

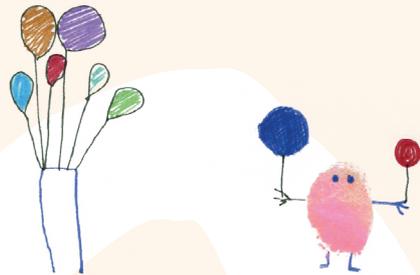
Talking Mental Health Teacher Toolkit

Introduction

We know that over 50% of mental illnesses start before the age of 14 and one in 10 children and young people has a mental health disorder. The Talking Mental Health animation and accompanying resources aim to open up conversations with children about mental health in school, at home and with friends.

The Toolkit includes:

1. An assembly plan
2. A lesson plan
3. A set of cross-curricular activities
4. Resources to accompany the above



Welcome

These plans and activities have been written by a group of teachers at the Anna Freud National Centre for Children and Families.

While we recognise that every school and class is different, we have produced these as a starting point for working with years 5 and 6 at your school.

The resources centre around the three parts of the film:

1. **Mental health**
2. **Talking**
3. **Listening**

Small feelings and big feelings

We use the terms 'small' and 'big' feelings throughout the animation and resources, in order to create a simplified language to talk with children about mental health and mental health difficulties.

Small feelings are used to describe those that we all have every day in response to what is happening in our day. They come and go.

That is not to say that by using the term 'small' we do not recognise that these feelings can feel strong and large at times, but rather these feelings do not interfere with living our everyday lives.

Big feelings, on the other hand, are those which last a long time, become overwhelming, change the way we see the world, and stop us from doing the things we want to do in life. Big feelings affect our mental health.

It has been a pleasure to produce the animation and toolkit. We do hope you find it useful in your school. In order to improve future iterations of the toolkit, we would appreciate any feedback that you may have. Please send it to info@annafreud.org.

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With contributions from:
Creative Research Collective
Islington Council School Improvement service

Acknowledgements:

The authors extend their thanks to the Creative Research Collective and Islington Council School Improvement Service, whose contributions to this toolkit have been extremely valuable. They would also like to thank Slavica Savic for her design input, as well as Common Room and the Young Advisors for their guidance and support.