

Contents

★ Introduction: About the pack

★ Introduction to Mental Health and challenging stigma

Circle time activities

What is mental health?

Changing places

Life is a lottery

- Lottery cards

Mental health quizzes

- Multiple choice (plus answers)
- True/false (plus answers)

Yes/No (Agree Disagree)

★ Recognising feelings and worries

Feelings dominoes

- Dominoes

Emotions in poems

- Poetry worksheets

Feel your feelings

Play dough

Where do I feel emotions in my body?

Bottling up

Huge bag of worries

Ups and downs

- Ups and downs graph

Ok/not okay

- Ladder
- Cards

Growing happy feelings

- Flower worksheet

★ Coping skills: helping yourself

Stress busting tips

- Picture card

50 tips for getting through the next five minutes

- Top tips list

Five ways to well-being

- Cards

Relaxation

Coping skills bingo

- Bingo cards
- Coping skills list

I feel I choose

- Feelings chart
- Feelings cards
- Coping cards

Calming down activities

★ Being a good friend: Where to get help and support

Be a rainbow

Scenario activity

- Scenarios

Scenario activity - follow up

Feelings jenga

- Scenario cards

Helping hand

Phone chat support

- Phone chat worksheets

★ Self Esteem: Feeling good about yourself

Petal power

- Flower outline
- House outline

Proud to be me

Being kind to ourselves

- Heart templates

Wow boards

- Wow board template

Turning negatives into positives

- Feelings cards
- Speech bubbles

DIY feelings box

★ Other ideas and useful tips

Friday fives

Feelings freeze frame

The present game

Secret responses

Useful links