

# World Mental Health Day toolkit

World Mental Health Day is coming up on Monday 10th October, and schools all across the country will be marking the day in lots of different ways.

The theme for this year's day has been designated as 'make mental health and wellbeing for all a global priority'.

In this toolkit, we have included a number of resources to help you improve your pupils' understanding of mental health and get them talking about it on World Mental Health Day.

The resources are split into lessons for whole classes, and activities to do with smaller groups or individual children.

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# **Resources**

## **Resources for whole classes**

### **Talking mental health – Anna Freud Centre**

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

[\*\*Go to resource\*\*](#) 

### **Difficult feelings – CEA**

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

[\*\*Go to resource\*\*](#) 

### **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.

[\*\*Go to resource\*\*](#) 

### **Activities for exploring feelings – Mentally Healthy Schools**

The three activities outlined in this resource are designed to help children explore their emotions and feelings, and think about the situations that might trigger those emotions.

[\*\*Go to resource\*\*](#) 

## Resources for small groups or individual children

### **Mental health conversation starter tool – Time to Change**

This useful tool encourages pupils to discuss mental health with others and gives them prompts for doing so.

[Go to resource](#)



### **How to make a self-soothe box – YoungMinds**

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

[Go to resource](#)



### **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.

[Go to resource](#)



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