Assembly Script

**Slide 1: Introduction**

Good morning everybody, we’ll be talking about how we can reduce stress and improve our mental health.

Mental Health can be a really difficult thing to talk about, the main reason for that is because there is a lack of understanding and awareness – this is something we want to change.

**Slide 2-3: Can anyone tell me what Mental Health is?**

Take suggestions and build on pupils’ answers.

To summarise, Mental Health is about our mental wellbeing.

It means keeping our minds healthy so that we can cope with the normal stresses of life, work to the best of our ability and make a positive contribution to school life.

Good mental health helps us feel great about ourselves, and helps us cope with life’s ups and downs.

**Slide 4-5: What do you think stress is?**

Take suggestions and discuss what pupils think stress might be, or how it makes them feel.

Stress is not a mental health problem itself, but it can affect our mental health. Stress is actually a reaction our body has to help keep us safe when it thinks we’re in danger – it was an important reaction for humans millions of years ago to help them avoid being eaten by predators!

It is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad. You may feel angry, scared, afraid or you might even get a tummy or headache.

**Slide 6-7: What types of things can cause stress?**

Ask pupils to discuss the different things that might cause them stress.

* Not looking after yourself – not eating, drinking and sleeping properly!
* Keeping your worries to yourself instead of speaking up
* Not being prepared for important assignments such as homework or exams

It is always important to remember that stress can mean different things to different people. So, what might not seem stressful to you, could be incredibly stressful to someone else.

**Slide 8: Why is this important to know?**

In your heads, think about you and four of your friends standing in a group. Out of all of you, one might experience a mental health difficulty before they leave primary school.

That can add up to a lot of people in school!

No-one can see our stress or mental health, which is why it’s really important we talk about it.

Talking about it is one of the main ways to help reduce stress and improve your mental health.

**Slide 9-10: What can we do to help reduce stress at our school?**

Building on what we have already learned in the assembly, ask pupils if they can think of ways they can reduce stress in school.

Other examples to discuss could be:

1. Talking about how we feel to trusted people, or to tootoot
2. Listening to our friends, and looking out for each other
3. Telling a teacher or tootoot if you are worried about something or someone
4. Leave lots of time to prepare for exams and homework
5. Eating well and drinking of plenty of water
6. Sleeping well

**Slide 11: Assembly Challenge**

These are all fantastic ideas! Because of this we want to hear more….

An ideas box, slips of paper and pens will be outside the lunch hall for the rest of the week. We want to hear more of your ideas for how we can help reduce stress and support good mental health in school – we might even look at implementing some!

Get your thinking caps on!

**Slide 12: Assembly Review**

* We will all feel stress at some point, there are always things we can do to reduce it.
* If we are feeling stressed, we should always talk about it.
* The more we do to reduce stress in school, the more likely it is we will be able to flourish and achieve our best.
* We should look after each other by speaking to a trusted adult or tootoot if you or a friend has a worry or concern.