

WELLBEING WEEK



5 WAYS YOUR SCHOOL CAN PROMOTE
GOOD MENTAL HEALTH



Mental Health
Foundation



The 5 Ways to Wellbeing are a set of really simple actions we can all take, which have been **shown to improve** people's wellbeing.

They are easy-to-remember and, as well as making you feel better in the moment, they can also help you build good mental health for the future.

We've been using the 5 Ways in schools during our **Peer Education Project**. The 5 Ways are suitable for every age group and are a great starting point for a school-wide mental health campaign.

Why not get started by setting up a Wellbeing Week in your school using this guide?

USING THIS PACK

This pack is a starting point for your school to think about good mental health, and raise money for the cause in the process.

Whether it's a single day, or a whole week, the 5 Ways to Wellbeing can be easily integrated into your school community. You can keep using them even after the week is over, too.

Use the resources in this pack to get started, and share what you do with us here at the Mental Health Foundation. We would love to know what you are up to!

Why not try and raise some funds to support our work in the process? You might ask students can make a small donation to attend each activity, but remember to keep it accessible for everyone.



Thank you so much for helping us to create a world with good mental health for all.

THE DIFFERENCE YOU CAN MAKE



£5

Could help us create materials to spread mental health messages far and wide.



£25

Could pay for a single parent to attend a Creating Connections course providing the support they need to thrive.



£50

Could help us set up more Standing Together groups to help vulnerable older people adjust to life changes and ensure their mental health is a priority.

Maria found our Creating Connections programme life-changing:



"I came to be on benefits and a single parent at age 28. I was dealing with bereavement, depression and low self-esteem while trying to rebuild our whole lives from scratch. I struggled for two years to get back on my feet and adjust to being a single parent, doing everything myself without a lot of support.

"By joining the Creating Connections self-management course run by the Mental Health Foundation, I learnt something new every session: from goal setting, mental wellbeing and tools for managing emotions and stress, to training opportunities and services for single parents. I learnt there were others who struggled too. The course material, other members attending the course and the course facilitators have been a great support that has helped me so much and still help me now."



MONDAY – CONNECT

Connections support and enrich us every day, so take the time to get know your classmates.

Activity fair

Whether it's a new interest or a lifelong hobby, a great way to meet new people is to join a club

Hold an activity fair, showcasing the clubs and teams at your school. Encourage students to attend and discover new things to do at school, and ways to meet new friends!

Tea & Talk

Organise some time for staff and students to come together over tea (and cake!) for a chat.

You might provide some handy conversation starters, to help people who don't know each other to start connecting.

Why not connect with others over some cake? Get baking and raise some money with a whole-school bake sale.

If you're a really keen baker, you could even hold a bake-off, with a prize for Star Baker.

School/Year Assembly

Whether an assembly is something you do regularly or not, it's a nice way to bring students together.

Use some of the resources on [our website](#) to tell students about the importance of being mentally healthy. Perhaps play a mindfulness podcast and let them follow along!

Bringing students together in this way is a great way to get everyone excited about Wellbeing Week at school, and to let them know about your planned events.

TUESDAY – GET ACTIVE

We all know exercise is good for your body, but it can be good for your mind too.



What's more, there are so many activities out there to choose from, there is bound to be one that you enjoy!

Exercise can be a way to deal with negative thoughts and feelings.

The feeling of setting a goal and achieving it – even if it's just a jog around the block – can really improve your self-esteem, too.

Sports Day

There is no better way to get students active than a fun-filled day of sports and activities!

Running, jumping, racing, and tournaments are all brilliant ways for your school to get moving.

Ask for a donation from each student and teacher to take part in this amazing day.

You could even provide healthy snacks!

Cycle! Dance! Garden! Run! Swim! Climb! Jump! Walk!

GET INSPIRED!



Rounder's tournament

Buddy up in to rounder's teams and hold a tournament.



Flash mob

Stage a surprise dance in the name of mental health!



1 mile sponsored run

Get as many people as possible to all run a mile and get sponsored for it!



Taster sessions

Put on a range of lunch time sport sessions and invite students along to try new things.



Pupils vs teachers

Challenge your teachers to some old-fashioned sports day games, like sack races.

WEDNESDAY – BE MINDFUL

Noticing what is going on in our bodies and minds is an important skill for staying mentally healthy. Take time to check in with your thoughts and feelings.

By paying attention to the present moment, we might enjoy things more, and even notice things we would have missed.



Mindful movement

Give yoga a go! Holding lunch time or after school yoga session is a great way to start being more aware of your body, as well as your mind.

Group mindfulness

Mindfulness might be new to lots of students. Why not introduce it with a big group meditation?

Find a guided mindfulness exercise, get everyone sitting comfortably and follow along together with your students.

Breathe...

Why not learn some mindful breathing techniques you can use in times of stress?

Learn a one-minute mindfulness exercise that you can use before exams to calm down. You could even teach it to others.

EVERYDAY MINDFULNESS

**Think about taking
mindfulness beyond Wellbeing Week?**

You could try...

- **Lunchtime group sessions**
- **5 minute morning mindfulness during registration**
- **Relaxation sessions before exam periods**



Mental Health Foundation's publication on mindfulness:

www.mentalhealth.org.uk/publications/how-look-after-your-mental-health-using-mindfulness

Three minute mindfulness breathing space podcast:

www.mentalhealth.org.uk/podcasts-and-videos/3-minute-mindfulness-breathing-space

THURSDAY – KEEP LEARNING

Lifelong learning keeps our brains healthy, and the sense of achievement we get from learning something new can be great for our mood.

Try something new or rediscover an old interest.



Quiz

Host a big quiz in your main hall. Rally your teams together and test your knowledge!

Lunch 'n' Learn

Organise a group and learn something new!

Whether it's creative (sewing, knitting, drawing), IT skills, a discussion about the news, get those brain juices flowing!

Try one of our podcasts...

We have a range of great podcasts on our website, on topics like:

- Mental health and sport
- Food, nutrition and wellbeing
- Stigma

Follow the link to [our podcasts resource](#) to find all of these, plus a list of talking points to start the discussion.

FRIDAY – GIVE TO OTHERS

Evidence shows that helping others is actually beneficial for your own mental health and wellbeing, too. It can help reduce stress, improve your emotional wellbeing and even benefit your physical health.

Give to friends, classmates and your community, and help yourself at the same time!

Non-uniform day

Organise a non-uniform day, and give a donation to the Mental Health Foundation!

All the money raised will go towards important research and fighting the stigma surrounding mental health.

Give some time

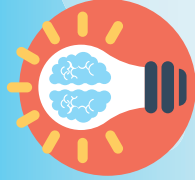
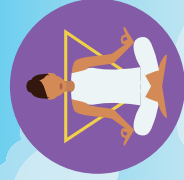
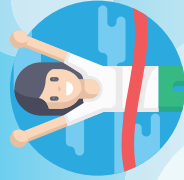
Giving isn't all about money – spend some time mentoring a younger student or helping a friend with their homework.

Find out more

Read our [Doing good does you good guide](#) to find out more about the link between good deeds and wellbeing.



WELLBEING WEEK



5 WAYS YOUR SCHOOL CAN PROMOTE
GOOD MENTAL HEALTH

Event: _____

Where: _____

When: _____

Contact: _____

Come join our special event to mark Wellbeing Week and
raise funds to help create good mental health for all.

mentalhealth.org.uk



Mental Health
Foundation



Good mental health for all.

Registered Charity No. England 801130, Scotland SC039714.
Company Registration No. Z350846.

THANK YOU!

The money you have raised will go towards vital research, and help us to continue to challenge the stigma attached to mental health problems.

When sending us your donations, please make sure to send us the name and address you would like your certificate sent to!



PAYING IN YOUR FUNDRAISING

There are three ways you can pay in your fundraised donations:



You can go to the Mental Health Foundation's online donation page:
mentalhealth.org.uk/donate



Call our Event's team on 020 7803 1123



Send a cheque payable to *Mental Health Foundation* to:
Mental Health Foundation
Colechurch House
1 London Bridge Walk
London, SE1 2SX



When sending us your donations, make sure you always bank the money yourself! Never send cash through the post as it could get lost or stolen.



GET IN TOUCH

We'd love to know what your school is planning for Wellbeing Week,
and for you to keep us updated along the way!

Mental Health Foundation
London office (headquarters)
Colechurch House
1 London Bridge Walk
London, SE1 2SX

www.mentalhealth.org.uk
+44 (0)20 7803 1100

The Peer Education Project is generously supported by donations from the Friends of the Foundation and development work by colleagues at Cernis and Highgate School. Registered Charity No. England 801130 Scotland SCO39714. Company Registration No. 23508466.



mentalhealth.org.uk



events@mentalhealth.org.uk



facebook.com/mentalhealthfoundation



[@mentalhealth](https://twitter.com/mentalhealth)



[@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)



Mental Health
Foundation



Registered with
**FUNDRAISING
REGULATOR**