



Breakdown of “KS2 Mental Health & Managing Transition” Workshop

Intro:

Who we are

What we’re talking about today

Introduce characters (All relatable students, 2 girls, 1 boy)

Part 1 –Emotional Well-being

a. True or False:

The actors read statements and students on the content, including:

- What is mental health
- What affects physical, mental & emotional health
- Healthy Eating & exercise & how this affects mental health
- Understanding “sad feelings”
- Internet vs. the “real world”
- Help Available

The students are invited to tell the actors if the statement is true or false.

Designed to explore facts in an active and fun way. Breaking down barriers, giving the children permission to be involved.

Part 2 – How am I feeling & what affects my mood?

Box Activity

- The children are invited to give suggestions about things that make people happy.
- The children are invited to give suggestions about things that make people sad.
- This is physicalised using post-it notes – as the students make suggestions, the actor is laden with multiple post-it notes, until he is feeling ‘tired,’ ‘sad’ & ‘overwhelmed.’
- The children are asked to offer suggestions to make the load easier, for example, ask a friend for help.

This visual tool is designed to introduce the concept of emotional well-being as something tangible, and affected by the outside world and something that must be looked after, like their physical health.

Part 3 – Scene & forum Theatre: the students give advice

Scene

Divorce – a series of scenes where one of the characters parents are getting divorced. It explores her parents approach, her reaction to change and the reaction of her friends. The transition provokes some negative behaviour.

OR

Moving schools - a series of scenes where one of the characters is worried about moving to a different school. It explores how it makes her feel and what she should do next. It explores her parents approach, her reaction to change and the reaction of her friends. The transition provokes some negative behaviour.

Activity : Forum

The students are invited to offer the characters advise about what they should do.

Conclusion

We will conclude what we have covered and usually have time to answer questions.