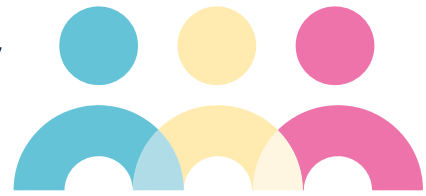


World Mental Health Day 2023 toolkit: Primary



World Mental Health Day is coming up on Tuesday 10th October. The aim of the day is to raise awareness of mental health and to drive positive change for everyone's wellbeing. The theme for this year's day is 'mental health is a universal human right'.

This toolkit consists of several resources to help you improve your pupils' understanding of mental health and wellbeing, and to get them talking about it on World Mental Health Day.

The resources are divided into materials for use with whole classes, and activities to do with smaller groups or individuals.

Resources



Resources for whole class

[Talking mental health](#) – Anna Freud

An animation and teacher toolkit designed to improve children's understanding of what good mental health and wellbeing looks like and encourage them to talk about it.

[Difficult feelings](#) – CEA

These classroom activities and lesson plans teach primary school children about managing difficult feelings.

[Physical and mental wellbeing lesson plan](#) – Public Health England

This lesson from Public Health England explores how looking after our physical health can have a positive impact on our mental wellbeing.



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Resources for small groups or individuals

[What is mental health?](#) – Oxford Health

A sorting activity which helps children understand that we need a variety of things in our lives to maintain our mental and physical health.

[How to make a self-soothe box](#) – YoungMinds

Creating a self-soothe box is a simple activity children can do to help them when their emotions feel overwhelming.

[Wellbeing activities: being kind to yourself](#) – British Red Cross

A set of activities to help pupils to manage difficult emotions, be kind to themselves and look after their own wellbeing.



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