

# Lesson Plan World Mental Health Day

Age group year 3 to year 6

Timing - 45 minutes to 1 hour



## "Our minds, our rights"

The 10th of October is World mental Health Day, a day commemorated all around the world. In 2023 people and communities unite behind the theme 'Mental health is a universal human right' to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

Mental health is a basic human right for all, including children. Good mental health is important for children's health and wellbeing therefore, the Office of the Commissioner for Children is encouraging all schools to create awareness amongst children on how to promote good mental health and to encourage children to speak about their feelings.

The Office of the Commissioner for Children has developed a toolkit to support schools in commemorating World Mental Health Day. The toolkit consists of two videos (one for Primary and one for Middle/Secondary School) as well as a lesson plan that goes with the video.

The Office of the Commissioner for Children thanks all educators for supporting children and for providing them with the tools to ensure their wellbeing.

For more information about World Mental Health Day and to access resources developed by the World Health Organisation click [here](#)

### Resources:

Video Clip, A4 Sheets, Colours/Markers



## Learning Outcomes:

1.	I can discuss why mental wellbeing is a normal part of daily life, in the same way as physical health.
2.	I can talk about the different type of emotions people experience in during different situations and experiences.
3.	I can explain the benefits of different activities and simple self care techniques.
4.	I can list where I can ask for help and support if I feel overwhelmed by what is happening around me.

## Introduction: 15 minutes

1.	Icebreaker 'Do this Do that' (see Annex 1). This is optional.
2.	Class Brainstorming Activity: Ask your students the following question: What do we mean when we talk about Mental Health?
3.	Inform your students that the 10th of October is World Mental Health Day.  Mental health is about how we feel, how we think, how we act, our emotions, our moods...things we can't really see but that can have an impact on our lives in many different ways. Good mental health means feeling good in our mind and bodies.



## Activity 1: 15 minutes

1.	Show the <a href="#">Video</a> for Primary School Students
2.	Processing questions: <ol style="list-style-type: none"><li>1. What struck you the most about this clip?</li><li>2. Why is it important to talk about mental health?</li><li>3. How can mental health have an impact on physical health?</li><li>4. What type of emotions were mentioned in the clip?</li><li>5. Why do people feel different types of emotions in difficult situations (for example sitting for an exam etc)?</li><li>6. Why is it important to talk about these emotions with someone you trust?</li></ol>

## Activity 2: 15 minutes

1.	Explain to your students that some stress and anxiety is normal however there may be instances that children may feel overwhelmed.
2.	Ask your students to work in pairs and to discuss the following: <ul style="list-style-type: none"><li>• Name some examples of when your feelings may get too big for you to handle on your own. (these examples can be shared with the rest of the class to see if they agree)</li><li>• Identify adults in your life who can help you to deal with such feelings. (Educator to go round the children to follow up. Examples do not need to be shared with the class).</li></ul>

## Follow-up Activity (Optional)

Mental Health Cloud - provide students with a blank A4 sheet of paper and ask them to draw a picture or write a word/s promoting good mental health. Provide a space in the classroom and hang the pictures/words close to each other. This will act as a reminder for children to take care of their mental health.



# Annex 1

## Icebreaker: 'Do This Do That'

1.

The teacher will ask all the students to stand up. The teacher will go through a variety of movements and for each one will say 'Do This'. Movements could be anything to get the students moving such as jump up and down, touch your nose, tap your heels together etc

2.

If the teacher says 'Do That' instead of 'Do This' it means that the movement should not be done. If the student fails to follow the instructions, they can sit down until there are only a few students left standing up.

