

Name: 😊 The Importance Of Mental Health

Just like our bodies need care, our minds and emotions need care too. Mental health means how we think, feel, and cope with daily life. Everyone feels happy, sad, angry, or worried sometimes – these are normal emotions. What matters most is how we manage them. Talking to someone you trust, like a friend, parent, or teacher, can help when you're upset. Activities like reading, drawing, or spending time outside can calm your mind and reduce stress. Getting enough sleep, eating well, and staying active also support good mental health. When we take care of our emotions, we feel balanced, confident, and ready to handle challenges.

Comprehension Questions:

1-What does mental health mean?

2-Name two examples of normal emotions everyone feels.

3-Why is it helpful to talk to someone you trust?

4-What are some activities that can help reduce stress?

5-What three habits support good mental health?

Fill in the Blanks:

Mental health means how we _____, _____, and _____ with daily life.

It's normal to feel happy, _____, or _____ sometimes.

Talking to a _____ can help when you feel upset.

Activities like reading or spending time _____ can help calm your mind.

Getting enough _____, eating well, and staying _____ support good mental health.