

## Mental Health Awareness Week 2021 – Resource Pack (SECONDARY)

**Mental Health Awareness Week 2021** takes place from 10<sup>th</sup> – 15<sup>th</sup> May. This year's theme is **Connect with Nature**. Below are links to resources to promote the mental wellbeing of staff and pupils for use in PSHE lessons, class/tutor time, assemblies and for targeted support during Mental Health Awareness Week and beyond. The resources are all produced by reputable organisations, but the School Health & Wellbeing Project has not assessed them.

**Please review your chosen resource(s) before use to ensure they are suitable for your pupils.**

### **Links to the RSHE curriculum:**

- ∞ How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
  - ∞ That happiness is linked to being connected to others.
- ∞ The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
- ∞ The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.

### Mental Health Foundation – Mental Health Awareness Week updates and resources

The Mental Health Foundation are the lead agency for Mental Health Awareness Week in the UK. This year they have chosen the theme Connect with Nature based on evidence that demonstrates the powerful benefits of nature for our mental health. During the week they are encouraging everyone to: **Experience nature: Share nature: Talk about nature**. Mental Health Week resources are now available here:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

### Anna Freud Centre – Mental Health Week Toolkit

Two toolkits - one for primary schools, one for secondary schools & FE settings - full of resources for students and staff for Mental Health Awareness Week 2021:

[https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm\\_source=mhs&utm\\_medium=newsletter&utm\\_campaign=mhaw21&utm\\_content=primarytoolkit](https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm_source=mhs&utm_medium=newsletter&utm_campaign=mhaw21&utm_content=primarytoolkit)

### Safer Schools – Emotions Journal

Safer Schools have produced a downloadable Emotions Journal designed to build the emotional intelligence and resilience of children and young people, offering them the opportunity to reflect and process their emotions and providing a healthy way to express these feelings. Click the link below to download a copy of the journal.

<https://oursaferschools.co.uk/2020/10/07/emotions-journal/>

### Mental Health UK – Ideas for Connecting with Nature

Mental Health UK are inviting you to immerse yourself in the '5 Ways to Wellbeing', while reconnecting with nature during Mental Health Awareness Week. Their website has activity ideas including 'Plant a Tulip – Seed a Conversation' and are offering the opportunity to sign up for a daily content feed around the 5 Ways to Wellbeing during the week.

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

### Young Adult Friends – Peer Support Group for Young People 17-25

A peer support group for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area: [FIN A5 Leaflet Young Adults.pdf](#)

## *Mind – Nature and Mental Health*

Tips and ideas to make the most of the mental health benefits of nature: <https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/ideas-to-try-in-nature/>

## *Public Health Slough – Active Park Walks*

Special park walks have been created in 4 of Slough's parks: Salt Hill Park, Upton Court Park, Kennedy Park and Upton Lea Park. They offer everyone an opportunity to walk and explore parklands. Each of the 4 parks has a short walk marked out by a set of wooden posts with a QR code carrying information about the walk. Simply scan with your mobile phone and you will learn more about the location or information on activity and health. Each walk also has a map at the start detailing the route and some amazing facts about the benefit of completing just one lap! Click the link below to find out more and download a QR scanning app if you don't already have one:

<https://www.publichealthslough.co.uk/campaigns/active-park-walks/>