

#HelloYellow Primary Lesson Plan

These activities can be used as a lesson or in tutor time with young people. They could also be adapted for an assembly with bigger groups. The activities could be done in isolation, but it is essential to ensure that young people leave these sessions feeling better equipped to seek support from someone if they need to.

Age group: Whole school – Primary

Objective: To think of positive mental health messages that they give and receive.

Time: 20 minutes

Introduction Activity: Ask children why they are all wearing yellow today. What day is it? (World Mental Health Day.) Remind pupils that mental health is not just about feeling bad, sad or ill, but also about how we cope and look after ourselves as well.

Main activity: Ask 3 volunteers to come to the front. Give each child a statement from the 'useful tools' section and create a feelings continuum.

Resources: #HelloYellow kit, 'Feeling happy', 'Feeling okay', 'Finding things hard' signs, example bunting flag.

Feeling happy Feeling okay Finding things hard

Ask the children to stand in a line facing the audience. Ask one member of staff to stand in front of the 3 signs and explain that they are going to listen to some statements and move up and down the continuum, depending on how they make them feel. (Choose someone who is happy to act in front of the school)

Read out some statements from the list above that are pertinent to the staff member and the school. (Make sure you include positive and negative ones). Ask the staff member to visually react to each statement and move up or down the continuum in relation to how they feel.

1. You wake up late on a school day
2. You have your bag packed and you've already made your lunch
3. You have an argument with someone in your family as you leave the house
4. You cycle to work and it's a beautiful day
5. As you arrive at school you are told that the headteacher wants to see you straight away
6. You see another staff member and they make you laugh
7. Just before the bell goes, you drop your phone and break the screen.
(Add other, relevant examples for member of staff)

Ask the children how they think the staff member is feeling. Take a few suggestions and check in with the staff member. Where are they feeling on the scale? Ask the children what positive messages or actions could help the situation, e.g. stay calm and do some breathing exercises, speak to a friend at break time, focus on now and have a good morning with your class, tell someone you would like some help. Ask the staff member which ones they think would be helpful.

Finish: Congratulate the children for helping the staff member to feel better. Explain that as part of the day, the children will have a chance to write or draw a positive message on a piece of bunting. This could be a tip for cheering up, or an example of how they have helped a friend or been helped by someone. Show them a few examples and ask them to think about a message they would like to write or draw.