

Life is a lottery

KS3/KS4

10 mins

Life is a lottery is a light-hearted activity with a serious underlying message. It demonstrates that the challenges we face in life can have an impact on our mental health. It also encourages students to empathise with people experiencing mental health difficulties and in particular to think about the impact of stigma on people who are already struggling.

What you need

- Life is a lottery card pack
- Small prizes for students selecting positive cards e.g. stickers or grapes

Method

- Arrange class in a circle and ask each person in turn to take a card from the pack.
- When everyone has a card they read out what is written on their card and take a prize or not.
- Ask those who didn't get a prize how that felt.
- Draw a comparison with the effect of stigma i.e. the fact that when you are struggling with mental health issues you have to deal with the added impact of stigma and ignorance.



