



KS4 Mental Health - Guidance for Students

Activities

The following activities can be used for home learning. You can decide if you keep the activities in line with what you are completing in school or you can set this as a mini topic to be enjoyed at home with your family.

- 1) Create a list of words that might be used to describe someone with mental health problems. Use large flipchart paper and pens. (10 minutes)
- 2) Write a script involving student A, B and C. Student A and B should be sat facing each other discussing something (e.g. what they would like to do on their next holiday). Student C should continually talk in A's ear whilst using the prompt sheet. (10 minutes)
- 3) Using post-it notes, illustrate what could make students anxious. This could be related to Coronavirus and/or any current issues. (15 minutes)
- 4) Re visit your initial list and cross out any terms that you would not want yourself family or a friend to be called. Write what an acceptable term or description would be for someone with a mental health problem. Why would they not want to use any other terms? Why might it be bad or have negative consequences of the wrong terminology was used? (30 minutes)
- 5) Carry out research using the Time to Change website. From this, individually or in small groups pick one of the topics/headline statements below: Create a written piece from this. (1-2 hours)
 - a. Three of your classmates could be experiencing a mental health problem and you wouldn't necessarily know
 - b. We might be acting in a stigmatising way without really knowing it
 - c. Small changes can make a difference to how someone with mental health problems might feel
 - d. Talking is important
 - e. We can all do something positive to end mental health stigma and discrimination from being supporting to a friend though to supporting an anti-stigma campaign like time to change
- 6) Create your own booklet on mental health awareness. Make sure it is concise, colourful and visually bold. Student need to ensure they raise awareness amongst younger people. (1-2 hours)
- 7) Using LEGS (below) which are the basic steps to follow when supporting anyone who might have a mental health problem, write a scenario where someone is suffering from depression from a current situation. Write how you would respond using LEGS. (20 – 30 minutes)



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L – Listen to them, ask questions but try not to criticise or judge

E – Encourage them to talk to an adult who they trust

G – Give them information about support services

S – Suggest doing things together that they enjoy doing

- 8) Carry out research and make notes using the guidance below (a-d) (1 hour +)
 - a. What common mental health problems do young people experience?
 - b. What are the signs and symptoms associated with these?
 - c. What support networks are available to help young people suffering from mental health?
 - d. What can young people do to help themselves recover or avoid the problem in the future?
- 9) Choose or research a celebrity that has suffered from depression but has recovered. Using LEGS, write down the areas of support you would offer your chosen celebrity. (15- 30 minutes)
- 10) Carry out research to find out about support networks in your local area. Produce a spider diagram to summarise what is available to you (30 mins)
- 11) Plenary: answer the key questions below: (30 minutes)
 - a. What is meant by mental health?
 - b. What are some signs and symptoms of depression?
 - c. What can someone do to get help prevent or get better from depression?
 - d. How do you feel the current situation (COVID-19) is affecting individuals mental health?
 - e. What might some of the reasons be for some people experiencing mental health issues in the current climate?
 - f. Who can be affected by a mental health problem?
 - g. Why is it important to use appropriate language to discuss and describe mental health?
 - h. What symptoms might someone with a mental health problem experience?
 - i. Who can experience symptoms of anxiety disorders?
 - j. How can someone recover from a mental health problem?
 - k. What is the best first step if you think someone has a mental health problem?
 - l. How can you look after your own mental health?



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