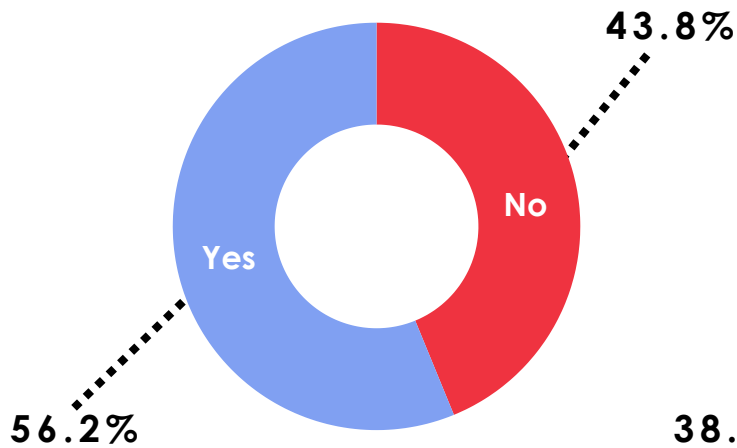
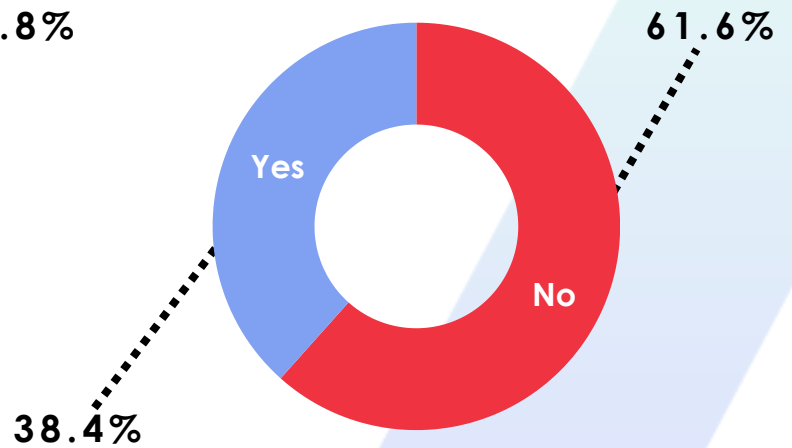


YOUR LATEST RESULTS

5-7: Should Christmas be messy?



7-11: Have Christmas adverts lost their magic?



This VoteTopic received 19,560 total votes.

THIS WEEK'S BIG QUESTIONS

5-7: Is it easy to talk about your feelings?

7-11: Would you feel comfortable having a conversation about your mental health?

- Who do you feel comfortable talking to about your mental health?
- Why is it important to talk to people about our mental health?
- How can we help other people to feel comfortable talking to us about their feelings?

WHAT OTHERS ARE SAYING

- *"I try and speak about it every day, whether it's in a song or to my friend or anywhere."* - Anne-Marie, Singer-Songwriter
- *"I am passionate about the need for everyone to feel okay to speak out, to talk to friends and family about what they're going through, to ask for help."* - Zoe Sugg, Vlogger

A CLOSER LOOK: ANCIENT EGYPT & MENTAL HEALTH



In recent years, more and more mental health charities have been encouraging us to talk about our mental health to help us through challenging times. But many of these ideas have been around for thousands of years in different cultures and civilisations.

Over 4,000 years ago, in Ancient Egypt, Egyptian doctors created sleep temples to help distressed people who were unwell. They discussed the meaning of their dreams, and talked about what their future might be like. They also studied the mental health of their patients, helping them to share their knowledge with others.

Those who were grieving or filled with anxious thoughts were given the chance to paint, listen to music and walk outdoors to help them recover.

YOUR GUIDED READING QUESTIONS

- What have charities been doing in recent years?
- When did the Ancient Egyptians create sleep temples?
- Find and copy a word that has the same meaning as “unhappy” in the second paragraph.
- What did Egyptian doctors talk to their patients about?
- How were people who were grieving or anxious treated?

THIS WEEK'S OTHER NEWS STORIES

ITV drama leads to law change

An ITV drama about false accusations against Post Office workers has led to more calls for their convictions to be overturned. Rishi Sunak has announced a new law to help victims of the scandal get justice and compensation.



It's hotting up

2023 was the hottest year on record, due to human-caused climate change and the El Niño weather event. More than 200 days saw a new daily global record for the time of year. Many predict that 2024 will be even hotter.



Bear fur ban at Buckingham?

Stephen Fry has called for an end to the use of real fur in the bearskin caps worn by the King's Guard, suggesting that fake fur should be used instead. Animal rights group PETA says that they are killed in a cruel manner.



Pants and moustaches

After the British Museum thefts, UK institutions have had to tell the public which items have gone missing from their collections. The V&A is missing some false moustaches, underpants, a shadow puppet and a mousetrap.



For more news stories, check out CBBC Newsround, First News, The Week Junior and Simple Politics.