



We all have mental health

Assembly Plan

Age group: Key Stage 3

Timing: 20 minutes

Note: There are several points in the assembly when it would be helpful to hear thoughts from the audience. We have added a slide after some of these points outlining appropriate answers should this be helpful in your setting.

Resources:

- Projector, screen and sound
- *We all have mental health* animation (open and ready to play)
- Assembly PowerPoint (open and ready)
- If you wish to use the signposting slides at the end of the presentation, you will need to fill these in pre-lesson (slides 21-22).

Slide no.	Teacher presentation/discussion points
1	<ul style="list-style-type: none"> • Today we are going to talk about mental health. What do we mean by 'mental health'? • <i>Gather ideas from the audience.</i>
2	<ul style="list-style-type: none"> • Share definition - Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is just as important as looking after our physical health.
3-7	<ul style="list-style-type: none"> • We are going to have a go at some true/false statements. • <i>Ask for hands up to vote true/false for each. The answer will appear when you click.</i>
8	<ul style="list-style-type: none"> • Let's watch this short animation about two pupils – Sasha and André. They are experiencing different issues with their mental health. See if you can spot the differences between what they are experiencing and how they cope with them.

<p>9-12</p>	<ul style="list-style-type: none"> • Let's start with Sasha, what was happening for her? • <i>Gather ideas from the audience. Slide 9 outlines some ideas if needed.</i> • And what was going on for André? • <i>Gather ideas from the audience. Slide 12 outlines some ideas if needed.</i> • <i>Draw out key themes of the animation including:</i> <ul style="list-style-type: none"> ○ What are the differences between everyday feelings and overwhelming feelings? ○ What are some self-care strategies we can use to deal with everyday feelings? What does Sasha do? Does it work? ○ How are the feelings that André is experiencing different? What does André do to manage these feelings? ○ What advice does André get from Sasha and his Head of Year? ○ What are some other things André could do? ○ What can you do if you are worried about a friend?
<p>13</p>	<ul style="list-style-type: none"> • Sasha and André were experiencing different types of feelings in the animation. What were the differences between them?
<p>14</p>	<ul style="list-style-type: none"> • <i>Recap the definitions of everyday and overwhelming feelings</i>
<p>15</p>	<ul style="list-style-type: none"> • <i>Click through the slide which shows where Sasha and André fit on a Venn diagram of everyday and overwhelming feelings.</i>
<p>16</p>	<ul style="list-style-type: none"> • There are lots of ways that we can look after our mental health.
<p>17-18</p>	<ul style="list-style-type: none"> • How did Sasha and André look after their mental health? • <i>Gather ideas from the audience. Slide 18 outlines some ideas if needed.</i>
<p>19</p>	<ul style="list-style-type: none"> • Here are some of the things that can help us to manage our own mental health. • What are some of the things that help you? • <i>Gather ideas from the audience.</i>
<p>20</p>	<ul style="list-style-type: none"> • Sometimes it can help to get support with our mental health.
<p>21</p>	<ul style="list-style-type: none"> • In our school, you can talk to...<i>[fill this section in with support options in your school].</i>
<p>22</p>	<ul style="list-style-type: none"> • Outside of school, these options are available <i>[add support options that are available in your local area to the bottom of the list].</i>
<p>23</p>	<ul style="list-style-type: none"> • Remember... we all have mental health.