

Activity: The Balancing Act

This activity is suitable for pupils of any age to participate in.

This is a great way to encourage pupils to consider the types of activities and experiences in their life that contribute to, and detract from, their mental health.

Objective: To understand that our mental health is always changing, and that some experiences improve our mental health whilst others detract from it.

Time: 10 - 20 minutes

Materials: Print out of scales, 1 per pupil (optional, pupils can draw their own)

Instructions: As a class, have a discussion about mental health and the types of things that contribute to both good mental health and poor mental health. Create a list on a white board for your pupils to refer to for inspiration throughout the activity. Next, ask pupils to reflect on the activities they know contribute to improving their own mental health and the types of things that contribute to poor mental health. Ask them to complete their mental health scales with these activities. Once complete, summarise by discussing with pupils the importance of creating a balance with their mental health, and recognising that they should take time to ensure they build good mental health for themselves by completing activities they know will make a positive difference. Remind them that if they feel unhappy or unsafe they should always speak up.

