

Lockdown RSHE Lessons – Children’s Mental Health Week & Time to Talk Day – KS3 & 4

Children’s **Mental Health Week 2021** takes place from **1st–7th February**. The theme this year is **Express Yourself** which fits in really well with...

Time to Talk Day which takes place on **Thursday 4th February**. The aim of the day is to get everyone talking about mental health. This year’s focus is on **the power of small**, because however you have a conversation about mental health – whether it’s a quick message to someone, a virtual get together or finding someone you trust to talk to – it has the power to make a big difference.

Below are some activity ideas for home learning that may help encourage pupils to express themselves and their feelings. There are also some resources for parents to accompany the home learning and a link to a factsheet for staff with tips on how to talk to colleagues about mental health and supporting each other.

For each resource, either double click on the embedded pdf to open, or download using the link.

Express Yourself

An assembly presentation and plan for produced by Place 2 Be that could also be delivered as a remote lesson.

<https://www.time-to-change.org.uk/time-talk-day/activity-packs#toc-2>



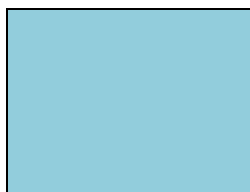
Feelings Activities



An activity pack from the Anna Freud Centre (Mentally Healthy Schools)

https://www.mentallyhealthyschools.org.uk/resources?gclid=EAIaIQobChMIKKSdLiW7gIVy4FQBh3yTgtcEAYASAAEgJcpvD_BwE

We All have Mental Health



An assembly presentation and plan produced by the Anna Freud Centre (Mentally Healthy Schools) that could also be delivered as a remote lesson. Most suitable for year 7.

https://www.mentallyhealthyschools.org.uk/resources?gclid=EAIaIQobChMIKKSdLiW7gIVy4FQBh3yTgtcEAYASAAEgJcpvD_BwE

A Letter About How I’m Feeling



An activity produced by Young Minds which encourages young people to express how they are feeling in a letter. A template and word bank are provided for support if required.

<https://youngminds.org.uk/resources/school-resources/a-letter-about-how-im-feeling/>

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Time to Talk Day – Videos and Presentations

A selection of videos and ready made presentations that can be used as assemblies or remote lessons:

The Stand Up Kid: To get students talking about mental health stigma.

Small things: To encourage students to think about the small things they could do to support their friends and classmates.

Ask Twice: To encourage students to ask how their friends are, and potentially ask twice if they think they might be struggling.

What is mental health? Highlighting that we all have mental health plus a brief introduction to what mental health problems are.

Mental health and me: To get students thinking about the ways they can look after their own mental health.

This generation: Highlighting the impact of stigma and discrimination and encourage students to take action to challenge it.

Resources can be downloaded here: <https://www.time-to-change.org.uk/get-involved/schools>

Time to Talk Day – Poetry Competition



A writing competition for 11-25 year olds in East Berkshire. There are also some creative workshops on Zoom to help with ideas. The workshops will run from 7pm to 8pm on the following dates:

- 21st January 2021
- 28th January 2021
- 4th February 2021
- 11th February 2021

More information including a link to book the workshops and submit entries can be found in the flyer. The closing date for entries is 14th February 2021.

The Little Blue Book of Sunshine

A free e-book with mental health and wellbeing advice for children and young people across Berkshire.

[https://www.google.co.uk/books/edition/The Little Blue Book of Sunshine/dvcOEAAAQBAJ?hl=en&gbpv=1&printsec=frontcover#spf=1611137675410](https://www.google.co.uk/books/edition/The_Little_Blue_Book_of_Sunshine/dvcOEAAAQBAJ?hl=en&gbpv=1&printsec=frontcover#spf=1611137675410)

Don't Do It Alone

A video and lesson plan from Kooth that can be used online or in the classroom. The **Don't Do It Alone** message is designed to encourage open conversations around mental health so children and young people know they are not alone with their struggles: explore.kooth.com/dontdoitalone

Helping Parents and Carers to Communicate with their Children

A webpage and downloadable booklet with tips and advice to help parents and carers communicate with their children about emotions and mental wellbeing:

https://mindedforfamilies.org.uk/Content/talking_to_my_child/#/id/59c0f796928ba1116a891716

How to Talk to Colleagues about Mental Health & Wellbeing

The skills to have healthy conversations about mental health and wellbeing are key to creating a culture where people feel valued, cared for and supported. It is not about having the answers, in fact it is the opposite; it is about asking open questions, showing you care, listening and showing empathy, withholding judgement and then asking what they can do, and you can do. Education Support have produced a factsheet with information and advice to help education staff support each other: <https://www.educationsupport.org.uk/resources/factsheets/how-talk-colleagues-about-mental-health-and-wellbeing>