

Yes / No

20 mins

KS 1/2

This is an agree/disagree activity, that looks at children's beliefs/ideas around mental health. It can be a good way of myth busting.

What you will need

Yes and No cards

Blutac

Statements

Space for children to move around the classroom and place themselves along an imaginary line stretching from one end of the class to the other

Method

- Place Yes and No labels on the wall at either end of the classroom.
- Explain to the children that they are going to have a chance to think about what they think and believe about mental health. Let them know there are no right or wrong answers. It is more important to explore the way we think about mental health.
- Read out each statement in turn asking children to place themselves along an imaginary line between Yes (I agree) and No (I disagree). They can stand in the middle if they are unsure. Let them chat to the children around them about what they think or to work in pairs if it makes them more comfortable.
- Ask why they have chosen to stand where they are; explore their attitudes towards the subject. Praise the children for sharing their opinions
- Refer to information below after each statement has been discussed.
- To end the activity, have a group discussion about what they have learned (4 or 5 facts).

Statements

- **Everyone has mental health.**

Yes: Girls, boys, children & adults all have mental health just like we all have physical health.

- **It is easier for girls to talk about their feelings.**

This is not always the case. However sometimes females can create an environment in which it is easier.

- **When boys are hurt they show it by getting angry.**

This is not always the case, sometimes boys hit out when they feel upset or frustrated however some girls can also do this.

- **Three children in every classroom will have a mental health issue.**

Yes: 1 in 10 children will have a diagnosed mental health problem- which is three in every classroom.

- **Mental Health Problems are a sign of weakness**

No they aren't. You wouldn't say someone catches the flu because they are weak and the same is true of mental health issues.

- **People with mental health issues are smart/clever**

Whether you are clever or not you can still have a mental health issue.

- **Talking, texting and inviting people out can really help someone who has mental health issues:**

Yes - keeping in contact with your friend, even if they don't answer your texts or won't play with you, can really help someone who is struggling. Don't give up on them.

- **Should you ask someone with mental health issues how they are?**

Yes - it's good to ask, 'How are you?' Don't be afraid to do this, but try to listen if they want to talk or let them know who they can talk to. However it can help to talk about other things too (a distraction).

YES

NO