

#HelloYellow Secondary Lesson Plan

Age group: KS3 or 4

Objective: To clarify what we mean by mental health, how we can identify support and how we can look after ourselves

Time: Between 30 & 50 minutes

Intro: Ask students why they are wearing yellow today. Explain purpose of today's activity/assembly

Resources: #HelloYellow kit, Paper/whiteboard and pens for each student. Cards saying 'Coping well', 'Coping okay' and 'Finding things a struggle'

Introduction Activity:

- Ask students to do a quick drawing on their paper/whiteboards of a healthy person – do not give further details or explanation. Stress that the drawing can be simple.
- Ask them to add details about how a person becomes and then keeps themselves healthy (such as eating well, exercising, not smoking etc).
- Share some of their ideas and create a list.
- Has anyone included looking after their mental health? They might have done and this should be congratulated as it is a vital part of our health. If not, then create a question around that.
- Ask the group what factors support good mental health, such as having people we can talk to and having strategies to de-stress.
- Ask the students for their ideas on what good mental health looks like.
- Highlight that looking after our emotional health is as important as looking after our physical health.
- Clarify definitions if necessary – difference between mental health and mental illness.
- Ensure that group are aware that there are good sources of information online, but it is not a good idea to self-diagnose from the Internet. You can direct them to youngminds.org.uk/find-help

Main Activity:

- Ask for volunteers to come to the front – reassure them there will be nothing embarrassing or personal.
- Ask volunteers holding up cards saying;

Coping well Coping okay Finding things a struggle

- Ask students who are happy to do this, or a staff member to come to the front and move up and down the line in response to these statements:

1. You have had a great half term break and can't wait to see your friends
2. You had an argument with your mum last night and did not see her this morning
3. You have done well in your last history essay
4. You have a maths test this morning that you totally forgot about
5. You have just had a new seating plan in English and are with your best friend
6. You have mocks coming up and have not really left enough time to revise
7. You have the new, scary Geography teacher and you find Geography difficult
8. You and your best friend are not getting on
9. You are getting wound up by everyone's 'perfect lives' portrayed on Instagram
10. Your Spanish teacher has set up extra lessons to support your set through the mocks

Conclude by asking if everyone's reactions would be the same to all the points – explain that we all have varying levels of resilience and different triggers, but we all have things that worry us and make us feel nervous, panicky or overwhelmed.

Concluding Activity:

In groups – think of conversation starters they might use to support a friend who they think is worrying about something. How do you show a friend you are there for them and can listen?

Feedback and make a list of conversation starters that students agree might be helpful such as:

You don't seem yourself; do you want to talk?

Do you want me to talk to your mum/Ms X or Mr X?

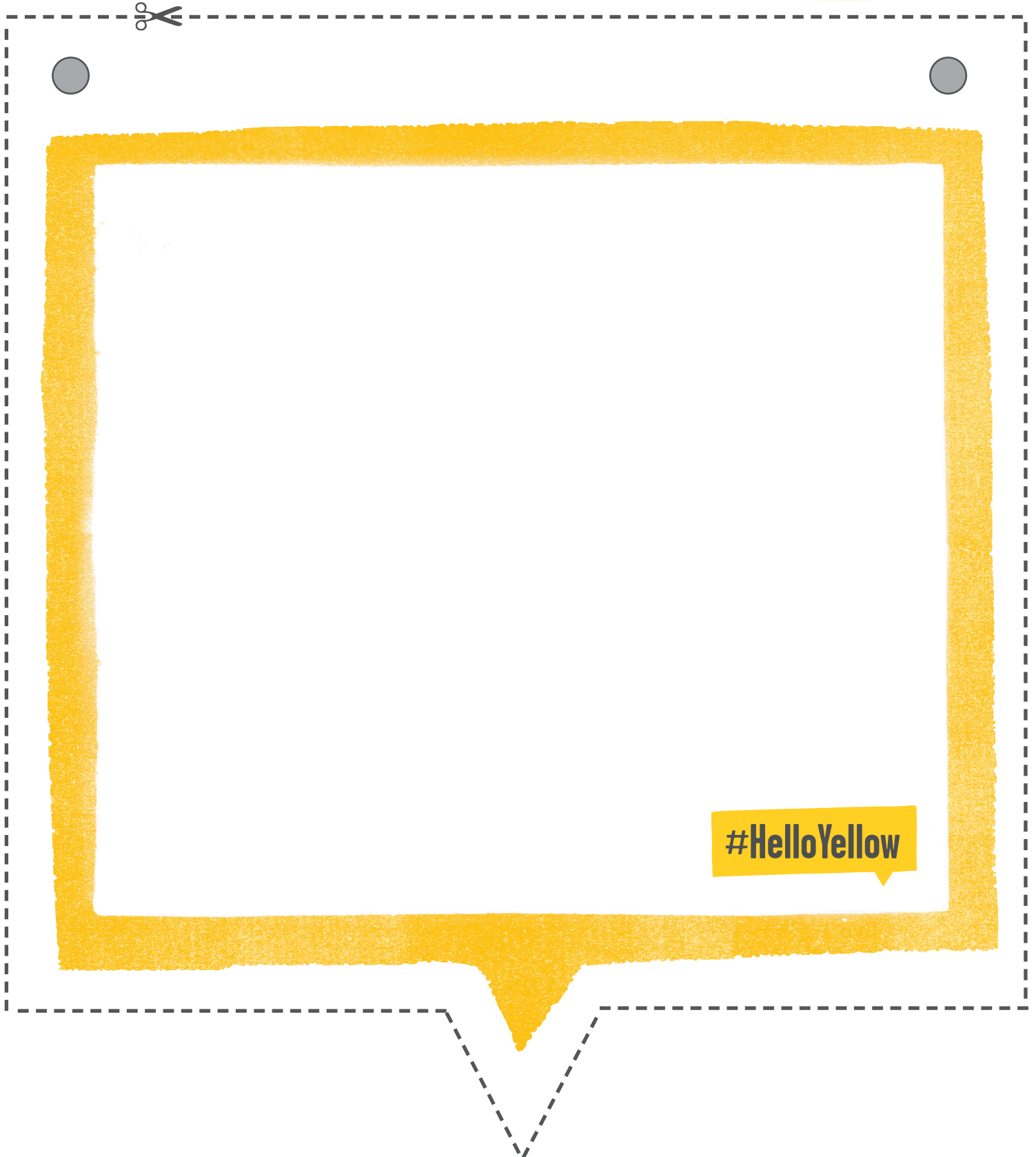
Finally, ask students to think of something that has been on their mind – they will not be sharing this with anyone in the room.

1. Ask them to think about who knows – they might have told a friend, parent, boy/girlfriend, cousin etc.
2. Who do they know who is good to talk to
3. Then ask if there are any of the same people in both groups. It is common to be able to identify people who are good to talk to, yet they are sometimes not the ones young people approach.

Conclude by recommending they do this exercise if they need to share something on their mind.

Make your own **#HelloYellow** bunting!

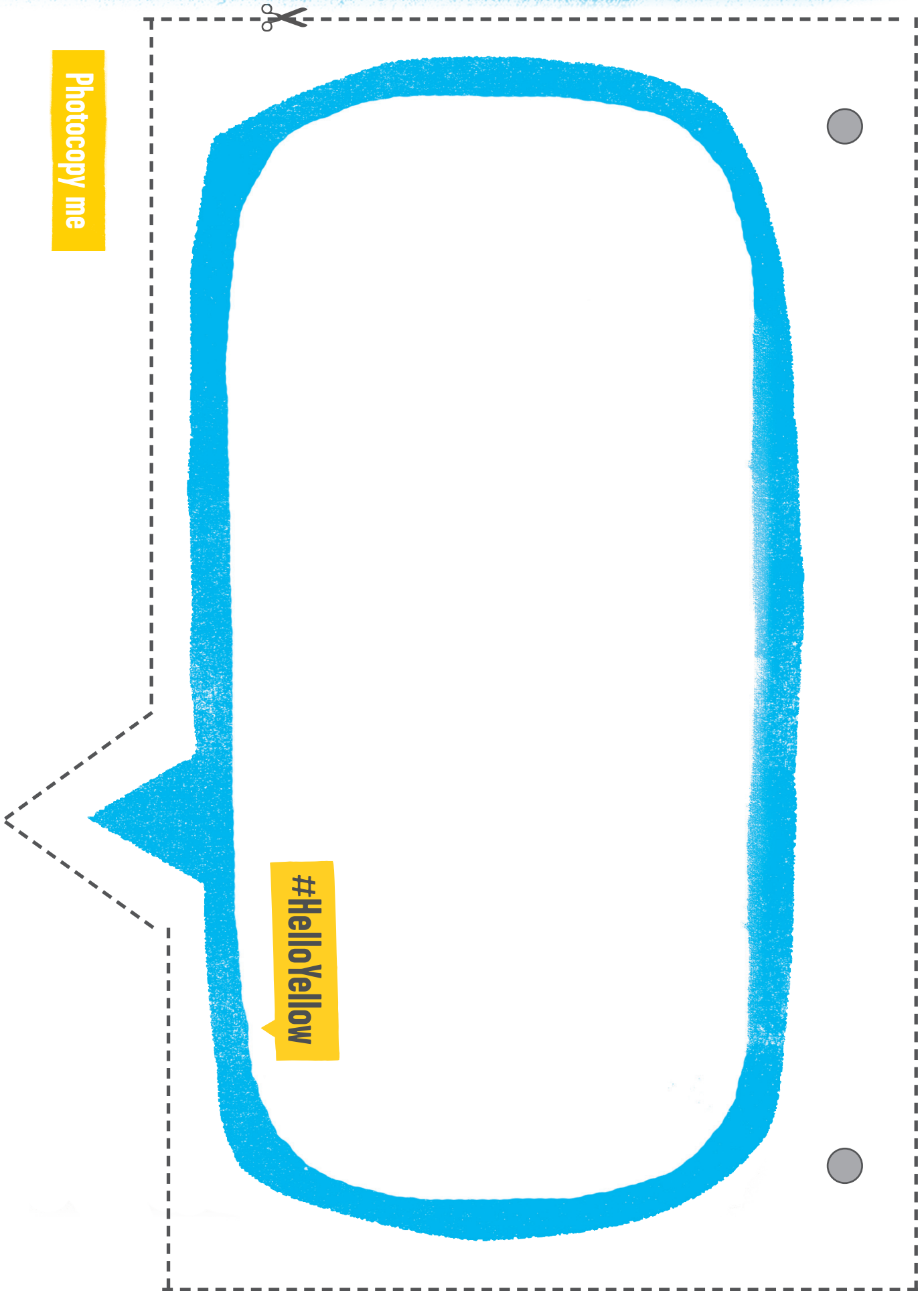
Photocopy me



Make your own #HelloYellow bunting!

Photocopy me

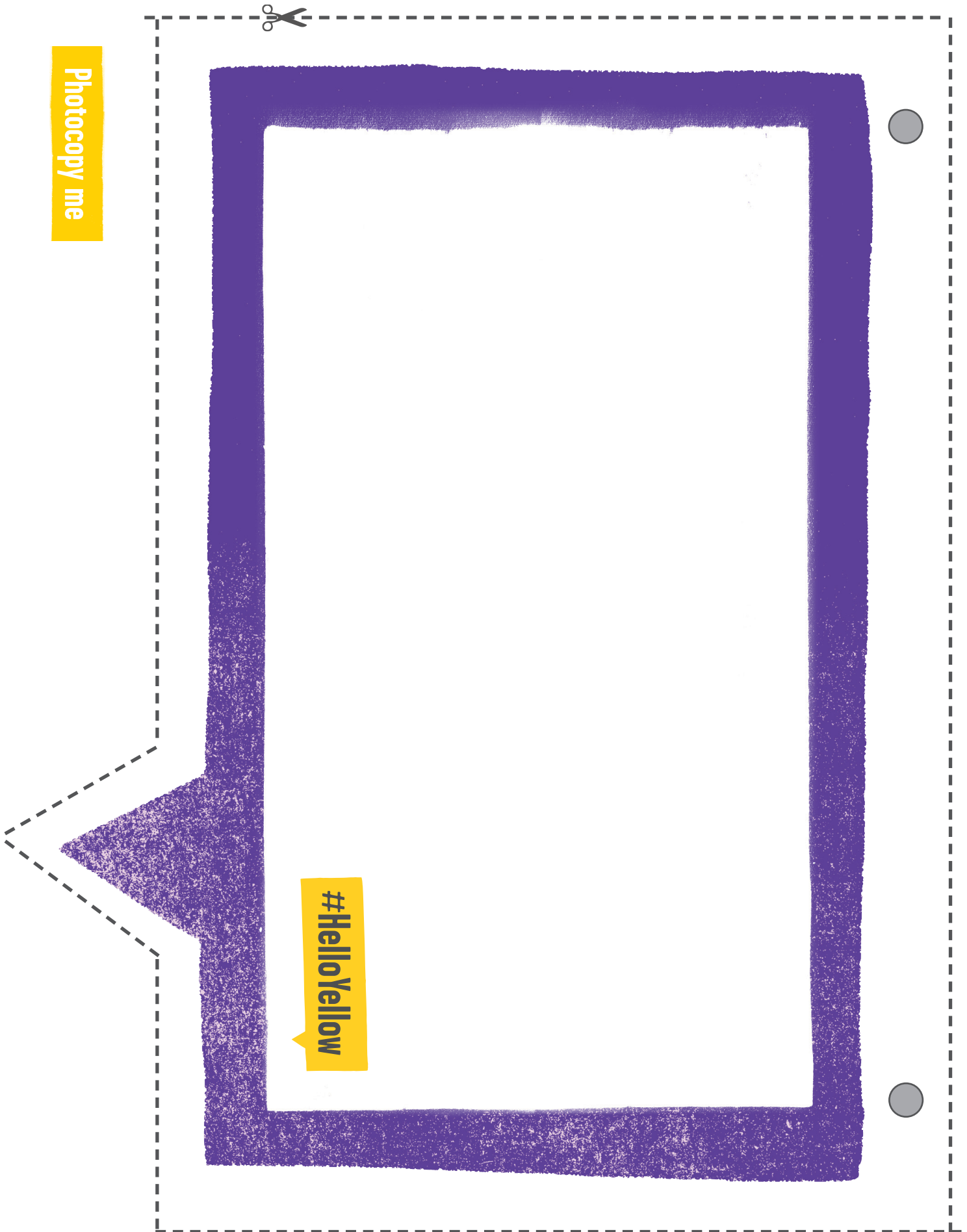
#HelloYellow



Make your own **#HelloYellow** bunting!

Photocopy me

#HelloYellow



#HelloYellow secondary activity

Coping well

#HelloYellow secondary activity



Coping Okay

#HelloYellow secondary activity

Finding things a struggle