Sudley
Primary School



ROAR helps the children in our school to talk about their mental health and feelings.

The ROAR Response

What does ROAR stand for?

R - Recognise the signs and symptoms

O - Ask Open questions (try to spot the BIG thought)

A - Access Support, Services and Self-care

R - Build Resilience

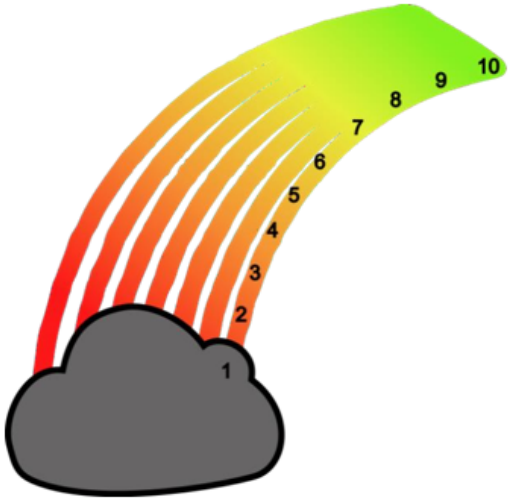
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The ROAR! Response to Mental Health in Primary Schools

The ROAR rainbow. You can use the ROAR rainbow to ask your child how they are feeling from 1-10. 1 means they are feeling very sad or worried, and 10 means that they are feeling great. Your child may feel somewhere in between. Try using this with your child today – you could tell them how you're feeling first to start the conversation

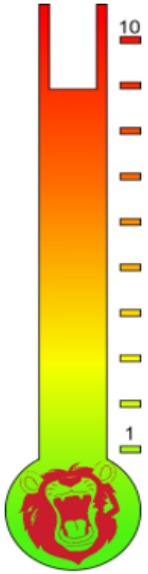
Top tip – stick the ROAR Rainbow somewhere everyone can see it, like your fridge!

The ROAR thermometer. Just like with a normal thermometer, we use the ROAR thermometer when we know something is wrong. So, if you're child tells you that they are sad, worried or angry, you can use the ROAR thermometer to ask 'how strong is this feeling?' A one on the thermometer means 'not very strong' and a 10 means 'extremely strong'



ROAR helps the children in our school to talk about their mental health and their feelings

We know that talking about feelings can be hard, so ROAR gives us tools to help make this easier



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Spotting the big thought

1. I have been feeling

_____

2. Draw a picture showing what you did when you started to feel like this.

3. What were you thinking then? Write or draw it in the bubble.

The ROAR! Response to Mental Health in Primary Schools

This is a really useful worksheet to use to find out how your child is feeling as well as what they are doing and thinking to make them feel that way.