

Assembly Script

This assembly script acts as a guide to delivering an assembly introducing the topic of Mental Health to primary students.

This assembly resource is designed to help you talk about Mental Health.

There is a PowerPoint that compliments the assembly script, please do adapt this script and the PowerPoint to best suit your pupils and your school.

**Slide 1**

Welcome!

**Slide 2**

Today in assembly we’ll be talking about Mental Health and how important it is that we are aware of our own mental health, and that of others around us. We’ll also discuss what we can do to achieve good mental health.

**Slide 3**

Today’s assembly objective is to be able to understand what good and bad mental health it, and what we can do to achieve good mental health.

**Slide 4**

Firstly, can anyone tell me what Mental Health is?

*Take suggestions from your pupils*

**Slide 5**

Those were all great answers!

When you have good Mental Health you realise your own potential, can cope with the normal stresses of life such as homework and exams easier, you are more productive and find learning easier and you are much more likely to contribute to your school and local community!

**Slide 6**

Did you know? All of us have mental health, and sometimes our minds can become unwell.

This is normal! And it is important to talk about mental health and get help early if things don’t feel right – just like we would if we bumped our head or broke our leg!

You can talk about your mental health to anyone that you trust. That could be an adult such as your parents, teachers or other family members. Or, you can talk to your friends or siblings.

**Slide 7**

Mental health is very complicated, and everyone is different.

This is the same for poor mental health.

Poor mental health can affect everyone differently, for example some people may have difficulty concentrating whilst others experience changes in mood, or even lose interest in their favourite hobbies.

Day to day changes are normal – but if you (or a friend) experience these for longer then you may need some help with your mental health.

Sometimes the small changes we have outlined can indicate something more serious.

**Slide 8**

Mental health problems are common – 1 in 10 young people will experience a mental health problem in their lives. And this is something we should all remember!

The most common mental health problems are anxiety and depression.

**Slide 9**

There are lots of things we can do to support ourselves and others if we experience a dip in our mental health.

The most important one is to talk to someone if you are feeling worried, overwhelmed or are experiencing any of the changes we talked about earlier.

There are lots of things you can do to improve or maintain good mental health including exercise, reading, walking, eating healthily and spending time with friends and family.

We should also remember that there is lots we can do to create a positive and healthy environment for those around us.

For example, we should be mindful of your friends and family and ask them if they’re ok every so often. If there is anything they want to talk about often this simple question helps them to start talking.

Ultimately, we should always try to be kind and respectful to each other.

**Slide 10**

Time for us to reflect. Close your eyes and think about what you have learned about mental health today. Consider a time that your mental health could have been better. How did it make you feel? What will you do next time to improve it?

*If you have time, ask for some ideas from pupils.*

**Slide 11**

There are three things we would like you to remember today:

Our mental health changes, that’s normal! We should always do what we can to look after it. Just like we do with our physical health.

We should always look out for each other – and tell a teacher or tootoot if we’re worried about someone we know.

We should always tell a teacher, a friend or tootoot if we feel unhappy or unsafe about anything.

**Slide 12**

Thank you! Any questions?