

Okay, not okay

15 mins

KS 2

This is a sorting activity which explores the fact that we can't always tell by looking at someone if they are struggling or have a mental health issue.

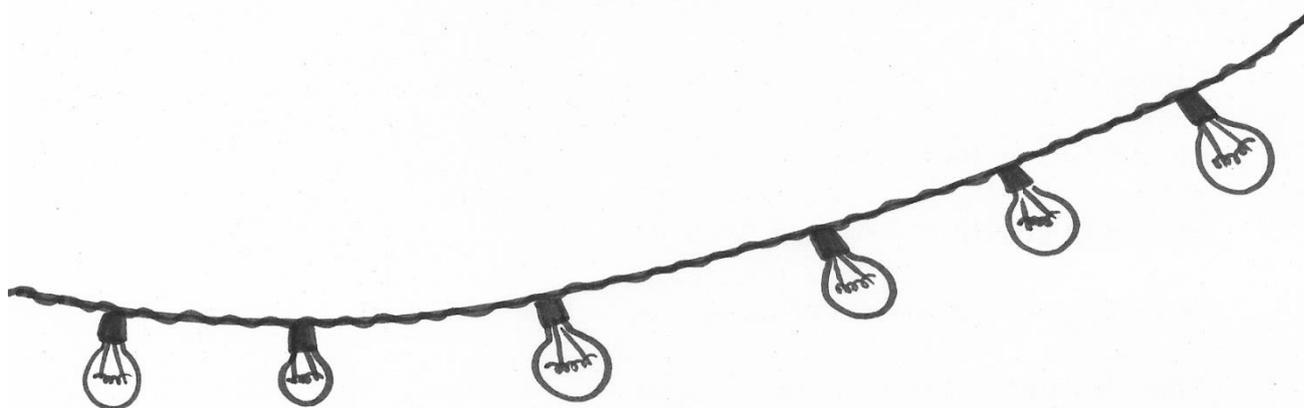
What you will need

Ladder sheet

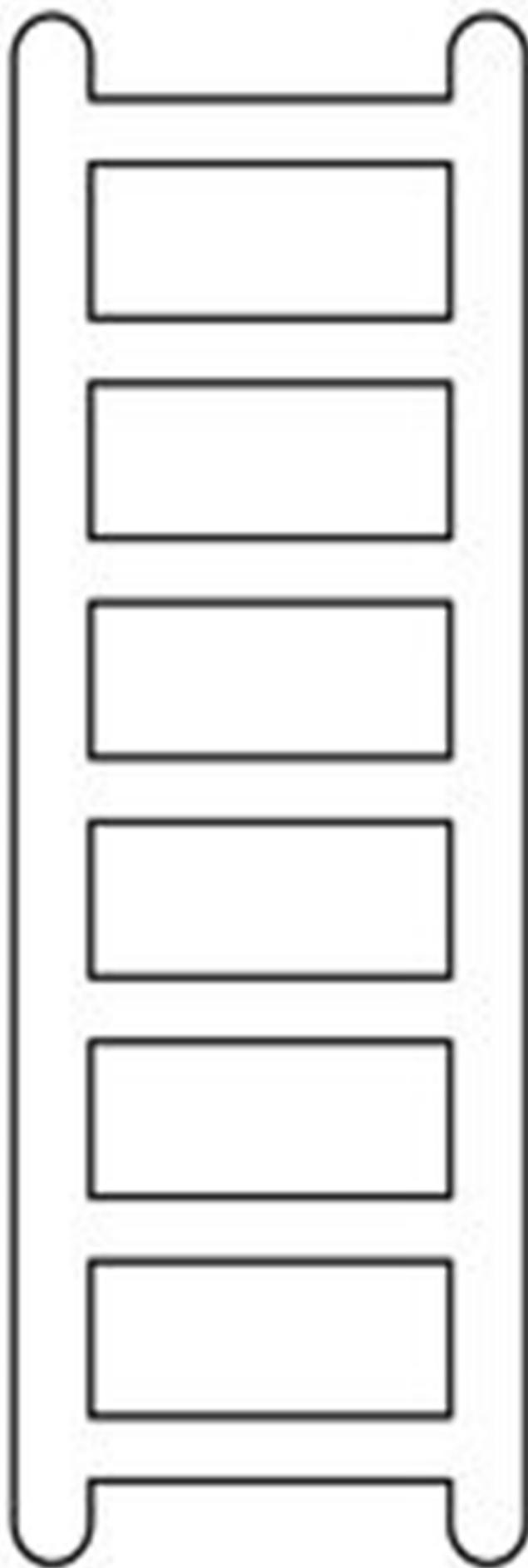
Okay, not okay cards

Method

- Divide the class into groups of 5-6, give them a ladder sheet & set of ok/not ok cards.
- Explain that they need to place the cards on the ladder ranking (in order) them if someone is ok (at the top) or not ok (at the bottom). There are no right or wrong answers.
- Give an example; Life of the party - is that person ok or not ok?
- Allow 10 minutes for the children to discuss and work out where they should go on the ladder. Get them to think about why they have chosen to put them in that order.
- Afterwards invite the children to feedback where they put the cards & why.
- Discuss that just because someone is the life of the party they could be masking how they are feeling or if they want to sit alone it's because they need a break or like some quiet but that they are ok.
- You can also write your own cards or use the ladder sorting activity in other ways e.g. most likely to be upsetting



OK



Not Ok

bad breath

always smiling

sleepy

life of the party

not at school

**sitting alone at
break**

has lots of friends

shy

angry

**always looks nice
and clean**

**not finishing
school work**

hates PE

never late

**sitting inside
during breaks**

out of breath

**doesn't want to
miss school**

**afraid to go to
school**

**doesn't eat all
their lunch**

**always playing
video games**

afraid of the dark

**doesn't do
homework**

**always gets into
trouble**

**always telling
jokes**

**doesn't like to be
in the spotlight**

**never gets in
trouble**

can't sit still

acts really silly