



MENTAL HEALTH AWARENESS PACK FOR SCHOOLS

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Foreword

As adults, we all know how physical activity boosts our mood, whether it's something as simple as a brisk walk at lunchtime or something more challenging like a 10k run. **You get your endorphins going and experience the buzz that comes as a result.**

And that's just as vital for kids. The more that young people get moving and let off steam, the better they feel, and the happier and more confident they become. **That's why this year's Mental Health Awareness Week (May 13-19),** with its theme of moving more to improve your mental health, is a fantastic opportunity to support pupils' mental health and good habits.

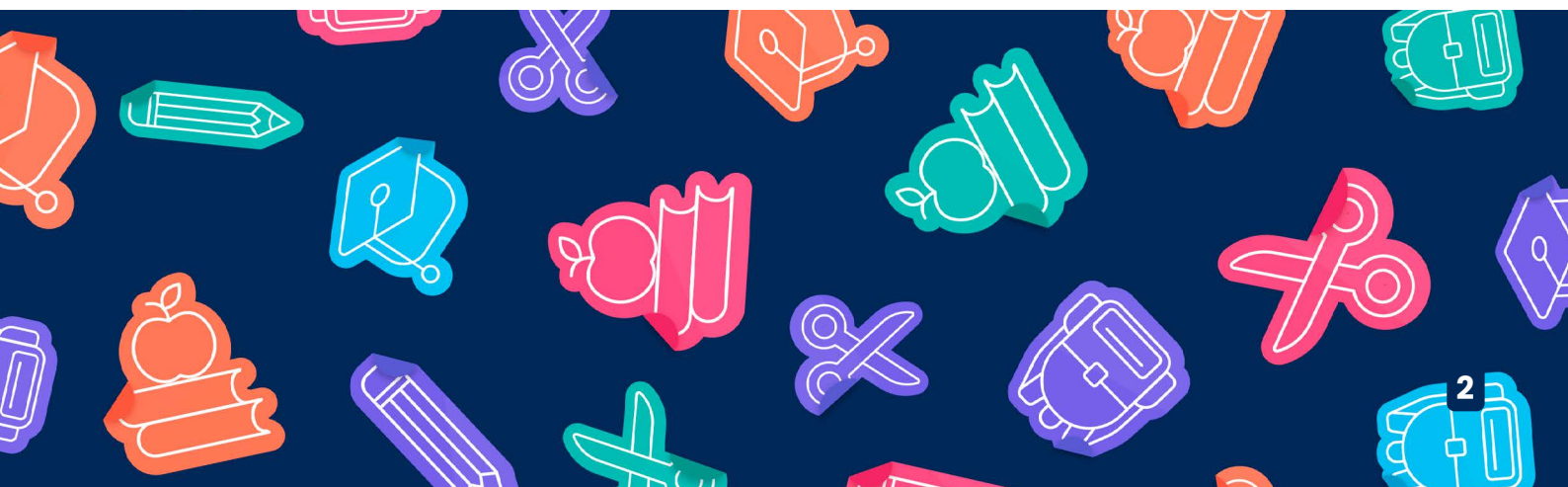
ClassForKids facilitates more than 3,000 activity clubs for young people up and down the country and we want the next generation to be the best they can be – with your help.

Our schools/class resource pack provides everything you need to get involved in the mission to **Move More and enhance our children's wellbeing.**



Take a look at our lesson plan, school poster and certificate for youngsters participating in activities. **What are you waiting for? Get a move on!"**

Duncan Ross, Managing Director,
ClassForKids



Mental Health Awareness Pack for Schools

At ClassForKids, we are very proud to be playing our part at such an important time of year. Mental health is key not just to individual wellbeing, but also to society in its entirety, and we strongly believe in the connection between physical activity and a happier, healthier mind.

Our team at ClassForKids is dedicated to assisting business owners who work directly with children and their families with **managing their businesses more efficiently**, so they can, in turn, dedicate their days to giving local communities all the help they deserve and need to incorporate sports of all

kinds into children's daily routines, **and improve both wellbeing and a sense of belonging.**

We hope this simple, yet vital resource pack will go some way to inspire, but also show how much fun sport can be, and how beneficial to contribute to those feelings of happiness and positivity **that really make a difference to the way our children – and us with them – cope with life in general. Have fun!**

For more information on ClassForKids [**Click Here**](#)



How to Use This Toolkit

This Mental Health Awareness Week Resource Pack for Schools provides you with everything you need to host a dedicated (and fun) lesson with the children and the opportunity to introduce (or further develop) **the concept of Mental Health and its importance.**

The toolkit included in this resource pack has been developed to **help inspire children with the strong connection between sport and better mental health.**

A lesson plan and supporting materials have been included, with adaptability in mind, to be moulded by the expert hands of teachers. More generic materials have also been provided for use.

You are invited to use the resource in any way that suits you and the young people you work with. We know your expertise and your bond with the children will go a long way to turn our simple toolkit into a really useful source of inspiration!



The Lesson Plan

Ages 4-11

Take Your Time To Move More

Session Timings – 45 to 55 minutes

Pre-Class Preparation – 10 minutes (Slides/Pages 1

Lesson – 10 minutes (Slides/Pages 8-10)

The Game – 15-20 minutes (Slide/Pages 11-12)

The End of the Game – 5 minutes (Slide/Page 13)

How to Cool Down – 5-10 minutes (Slide/Page 14)



Session Objectives:

The objective of this session is to create a fun opportunity to further develop a conversation with the children around the connection between movement and our mental health.

Note to facilitators: You know your audience! We invite you to teach this in the way that you feel best **works and to adapt this resource for your kids, depending on their ages, learning needs and interests.** The toolkit is designed with your expertise in mind. Choose either part or all of the content to support ongoing work and conversation with the children, and feel free to use it flexibly during a time that works for you within the framework of the day.

We hope that however you choose to use the resource pack, **this could support a discussion about how to work together to increase mental health** literacy for

children and the importance of sport, whilst having lots of fun and with minimal resources (in fact, all you'll need is a PowerPoint presentation and some space to enjoy!).

After-Session Discussion Points

- What do we know about 'Mental Health'. What is it and how does it affect our lives?
- How can we look after our Mental Health on a daily basis? How do we care about our minds, our emotions, and our thoughts?
- How can sport improve Mental Health, as well as being great fun? Have you ever heard of 'endorphins'? What are 'feel good' hormones?
- What sport do you enjoy and how do you feel after practising it?

Pre-Class Preparation

Warm-up

Slides 1-4 - Display images representing a range of emotions and facial expressions e.g. happiness, anger, pain, tiredness and develop some key questions:

- What emotion is being felt? Can you name it?
- What other word could describe that emotion?
- Why would the person be feeling like that?

Slide 5 - Next, explain what **Mental Health means** – It's how we feel and our state of mind. Good mental health means you feel good, feel positive and can cope with life in general.

Ask the children to discuss their thoughts, and **what makes them feel happy**.

Slide 6 - But good mental health doesn't necessarily mean that you feel good all the time. Everyone has good and bad days. Our wellbeing goes up and down and that's normal. Add examples of cyclic patterns, like clouds and sunshine.

Slide 7 - What does 'good Mental Health' mean?

Key message to share: keep learning how to accept your feelings and cope with them and how sports/exercise can help.



Let's Get Moving

Slide 8 – The Lesson. Develop the idea that by moving and being physically active we can help improve our mental health.

Key question: What does movement mean?

Key message: “Any exercise that gets you physically active is good exercise. It could be cycling to school, playing in the park, a game of tag with friends or it could be an organised activity you do as part of a club – football, gymnastics, dancing, swimming.”

Ask the children how they learn when they practise their favourite sport or exercise outdoors.

Slide 9 – Who is a member of a team or club? Tell us what you enjoy most about that. How do you feel after your exercise?

Key Message: “Being physically active is great for our bodies. It builds muscle and strong bones, makes us more flexible, helps us go faster and helps us relax. But it is also good for our mental health. It makes you feel better, happier, confident. It also helps us concentrate and sleep better. Ideally, you should be moving every day for at least an hour – sounds like a lot but you’re probably already doing quite a lot. Even walking to school counts.”

Slide 10 – So how does it make us feel better?

Key Message: “We all have chemicals called hormones in our bodies. These can change our mood – make us happy, sad, or angry. When we’re doing exercise and moving, we produce chemicals called endorphins which help us to feel happier. They’re called the feelgood or happiness hormones so an easy way to make some is to get moving!”



The Game

Slide 11 – Let’s try it out!

Choose an activity to participate in as a class and add the relevant slide. Ideas could be:

- Music and movement: how do we use music to accompany exercise
- A game of ‘Animal Sounds’ as part of the daily exercise
- The Daily Mile: what a mile feels like (this could be accomplished within different sports and activities i.e. running, walking, swimming or just exercising)
- A simple game of relay (again, this could be accomplished within the chosen sports setting)
- The basics of movement: what exercises are good for you and easy to do anywhere

Slide 12 – How did we do?

Key message: *“Well done everybody! We had lots of fun with our sporting session. Let’s talk about what we learnt.”*

Key question: *How did our game make you feel?*

Facilitate a discussion.

Key message: *“For the rest of Mental Health Awareness Week and beyond, we want to keep up this good habit of moving for your mental health. You are more likely to keep it up if you are doing something fun.”*

Key question: **How do you think you might want to keep up the good habit of moving this week?**

The children can either write their answers or tell each other.



End Of The Game

Slide 13 - Summery

Key Message: *“That’s great. We’ve had fun and got moving at the same time, and we had the opportunity to talk about what we enjoy. Let’s see what we’ve learned about sport and mental health today”*

Key question: How do physical activity and movement help boost our mental health?

Recap from the teacher with keywords like endorphins, feelgood/happy hormones, mood, sport, and exercise.

Choose a physical activity you could add to your daily routine, what would you enjoy most?

Key Message: *“Make sure to choose something you know you’ll want to keep on doing and let’s remember to keep moving beyond Mental Health Awareness Week. So, let’s keep up the good work, give yourselves all a round of applause and let’s see some high fives around the room.”*

The children close the session with reciprocal encouragement.



Cool Down

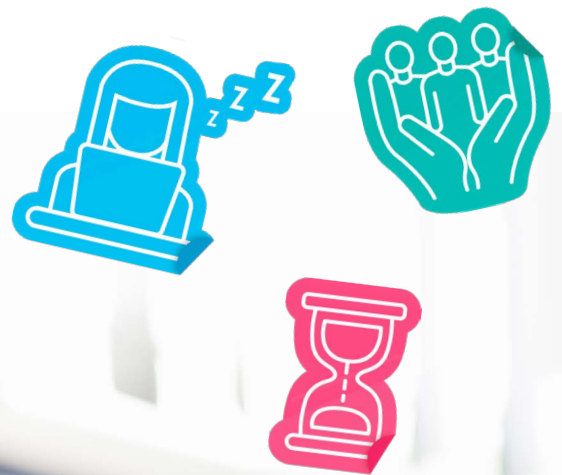
Slide 14 - Lead a cool-down session as you would in normal PE classes, then start an emotionally relaxing activity. Children can close their eyes if they wish.

Key Message: "After any physical activity, we need to cool down and relax our muscles and our minds."

You could play relaxing music if that's possible.

Key Message: "Close your eyes if you feel like it and think about how you feel now. You should have some endorphins, the happy hormones, racing around your body. So let's relax and slowly breathe in and out and remember how good you feel after that exercise."

Key question: How are you feeling now?
What do you think you have learnt today?



Calendar of Activity

Monthly Inspiration to Move for My Mental Health

Slides 15 - Key Message: *“Let’s all think about what we can do each month to keep moving. You don’t have to be a brilliant athlete; you just need a bit of determination and consistency.”*

Key question: *What would inspire you? Facilitate discussion with the children*

Key Message: *“Would it be the London Marathon, seeing the runners achieve the amazing feat of running 26 miles? Could you start with a mile? Or would it be a football championship? Getting you’re your mates together for a fun football game? An incredibly talented swimmer? What other examples can you think of? ”*

Key Message: *“Maybe you’ve always wanted to do gymnastics, tennis or get involved in the performing arts – that’s an activity too. There are so many clubs to join and share the feelgood factor that exercising brings with your friends.”*

Slide 16 - (Graphics)

12 images to represent a sport per month, with the name of the month included – collage

Facilitate discussion with the children

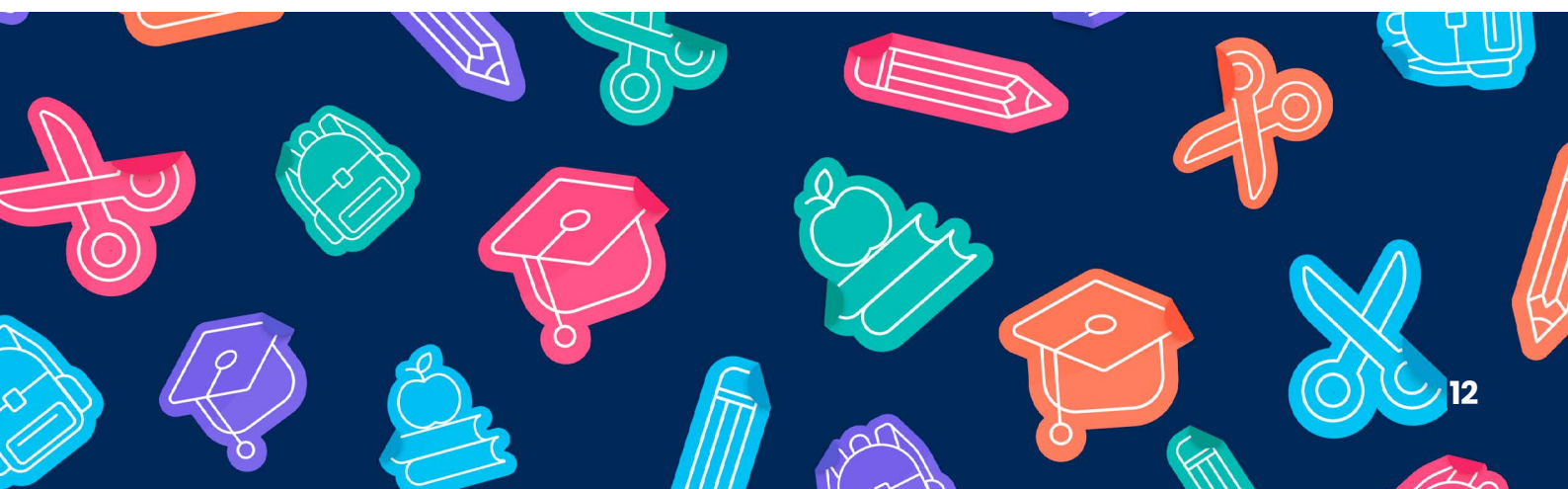




I'VE MOVED FOR MY MOOD This is to certify that



Moved for their mood as part of ClassForKids in Mental Health Awareness Week 2024
Congratulations on getting physically active and boosting some happy hormones.
Moving more for our mental health is good for everyone. Keep it up!





ClassForKids[®]
an  access company

GET A MOVE ON!

Mental Health Awareness Week 2024, **May 13-17**

We're getting moving in school to improve our mental health and boost our endorphins, and you can be an integral part of our activities.

Speak to your teacher to find out more!



Social Media Toolkit

These are just some images which you could use on social media to promote the connection between Sport, Exercise and Mental Health. For more support, **please get in touch!**

Download

Happiness can always be found, even in the darkest of times, if only one remembers to **turn on the light.**



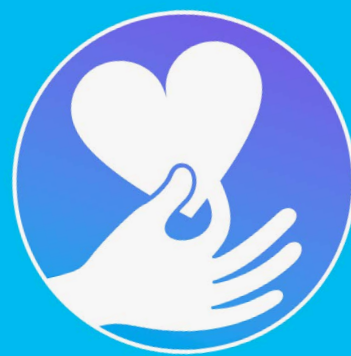
Dumbledore

If you have good thoughts, **they will shine out of your face** like sunbeams and you will always look lovely!



Roald Dahl

No **act of kindness**, no matter how small, is ever wasted.



Aesop

Tears fall for a reason and **they are your strength**, not weakness.



Charlie Mackesy



Curriculum Links

England

KS2 Education physical health and mental wellbeing education (part of RSE and health education).

Northern Ireland

KS1 & KS2 Personal Development and Mutual Understanding.

Scotland

First to Second Level, Health and Wellbeing, Physical activity and health.

Wales

Health and Wellbeing, Progression Steps 2-3.





Get In Touch

You can get in touch with us via our website or our socials links below!

Thank you & have fun!



Contact Us

