

# Assembly guide



**Children's Mental Health Week 2019**  
4-10 Feb #ChildrensMentalHealthWeek  
ChildrensMentalHealthWeek.org.uk

Healthy: Inside and Out

## Suitable for primary-age children

The theme for Children's Mental Health Week 2019 is **Healthy: Inside and Out**.

We're encouraging everyone to think about the link between our bodies and our minds and the impact it has on our wellbeing.

This assembly guide helps primary-age children understand and explore the theme. It is designed to be used alongside our primary assembly slides, which you can find in the same folder, but feel free to adapt the content or length of the assembly according to pupils' needs - or do your own thing entirely!

You can also use some of these ideas for whole class or small group work - but you might be interested in our primary group activities which you can find in the [same folder](#).

If you'd like to differentiate or extend the content according to the needs of your pupils, you might be interested in our [secondary assembly guide](#), which you can find in our [secondary resources](#).

## Aims

- 1 To understand that in order to be healthy, we have to look after both our bodies and our minds.
- 2 To recognise that our bodies and our minds are connected, so food, being active and sleep can help our minds as well as our bodies.
- 3 To explore what it means to be 'Healthy: Inside and Out' and plan some ways that we can look after our bodies and our minds.

## Time

30 minutes approx.

## Link to slides

## Materials required

- A video, story, or song to illustrate the impact of food/being active/sleep on the body AND mind. We have suggested some examples below, or you can find your own.
- A video, story, or song about someone making simple changes to food/being active/sleep and the positive effect it has on the body AND mind. We have suggested some examples below, or you can find your own.
- OPTIONAL: resources for the Show and Tell activity, which you can find in our [fundraising ideas](#).
- OPTIONAL: our top tips for children, which you can find in the [same folder](#) as this assembly guide.

## Step one: Being healthy

[Corresponds with slide two]

**Big question:** What does being healthy mean?

**Teaching point:** Being healthy isn't just about looking after our bodies. It's about looking after our minds too.

Ask the room "how do we stay healthy?"

If appropriate, suggest pupils and teachers put their hands up or pick a few to come to the front and share their answers. They might say some of the following:

- **Food:** eating well, having a balanced diet with

lots of fruit and vegetables

- **Being Active:** moving around, doing sports
- **Sleep:** getting enough sleep, not staying up late watching TV or playing games

Pupils might also think about being healthy as not being ill or sick. It may be helpful to ask them how they look after themselves so they don't get ill or sick, and prompt them with the above bullet points.

[Move to slide three]

Mention that when we're talking about how healthy our bodies are, we often use words like "well" or "wellbeing" - but we use these

words to talk about our minds too, to describe what mood we're in or how we're feeling. E.g. if someone asks "How are you?" you might say "I'm well thanks."

Suggest that looking after our minds (our mental health) is as important as looking after our bodies (our physical health). Ask the room what they do to cheer themselves up when they're feeling sad, low, or down. E.g. playing football, walking the dog, talking to a friend.

## Step two - Bodies and minds

[Corresponds with slide four]

**Big question:** How are our bodies and our minds connected?

**Teaching point:** Eating well, being active and getting enough sleep can help our minds as well as our bodies.

Ask the room to think about emotions like anger, happiness and nervousness and what they feel like in their body. E.g. when you're angry, you might feel hot. When you're happy, you might feel like you have lots of energy. When you're nervous, you might feel stiff and tense or have butterflies in your tummy.

Some pupils, especially children with additional needs such as Autism, may find this activity particularly difficult. If they're struggling to think, you could point them towards their favourite character from a cartoon or book. *What do they do when they feel angry/happy/nervous?* If appropriate, you could challenge them to think of a pose that shows how the emotion affects their body.

[Move to slide five]

Suggest that our bodies and our minds are connected – so things we do to keep our body healthy can actually help our mind, and things we do to keep our mind healthy can actually help our body too! E.g. when you get enough sleep, you focus better in class and you're less likely to become annoyed or upset about small things.

Revisit the room's answers to "how do we stay healthy?" in Step one and share a video, story or song that illustrates the impact of food/being active/sleep on the body AND mind. Follow up with questions. Feel free to use the suggested videos and questions to the right or find your own.

## Options for Infants

### Being Active

**Lion Family Fitness for Children Cartoon for Kids** (YouTube video)

[tinyurl.com/yc4c7bwd](https://tinyurl.com/yc4c7bwd)

Play this section: 1m03-2m48

- What did the lions and their friends do to be healthy?
- Do you think being healthy with friends makes it more fun?

### Sleep

**Why Do You Need A Good Night's Sleep? - Get Well Soon** (YouTube video)

[tinyurl.com/ybw08hq5](https://tinyurl.com/ybw08hq5)

Play this section: 2m35 - 3m30

- What happened to Kiwa when she didn't get enough sleep?
- What can Kiwa do to be more healthy?

## Options for Juniors

### Food

**The 5 Fabulous Food Groups – SciShow Kids** (YouTube video)

[tinyurl.com/zwj8pzzr](https://tinyurl.com/zwj8pzzr)

Play this section: 0m12-3m01

- How many different food groups can you name?
- Is it more healthy to have something from every group, or lots of one group?

### Sleep

**Good Sleep in Kids and Teens – Adiaha Franklin** (YouTube video)

[tinyurl.com/yc3hwa89](https://tinyurl.com/yc3hwa89)

Play the whole video. Duration: 1m21

- How long does it take for your brain to 'calm down' after watching screens?
- How does getting enough sleep at home help you in school?

## Step three – Healthy: Inside and Out

[Corresponds with slide six]

**Big question:** How can we be Healthy: Inside and Out?

**Teaching point:** Looking after both your body and your mind doesn't have to be tricky – there are simple things you can do to stay Healthy: Inside and Out.

Acknowledge that trying to be healthy might sound tricky to them because there's a lot to think about. But it's important to look after your body and mind every day – if you're healthy, it helps you feel good and do well.

You can think of it like a car – the driver is your brain and the car is your body. The driver needs all the parts to be working before they can drive. But without a good driver, the car won't go anywhere – no matter how well the parts are working!

Assure them that no one's perfect but there are simple things all of us can do to look after our bodies and our minds – and different things work for different people.

Share a video, story, or song about making simple changes to food/being active/sleep and the positive effect it has on the body AND mind. Follow up with questions. Feel free to use the suggested videos and questions to the right or find your own.

## Step four: School plans [OPTIONAL]

[Corresponds with slide seven]

**Big question:** What are we doing as a school to taking steps to be Healthy: Inside and Out and get involved in Children's Mental Health Week 2019?

**Note:** You may be interested in our special Show and Tell activity, where children and adults can raise awareness and vital funds by sharing something that makes them feel good. Funds raised will help children get access to the mental health support they need. Find out more in our [fundraising ideas](#).

- Share how your school is taking steps to be Healthy: Inside and Out and getting involved in Children's Mental Health Week 2019.
- Remind pupils that lots of people will be thinking about this together at the same time – not just at school but across the country!

## Options for Infants

### Being active

**Shake Break Exercise Song for Kids - Pancake Manor** (YouTube video)  
[tinyurl.com/gv7hbzn](https://tinyurl.com/gv7hbzn)

Play the whole video. Duration: 1m26

- Is it healthy to sit still all day?
- Does being healthy have to be boring?

### Sleep

**Why Do You Need A Good Night's Sleep? - Get Well Soon** (YouTube video)  
[tinyurl.com/ybwo8hq5](https://tinyurl.com/ybwo8hq5)

Play this section: 4m53 - 6m10

- What did the doctor tell Kiwa to do so she could sleep better?
- What do you do before you go to bed? Can you change anything to help you sleep better?

## Options for Juniors

### Food

**3 out of 5 Healthy Breakfast Lesson Plan: Nutrition Made Fun!** (YouTube video)  
[tinyurl.com/yd85pnhk](https://tinyurl.com/yd85pnhk)

Play the whole video. Duration: 2m13

- Why is it important to have a balanced breakfast which includes different food groups?
- How do you feel when you don't have energy at school?

- Remind pupils that if they're worried or unsure about something, they can always talk to a teacher, a member of school staff or another adult they trust. This might also be a good opportunity to signpost any support you have on site, such as a school-based counsellor.
- If you are running your own Show and Tell activity, remind pupils of the details and encourage them to take part.
- Encourage them to talk to their families and friends about the theme during the Week.
- Distribute paper copies of our top tips for children, which you can find in the same folder as this assembly guide, as they walk out so they can start thinking about it outside of school.