



MENTALLY  
HEALTHY  
SCHOOLS

# Toolkit: World Mental Health Day

This toolkit has been specially designed for World Mental Health Day, and provides primary schools with a range of practical resources to help inform and boost wellbeing for pupils and staff.

## In this toolkit:

- ✓ Posters
- ✓ Classroom activities
- ✓ Lesson plans
- ✓ Assembly plan
- ✓ Mindfulness exercises
- ✓ Tools and guidance
- ✓ Videos and animations

#beAMentallyHealthySchool

# Toolkit: World Mental Health Day

When we have good levels of wellbeing we feel that life is in balance and that we can generally cope well. We feel motivated and engaged, we're resilient and able to deal effectively with daily troubles, as well as bounce back from life's challenges.

Good staff wellbeing is essential for cultivating a mentally healthy school, for retaining and motivating staff and for promoting pupil wellbeing and attainment. Schools can also play a pivotal role in building the strong emotional foundations that all children need in order to thrive and be mentally healthy.

This toolkit provides a range of practical, quality-assured resources for primary schools to use to help support mental health and wellbeing. We have also designed two posters to pin up around your school which provide six top tips for helping staff and pupils to feel good.

## Supporting pupil wellbeing

### Poster for pupils



Pin this poster up in classrooms, corridors and toilets to encourage children to think about their general wellbeing and do things that makes them feel good.

[Go to resource](#)

### Worksheet - a letter about how I'm feeling

**YOUNGMiNDs**

A simple worksheet to help your pupils to express their feelings and understand what may have triggered them.

[Go to resource](#)

## Animation - how to start conversations



An animation designed to help begin conversations about mental health in the classroom. Created in collaboration with teachers, children and clinicians, it is being shown to years 5 and 6 across the UK to encourage children to talk about how they are feeling.

[Go to resource](#)

## Lesson plans



Free mental health and emotional wellbeing lesson plans from PSHE for key stage 1 and 2. These lesson plans include a number of activities and worksheets to help children to identify, talk about and develop strategies to manage their feelings.

[Go to resource](#)[More lesson plans](#)

## Classroom activity - Balancing Act



What weighs you down? What cheers you up? Thinking of our mental health and wellbeing as a balancing act can enable us to identify times, people and conditions that help us to cope and feel more settled when things get tough. This activity helps pupils think about when to prioritise their self-care.

[Go to resource](#)

## Classroom activities - mindfulness through film (KS2)



A series of eight mindfulness activities to do with your class to help pupils manage their feelings, especially during exam season or when transitioning to secondary school. The pack includes videos, worksheets and activities with accompanying teachers' notes.

[Go to resource](#)

# Classroom activity - exercises for mind and body



A number of exercises, ideas and tips for helping pupils to focus, express emotions and read body language.

[Go to resource](#)[More classroom activities](#)

## Assembly guide and slides - healthy inside and out



This assembly plan and accompanying slides encourages all children to think about the link between their body and their mind – and the impact it has on their wellbeing. For example, being active and having a good night's sleep can help our minds as well as our bodies.

[Go to resource](#)[More assembly plans](#)

## Supporting staff wellbeing



### Poster for school staff

Pin up this poster in staffrooms, offices and toilets to remind school staff about the importance of supporting their mental health - and some simple ways that they can boost their wellbeing.

[Go to resource](#)

## Tools, tips and advice to boost your mental health



Practical advice, tools, videos and audio guides to help you cope with stress, anxiety or depression - or just the normal emotional ups and downs of life.

[Go to resource](#)

## Booklet - guidance and advice for school staff



This booklet, developed by mental health experts, aims to give school staff and senior leadership teams some simple guidance and good practical examples where schools have successfully implemented wellbeing strategies.

[Go to resource](#)

## Mindfulness exercises



Two short mindfulness exercises for school staff developed by a clinical psychologist to help reduce stress and boost confidence.

[Go to resource](#)

## Activity - What keeps us going



An activity to engage school staff in thinking about their own mental health and how they cope with issues they may face.

[Go to resource](#)

[More staff wellbeing](#)

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