



# We all have mental health

## Assembly Plan

Age group: Key Stage 3

Timing: 20 minutes

**Note:** There are several points in the assembly when it would be helpful to hear thoughts from the audience. We have added a slide after some of these points outlining appropriate answers should this be helpful in your setting.

### Resources:

- Projector, screen and sound
- *We all have mental health* animation (open and ready to play)
- Assembly PowerPoint (open and ready)
- If you wish to use the signposting slides at the end of the presentation, you will need to fill these in pre-lesson (slides 21-22).

Slide no.	Teacher presentation/discussion points
1	<ul style="list-style-type: none"> <li>• Today we are going to talk about mental health. What do we mean by 'mental health'?</li> <li>• <i>Gather ideas from the audience.</i></li> </ul>
2	<ul style="list-style-type: none"> <li>• Share definition - Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is just as important as looking after our physical health.</li> </ul>
3-7	<ul style="list-style-type: none"> <li>• We are going to have a go at some true/false statements.</li> <li>• <i>Ask for hands up to vote true/false for each. The answer will appear when you click.</i></li> </ul>
8	<ul style="list-style-type: none"> <li>• Let's watch this short animation about two pupils – Sasha and André. They are experiencing different issues with their mental health. See if you can spot the differences between what they are experiencing and how they cope with them.</li> </ul>

<p>9-12</p>	<ul style="list-style-type: none"> <li>• Let's start with Sasha, what was happening for her?</li> <li>• <i>Gather ideas from the audience. Slide 9 outlines some ideas if needed.</i></li> <li>• And what was going on for André?</li> <li>• <i>Gather ideas from the audience. Slide 12 outlines some ideas if needed.</i></li> <li>• <i>Draw out key themes of the animation including:</i> <ul style="list-style-type: none"> <li>○ What are the differences between everyday feelings and overwhelming feelings?</li> <li>○ What are some self-care strategies we can use to deal with everyday feelings? What does Sasha do? Does it work?</li> <li>○ How are the feelings that André is experiencing different? What does André do to manage these feelings?</li> <li>○ What advice does André get from Sasha and his Head of Year?</li> <li>○ What are some other things André could do?</li> <li>○ What can you do if you are worried about a friend?</li> </ul> </li> </ul>
<p>13</p>	<ul style="list-style-type: none"> <li>• Sasha and André were experiencing different types of feelings in the animation. What were the differences between them?</li> </ul>
<p>14</p>	<ul style="list-style-type: none"> <li>• <i>Recap the definitions of everyday and overwhelming feelings</i></li> </ul>
<p>15</p>	<ul style="list-style-type: none"> <li>• <i>Click through the slide which shows where Sasha and André fit on a Venn diagram of everyday and overwhelming feelings.</i></li> </ul>
<p>16</p>	<ul style="list-style-type: none"> <li>• There are lots of ways that we can look after our mental health.</li> </ul>
<p>17-18</p>	<ul style="list-style-type: none"> <li>• How did Sasha and André look after their mental health?</li> <li>• <i>Gather ideas from the audience. Slide 18 outlines some ideas if needed.</i></li> </ul>
<p>19</p>	<ul style="list-style-type: none"> <li>• Here are some of the things that can help us to manage our own mental health.</li> <li>• What are some of the things that help you?</li> <li>• <i>Gather ideas from the audience.</i></li> </ul>
<p>20</p>	<ul style="list-style-type: none"> <li>• Sometimes it can help to get support with our mental health.</li> </ul>
<p>21</p>	<ul style="list-style-type: none"> <li>• In our school, you can talk to...<i>[fill this section in with support options in your school].</i></li> </ul>
<p>22</p>	<ul style="list-style-type: none"> <li>• Outside of school, these options are available <i>[add support options that are available in your local area to the bottom of the list].</i></li> </ul>
<p>23</p>	<ul style="list-style-type: none"> <li>• Remember... we all have mental health.</li> </ul>