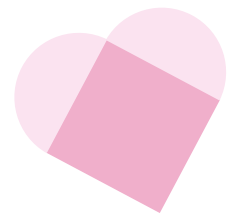


Mental Health Awareness Week toolkit



Mental Health Awareness Week takes place from 13 - 17 May 2024.

The week is organised by the Mental Health Foundation. This year, the theme is 'Movement: moving more for our mental health.'

We know that movement and exercise can protect and build our mental wellbeing, boost our mood, and help us look after our health.

In this toolkit, we're sharing resources to help you discuss mental health with your pupils during Mental Health Awareness Week. It contains resources that explore the links between mental and physical health, as well as materials to teach pupils more broadly about how to build good mental wellbeing.

We've also included resources for staff, to both support your own mental health and to start conversations with your pupils.

Resources

Resources for use with students



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

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

[Talking mental health: animation and teacher toolkit](#) – Anna Freud

An animation and accompanying teacher toolkit designed to help begin conversations about mental health in the classroom and beyond.

[Mental health sorting activity](#) – Oxford NHS

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

[Understanding our emotions](#) – YoungMinds and Beano

A lesson that introduces pupils to different emotions, how to speak about them and how to manage them.

Resources for staff

[Every Mind Matters self-care tool](#) - Public Health England

An online tool and action plan that provides personalised, practical tips to support individuals to manage stress and look after their mental wellbeing.

[Interactive stress container](#) - Mental Health First Aid England

An interactive tool to support staff to identify stress, recognise how it affects them and develop helpful coping strategies.

[How to talk about and support young people with their wellbeing](#) – The Children's Society

A comprehensive, children and young person-led guide to supporting wellbeing and opening up about mental health.



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Anna Freud
Mentally Healthy Schools