

# Toolkit 1: All about me



MENTALLY  
HEALTHY  
SCHOOLS

As the new school year starts, use this toolkit to help primary school children get to know themselves a little better and set goals to work towards. We've also included wellbeing activities for staff too.

In this toolkit:

- ✓ Lesson plans
- ✓ Classroom activities
- ✓ Assembly plan
- ✓ Information and guidance
- ✓ SEND and staff support

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# Toolkit 1: All about me

The start of a new school year is a crucial time for building positive relationships in the classroom and with staff. Children are more likely to find it easier to make friends and to feel settled if they know how to manage their own thoughts, feelings and behaviour. To help build these social and emotional skills, they first need to get to know themselves a little better.

The activities, lesson plans and assembly plans in this toolkit - which meet the learning objectives for the PSHE curriculum - will help children to think about who they are as a person, recognise what they are good at, identify positive things about themselves, learn from their experiences and set goals.

## Classroom activities

### Getting to know me - KS1 and KS2 worksheets



These worksheets with accompanying plans have been designed and quality assured by experts in the Mentally Healthy Schools team. They feature a personalised worksheet and letter-writing task. Additional worksheets are included for pupils working at lower key stage 1 and 2 and for those with SEND.



[KS1 worksheet](#)

[KS2 worksheet](#)

### Hope Clouds (for school staff too)

**YOUNGmINDS**

This 20-30 minute activity helps encourage staff and pupils to think about their aspirations for the year ahead, especially in relation to mental health and wellbeing.



[Go to resource](#)

[More classroom activities](#)

## Lesson plans: years 1-6

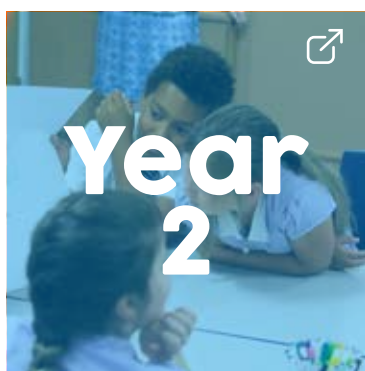
Kapow  
Primary™

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### Six themes, six lessons

- 1 Wonderful me - understanding my feelings
- 2 People around me - special people
- 3 Resilience - people to turn to
- 4 Meaning and purpose - what am I like?
- 5 Healthy body, healthy brain - ready for bed
- 6 Relaxation - progressive muscle relaxation

For each year group there are six lesson plans that are designed to help children get to know themselves - and understand how other people might be feeling. These lessons will help pupils develop resilience and empathy, boost their self-esteem and also teach them breathing exercises to make pupils feel calm. Each lesson includes a plan, resource and teacher video.



[More lesson plans](#)

## Assembly plan

### Spread a little kindness



It can be hard to know what to do to help someone going through a tough time, but small acts of kindness can make all the difference. This assembly guide and accompanying slides explores how children can show kindness to others and why it's important.



[Go to resource](#)

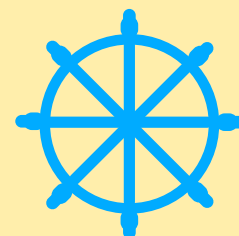
[More assembly plans](#)

## Staff wellbeing

### Wheel of Life



This activity asks school staff to consider personal satisfaction in different domains of their life, encouraging them to think about their values, their interests and the actions they could take to improve certain areas they find more challenging.



[Go to resource](#)

[More on staff wellbeing](#)

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