



HASTINGS
OPPORTUNITY
AREA



Supporting mental health and wellbeing

Helpful resources for
primary and secondary
schools

As part of our training and support package for schools our partners Boingboing have drawn together a list of existing resources to support teaching PSHE.

Boingboing have also developed a PSHE lesson for pupils, to help them understand worry or anxiety, know when to seek help and use the Resilience Framework to find activities which will help them to cope resiliently.

Contact Gabrielle Rowles at gabrielle@boingboing.org.uk to find out more.

Primary School Resources

Emotions and mental health

Talking Mental Health

[Talking Mental Health](#) (2017) [Anna Freud NCCF](#)

Talking Mental Health is a 5-minute animation designed to help begin conversations about mental health in the classroom and beyond. It's a good way to introduce the topic.

The feelings wheel. This colourful resource helps pupils to find words to describe their feelings

<https://www.mentallyhealthyschools.org.uk/resources/emotion-wheel/>

Resources to explore feelings

<http://www.sheffkids.co.uk/adultsite/pages/communicateworksheets.htm>

| This site has a range of free, colourful resources to help children explore feelings and relationships

Anxiety thermometer

<https://www.mentallyhealthyschools.org.uk/resources/anxiety-thermometer/>

This resource from Anna Freud helps pupils to understand about their anxiety levels

Sex education

This resource is for teachers to explaining the benefits of sex education. It has subtitles. [Dutch Lessons in Love Part 2](#) In the Netherlands young people generally are well informed about sexuality. This clip shows how the lessons children learn can help them feel comfortable talking about it and therefore keeps them safer "How do you tell grandma that you don't want her to kiss you, because it's sloppy?" Video touches on training & prep for teachers, examples in classes, YP's views, SEND students.

Protecting your Mental Health

This booklet has lots of activities which teach pupils self care

<https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf>

The Resilience Framework – This toolkit can be used so that pupils identify the resources they already have to help them through tough times and what else they could try if they finding life challenging

<https://www.boingboing.org.uk/wp-content/uploads/2017/10/Resilience-Framework-with-Marton-Primary.pdf>

Bullying

This lesson plan uses video and resources from rise above to explore bullying and cyber bullying

https://www.ghll.org.uk/Rise_Above_lesson_plan_bullying_and_cyberbullying.pdf

Relationships

Lesson resources about healthy relationships from NSPCC

<https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships>

PANTS teaching. <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

Transition

Year 6 transition activity from YoungMinds

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitions-activity-for-year-6-pupils/> This enables pupils to discuss feelings about change and what resources they may have to cope.

This YoungMinds film clip (7 minutes) explores worries of year 6 pupils and year 7 pupils describing how many of their worries didn't happen. <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/#film-resource>

Secondary school Resources

What is Mental Health?

<https://www.time-to-change.org.uk/get-involved/schools> Free Resources here for assemblies or lessons with interactive activities to help pupils understand what mental health is.

Video clip (4 minutes) with young people discussing what we need to change the way we talk about mental health

<https://www.youtube.com/channel/UCW1pPkl39VQHvSUE72ayF-Q>

14 minute video clip where neuroscientist explains the teenage brain and why teens behave in certain ways.

https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain

Feelings wheel. This resource from Dr Glorai Wilcox can be adapted for different ages to help pupils find words to describe their feelings

https://static1.squarespace.com/static/57b5ef68c534a5cc06edc769/t/5ea76681f6730e409_abf228b/1588030494465/Feelings+Wheel.pdf

Rap therapy videos from channel 4

<https://www.mentallyhealthyschools.org.uk/resources/reset-and-rewind-rap-therapy-videos/>

Mental health and nature video clip

<https://www.mentallyhealthyschools.org.uk/resources/mental-health-and-nature-video/>

Protecting your emotional wellbeing

This site has free to download resources for all key stages about emotional wellbeing and risks to emotional wellbeing

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-mental-health-and>

[We All Have Mental Health](#) is a 5-minute animation designed to give young people aged 11- 14 a common language and understanding of what we mean by mental health and how we can look after it. It has been created for young people in Key stage 3 and can be used with accompanying teaching resources.

<https://www.annafreud.org/wahmhtoolkit> It's free!

Ditch the Label: This website is aimed at young people finding out for themselves. What is anxiety

<https://www.ditchthelabel.org/what-is-anxiety/> and How to deal with social anxiety <https://www.ditchthelabel.org/7-tips-for-overcoming-social-anxiety/> You can create some case studies and ask pupils to use the website to offer advice to the person in the case study.

Self soothe boxes – in this clip

<https://www.youtube.com/watch?v=4rMNswOuCSM> Pooky Knightsmith talks about how to make a self soothe box. For more information about self- soothing see here

Self-help guide to Anxiety and how to cope with it – [LINK](#) This resource is a workbook for pupils to identify their anxiety and find ways to cope

Social media

negative messages out their body put out to sell products. The Impact of Social media on Mental Health.

<https://sanctus.io/social-media-mental-health-b1803b6b475f>

Social media video Life Faker campaign (social media mental health google search). This site discusses how social media can have an impact on Mental Health. Play this clip <https://youtu.be/luibG80U-Gs> (tongue in cheek clip) for a debate about what pupils think about the people faking their lives on social media. "I've never *seemed* happier"

[Are You Living an Insta Lie? Social Media Vs. Reality](#)

<https://youtu.be/OEFHbruKEmw> This clip can also be used to explore what social media fakery does to people.

<https://www.ditchthelabel.org/how-to-spot-a-catfish/>

Practical advice about how to spot a catfish. Pupils can use the information on the website to create fake catfish messages

Peer pressure and self esteem

<https://www.bbc.co.uk/iplayer/episode/b09m2l58/the-truth-about-14-looking-good> This programme is 57 minutes and tests some of the claims made by cosmetic companies. Go to (43:07-48:12 for the study on lowering self-esteem to sell products using self-discrepancy theory). Use it to discuss what people should do to protect themselves against the

This lesson from Mentally Healthy Schools helps pupils to consider the science of decisions making and the impact of peer pressure

[http://headsup.scholastic.com/teachers/lesson- the-science-of-](http://headsup.scholastic.com/teachers/lesson-the-science-of-)

[decision-making-and-peer-pressure](https://www.advocatesforyouth.org/wp-content/uploads/storage/advfy/lesson-plans/lesson-plan-manging-peer-pressure.pdf) . This one looks at how to manage peer pressure. <https://www.advocatesforyouth.org/wp-content/uploads/storage/advfy/lesson-plans/lesson-plan-manging-peer-pressure.pdf>

Sex Education

resources for pupils with learning disabilities to explore their love life

<https://learning.nspcc.org.uk/research-resources/schools/love-life>

<https://www2.le.ac.uk/offices/press/think-leicester/health-and-medicine/2015/sex-in-the-class-liekens-is-right-to-teach-teenagers-about-sexual-pleasure> Article about the documentary "Sex in Class"

For teachers explaining the benefits of sex education

[Dutch Lessons in Love Part 2](#) In the Netherlands young people generally are well informed about sexuality. This clip shows how the lessons children learn can help them feel comfortable talking about it and therefore keeps them safer “How do you tell grandma that you don’t want her to kiss you, because it’s sloppy?” Video touches on training & prep for teachers, examples in classes, YP's views, SEND students

Covid 19 resources

Mental Health and emotional recovery guides on cZone

<https://czone.eastsussex.gov.uk/school-effectiveness/covid-19-schools-guidance/mhew-recovery-guidance/mhew-recovery-guidance/>

Wellbeing action plan

<https://czone.eastsussex.gov.uk/media/6877/wellbeing-action-plan.pdf> resource for pupils to fill in to plan their own wellbeing.

Video clip (8 minutes) about managing anxiety during Covid

<https://youtu.be/LQDWA1QJzfg>

Pupils with SEND additional resources

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/pshe-education-planning-framework-pupils-send-key>

SEND hub <https://www.pshe-association.org.uk/content/send-hub>

Great video clips from the BBC for SEN covering things like inappropriate touch

<https://www.bbc.co.uk/bitesize/topics/zbgcwmn/resources/1>

**Training & resources for schools created by Boingboing (CIC)
in partnership with Hastings Opportunity Area**

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