

Mental Health Awareness Week 2022 toolkit

Mental Health Awareness Week takes place this year from 9th May to 15th May, and schools across the UK will be thinking of ways to mark the week with their pupils.

The theme for 2022 is loneliness - the experience of feeling lonely, its effect on our mental health and how we can play a part in reducing loneliness in our communities.

Primary schools can explore this theme in a number of ways – getting pupils thinking about their friendships and support systems, about the importance of treating others with kindness, and what they can do if they ever feel lonely.

In this toolkit, we are sharing a number of resources to help schools highlight the theme of loneliness and open up wider discussions about wellbeing with pupils.

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Anna Freud
National Centre for
Children and Families

Resources

Music for self-care: Mental Health Awareness Week resources – Anna Freud Centre

An assembly pack which explores how young people can use music to support their mental health, and looking at this year's theme of loneliness.

[Go to resource](#)



Sign up to the
Mentally Healthy
Schools newsletter
for more resources

Appreciation circle – Mentally Healthy Schools

This appreciation circle activity encourages children to appreciate positive attributes and qualities in everyone, recognising differences and similarities and building friendships.

[Go to resource](#)



Wellbeing activities: being kind to yourself – British Red Cross

Explore loneliness and anxiety through these wellbeing activities that help children and young people be kind to themselves.

[Go to resource](#)



Helping hand activity – Parenting NI

This simple activity asks children to consider five people in their life who they would turn to if they were feeling stressed or lonely.

[Go to resource](#)



Building connections: Year 6 lesson plan – Public Health England

This lesson supports pupils to understand that it's normal to feel lonely, but there are strategies they can use to safely build connections with family, friends and their community.

[Go to resource](#)



Getting along with others - Council for the Curriculum, Examinations & Assessment

These classroom activities & lesson plans will help children understand the importance of positive relationships with family and friends.

[Go to resource](#)



Understanding our emotions - YoungMinds & Beano

Get children thinking about different emotions for Mental Health Awareness Week, as well as how to speak about them and how to manage them.

[Go to resource](#)



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