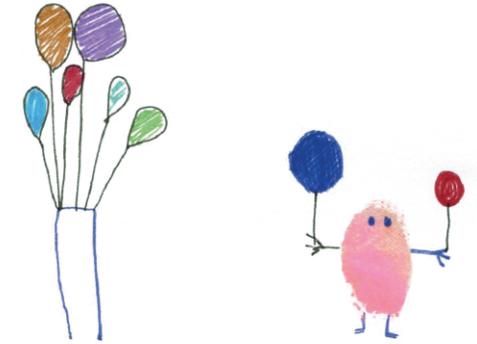


Talking Mental Health

Assembly Plan



Age group:

Key Stage 2

Timing:

20 minutes

Resources:

- Projector, screen and sound
- Talking Mental Health animation (open and ready to play)
- Assembly PowerPoint (open and ready)

Idea for further development:

If you want to develop this assembly further, a role-play activity could be added after watching the second part of the animation. Ask two children to come up to the front and carry out a role play using the lines below. The other children can then feedback on how that conversation could have been improved, how to alert someone that you want to tell them something important, how to react if someone tells you they are too busy to talk etc.

Role Play Script Cards:

Teacher: Yes Amy, what is it!

Amy: Err... hi... Mr Smith... I've been wondering...

Teacher: Come on Amy! I'm very busy, is it anything important?

Amy: Err... no, it isn't... never mind.

INTRODUCTION	
Slide	Teacher presentation/discussion points
1.	<ul style="list-style-type: none"> • Today we are going to talk about mental health. Who knows what this is? • <i>Gather ideas from a few children.</i>
2.	<ul style="list-style-type: none"> • Mental health is about our feelings, our thinking, our emotions and our moods.
3.	<ul style="list-style-type: none"> • It is important to look after our physical health. What do we mean when we say physical health? • <i>Gather ideas from a few children.</i> • ... looking after our mental health is just as important.

MENTAL HEALTH	
Slide	Teacher presentation/discussion points
4.	<ul style="list-style-type: none"> • We are now going to watch the beginning of an animation. It is an animation about mental health that was made using ideas and artwork from children just like you. • <i>Watch animation: Show section 1. 'Mental Health' (ends at 02:50).</i> • What was that part of the animation about? • <i>Gather two/three ideas from the children.</i> • It was about mental health and our feelings.
5.	<ul style="list-style-type: none"> • We all have feelings that come and go every day. These are small feelings, such as feeling excited about a present you have been given, or nervous about a maths test. • Small feelings can feel very strong at times, but these are feelings that don't become a problem to us, like big feelings do. • Can you think of any other small feelings that come and go? • <i>Ask children for ideas.</i>

MENTAL HEALTH	
Slide	Teacher presentation/discussion points
6.	<ul style="list-style-type: none"> • Jay's feelings are big feelings. • Big feelings can change how we behave, how we see the world and how we get on with other people. • They can affect our mental health. • Some of us might never experience these big feelings but for other people these big feelings can be really serious. • They can be caused by lots of different reasons which can be quite complicated. • It can be difficult to understand how we are feeling and to tell the difference between our big and small feelings. Who could help us? • <i>Ask children for ideas.</i>
7.	<ul style="list-style-type: none"> • Other people! Anyone that we trust such as adults, friends, teachers, parents.

TALKING	
Slide	Teacher presentation/discussion points
8.	<ul style="list-style-type: none"> • The second part of the animation is about talking to others. We will watch that now. • <i>Watch animation: Show section 2. 'Talking' (ends at 03:31).</i> • What did this part of the animation show us? • <i>Gather ideas.</i> • It showed us what it is like trying to talk to other people about your feelings – it can be hard. • Who did Jay think about talking to? • <i>Gather ideas.</i> • It can be difficult when you try to talk to someone and they are too busy to listen, or don't say the right thing. • Can you think of any good ways of talking to someone about how you feel? • Which words could you use to make sure the person you are talking to listens carefully? • <i>Gather ideas.</i>
9. 10. 11.	<ul style="list-style-type: none"> • Sometimes using words like 'I've got something to say' or 'I'm feeling uncomfortable' can help make the person you are talking to realise you have something important to say. • Here are some ideas that the children came up with about starting a conversation about difficult feelings. • <i>Click through 3 suggestions that will appear on the slides.</i>

LISTENING	
Slide	Teacher presentation/discussion points
12.	<ul style="list-style-type: none"> To finish off we are going to watch the last part of the animation which is about how to listen and help if someone is sharing their feelings with you. <i>Watch animation: Show section 3. 'Listening'.</i> What suggestions did the children in the animation make about how to listen to someone who wants to speak to you about how they are feeling? <i>Gather ideas.</i>
13.	<ul style="list-style-type: none"> Here are some ideas that the children in the animation came up with about being a good listener. <i>Click through 4 speech bubbles on the slides.</i>
14.	
15.	<ul style="list-style-type: none"> <i>End assembly with final slide which reiterates the final moments of the animation.</i>