

Life is a lottery

15 mins

KS 1/2

Life is a lottery is a light-hearted activity with a serious underlying message. It demonstrates that mental ill health can affect us all. It also encourages children 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 will need

Life is a lottery card pack

Small prizes for children selecting positive cards e.g. smiley stickers or grapes

Method

- Arrange class in a circle and ask each child 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.

