

Mental Health Awareness Week toolkit

Mental Health Awareness Week takes place from 10th - 16th May, and provides a great opportunity for primary schools to normalise the discussion of mental health and wellbeing amongst pupils and staff.

The theme for this year's week is 'nature'. Recent National Trust [research](#) found a link between feeling connected to nature and having improved wellbeing. To help schools celebrate the nature theme of the week, we've included some resources about nature and mental health in this toolkit.

It's important to keep the focus on mental health and wellbeing throughout the school year, beyond Mental Health Awareness Week, so we've also included resources to help open up conversations about mental health in schools all year round.

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Anna Freud
National Centre for
Children and Families

Resources for pupils

Outdoor health and wellbeing activities & games – Natural Resources Wales

This booklet suggests 14 activities and games set outdoors for children, to help them connect with the natural environment.

[Go to resource](#)



Sign up to the
Mentally Healthy
Schools newsletter
for more resources

Cloud watching activity – School Grounds North East

Cloud watching can be a useful activity for mindfulness and relaxation. This short guide features suggestions to help schools structure the activity as part of an outdoor lesson.

[Go to resource](#)



Mental health awareness days: 2021 guide for schools – Mentally Healthy Schools

There are lots of opportunities for mental health awareness raising outside of Mental Health Awareness Week. This calendar highlights all of the points in the school year where mental health and wellbeing can be explored.

[Go to resource](#)



Mental health and wellbeing calendar: summer term 2021 – Mentally Healthy Schools

A calendar of curriculum themes and occasions linked to mental health for the 2021 summer term, with activity ideas and suggestions for each theme.

[Go to resource](#)



Measuring and monitoring children and young people's mental wellbeing – Anna Freud Centre

This toolkit provides detailed guidance and suggestions for schools on how to raise awareness of wellbeing and to measure and monitor the wellbeing of pupils.

[Go to resource](#)



Talking mental health animation and toolkit – Anna Freud Centre

The 'Talking Mental Health' teacher toolkit includes a lesson plan, animation, resources and assembly plan to get children talking about, and improving their understanding of, mental health.

[Go to resource](#)



Resources for staff

Nature and mental health – Mind

This booklet explores the benefits that nature can have on our mental health, and suggests lots of different nature-based activities to try.

[Go to resource](#)



Wellbeing poster for school staff – Mentally Healthy Schools

Pin up this poster in staffrooms, offices and toilets to remind school staff about the importance of supporting their mental health - and some simple ways that they can boost their wellbeing.

[Go to resource](#)



5 Steps to Mental Health & Wellbeing: supporting staff – Anna Freud Centre

This section of the 5 Steps framework will help senior leaders increase their focus on staff mental health, and learn more about how to support staff wellbeing.

[Go to resource](#)



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