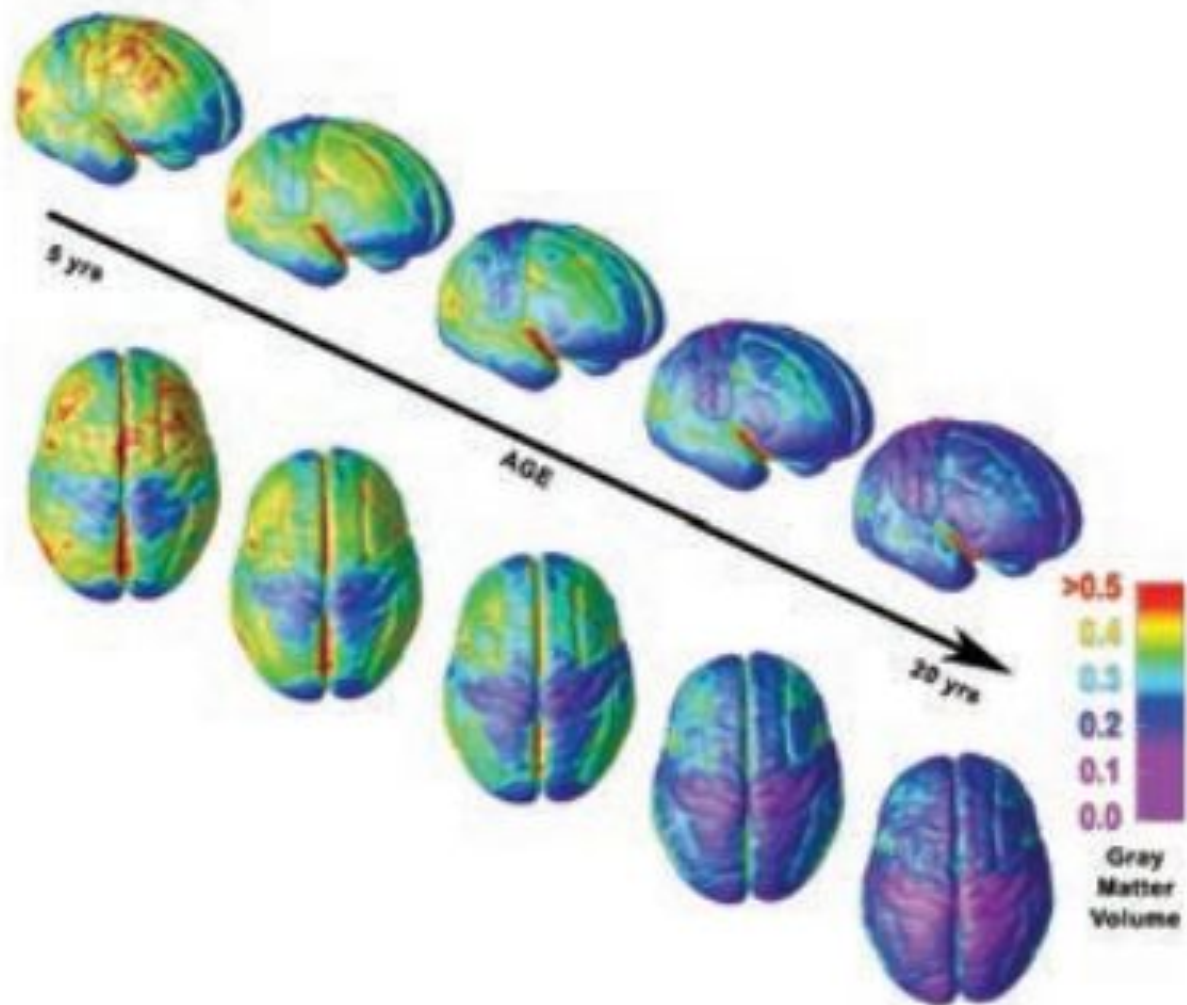
**STRONG**

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# Teen Brain









The power of  
emotions and  
your teenager...





Without emotion, what's  
the point of being human?

Marie Lu



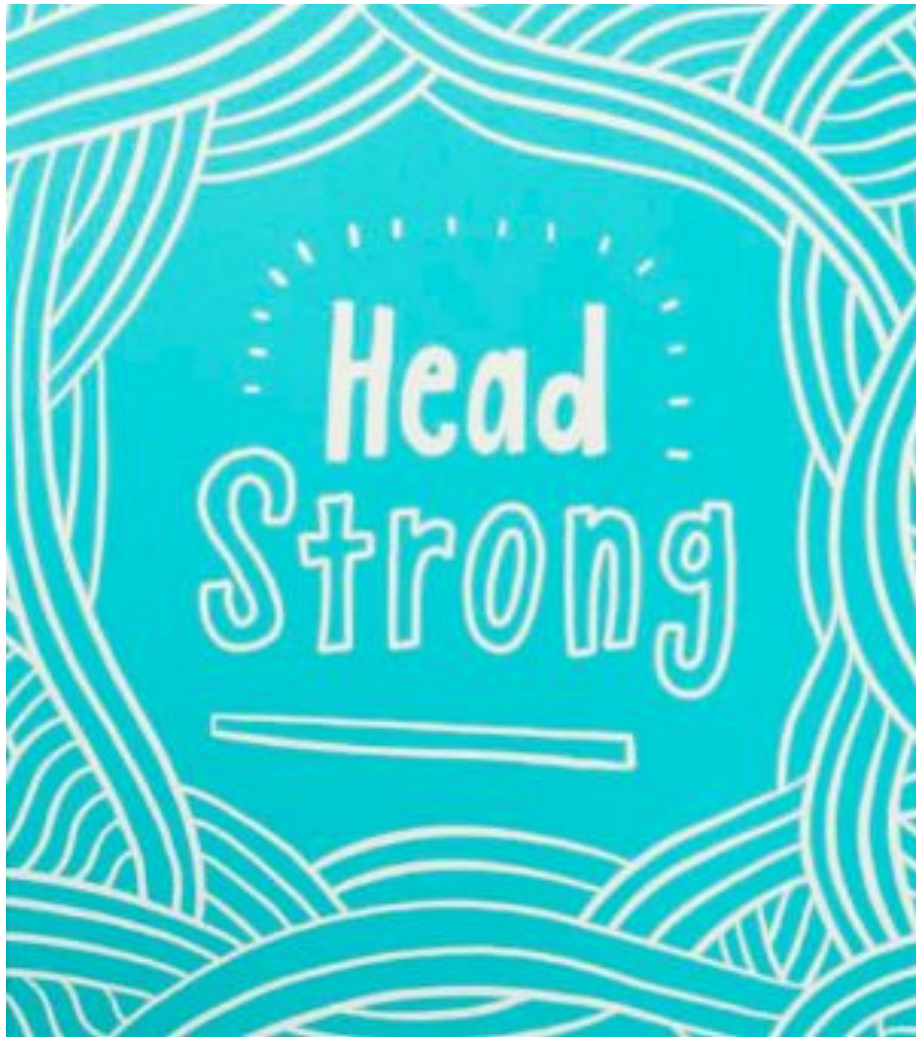
IT'S OK

TO FEEL

A LOT

OF

FEELINGS



As a school, we are beginning a journey this year.

There will be activities and learning to support your child throughout the year.

We will share this on our facebook feed too.



# Over the next year, your child will be...

- ❖ Learning about emotions and why we have them
- ❖ Exploring the importance of emotional health
- ❖ Focusing on six key areas to help look after emotional and physical health:
  - Thinking
  - Talking
  - Doing
  - Moving
  - Eating
  - Resting

# IT'S OK TO...

@colormehappii



cry



have  
feelings



rest



ask for  
help



make  
mistakes

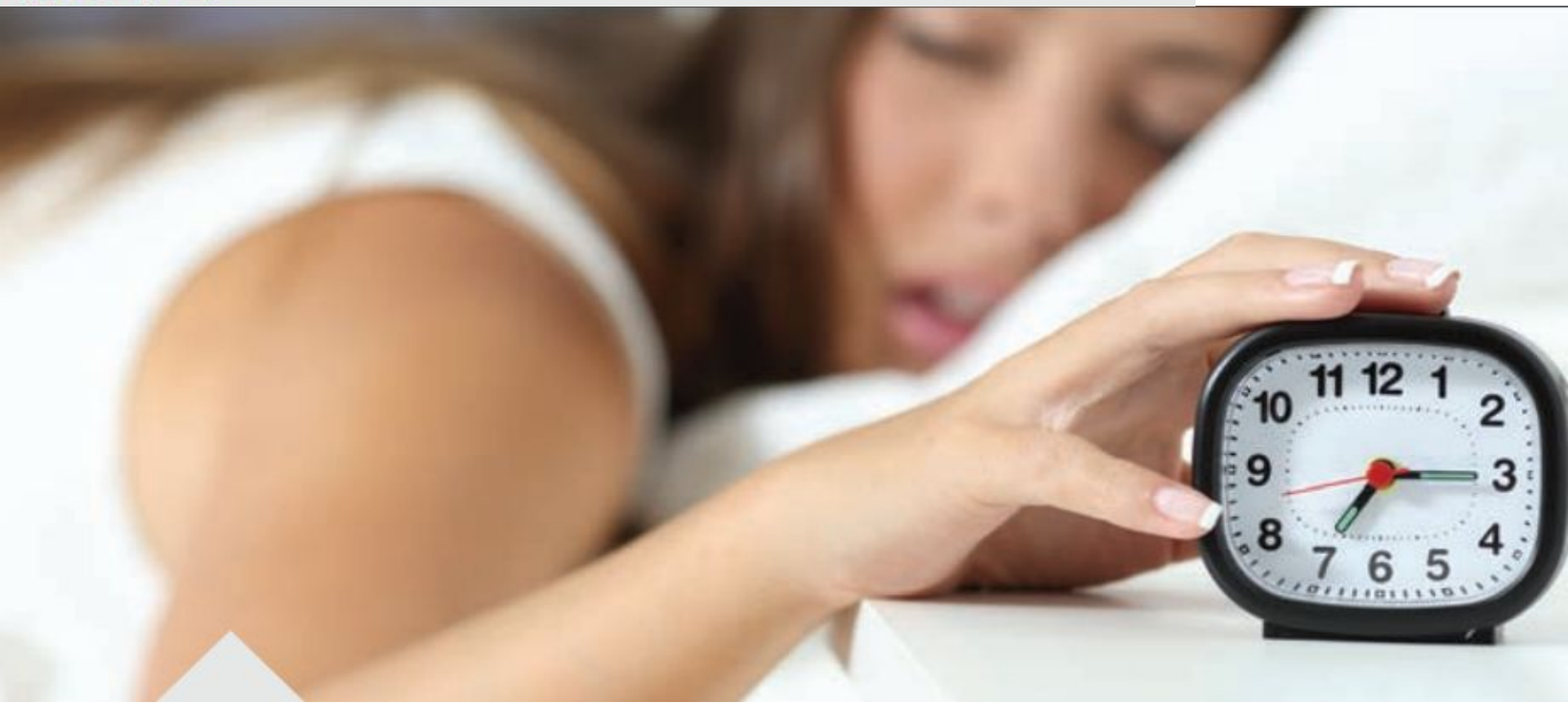


IT'S OKAY TO  
ASK FOR HELP



YOU WOULDN'T LET THIS  
HAPPEN TO YOUR PHONE.  
DON'T LET IT HAPPEN TO YOU EITHER.  
SELF-CARE IS A PRIORITY  
NOT A LUXURY.

**TEENS NEED MORE SLEEP THAN CHILDREN AND ADULTS.**







Red Zone

Stretch Zone

Comfort  
Zone

Little  
Learning

More Learning

Stress



LEARN TO REST  
NOT QUIT

@OH\_SOGRACEFUL