

M	T	W	T	F	S	S
			1	2	3	4 NOV
5	6	7	8	9	10	11 2018
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Mental Health and Role of School :-

(Measures to presence and promote mental health in children)

08 Mental health is about :

- 09 • Our minds
- 10 • How we think and feel
- 10 • How we express our emotions.
- 11 • How we perceive the world
- 11 • How we react to what is happening in our lives is a reflection of mental health.
- 12 • How you act in order to face life's situations...  
- For example, how you handle stress
- 01 • How you look at yourself, your life and the people in your life ...  
- For example, how you relate to others.
- 02 • How you evaluate your options and make choices...  
- For example: how you make decision.

04 Mental health can be "conceptualized as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

(The World Health Organization/WHO-2001)

PRIORITY

APPOINTMENTS

NOTES

	S	M	T	W	T	F
OCT 2018	7	1	2	3	4	5
	14	8	9	10	11	12
	21	15	16	17	18	19
	28	22	23	24	25	26
		29	30	31		

Measures to presence and promote mental health in children:-

Role of <sup>Parents</sup> ~~children~~:-

- 1) Sympathetic and affectionate attitude
- 2) Congenital environment
- 3) NO over protection or under protection
- 4) Use of psychology
- 5) Democratic attitude
- 6) NO too much anxiety
- 7) Building self-confidence
- 8) Meeting legitimate needs
- 9) Providing guidance



M	T	W	T	F	S	S
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5	6	7	8	9	10	11
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26	27	28	29	30		

NOV  
2018

WEDNESDAY

2018 | OCTOBER

03

Measure to presence and promote mental

08 health in children :-

Role of School :-

09 1) Pupil-centered education

10 2) Congenial environment

11 3) Checking unhealthy competition.

12 4) Balanced curriculum

01 5) Democratic discipline

02 6) Freedom of expression

03 7) Provision of education, vocational and personal guidance

04 8) Sex education

05 9) Medical examination.

06

	S	M	T	W	T	F	S
OCT 2018	7	1	2	3	4	5	6
	14	8	9	10	11	12	13
	21	15	16	17	18	19	20
	28	22	23	24	25	26	27
		29	30	31			

Measures to presence and promote mental health in children :-

Role of Teachers

1) Emotional stability of teachers

2) Love for children

3) Democratic attitude

4) Respect for individuality

5) True to his commands

6) consistency in behavior

7) Just an impartial