



# #TALKAWAYDONTWALKAWAY

Led by The Courtyard's Education Team

SUPPORTED BY



BOX OFFICE 01432 340555 [courtyard.org.uk](http://courtyard.org.uk)

In partnership with



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



# ABOUT THIS BOOKLET

In today's workshop, we have been exploring what mental health and positive wellbeing means.

This activity booklet contains extra activities and information, which you may find useful today, in six months or even six years. Use this information to benefit your own mental health and pass on to others...

#TalkAwayDontWalkAway

## CONTENTS

<b>This is Me</b>	<b>P3</b>
<b>What is Mental Health?</b>	<b>P4</b>
<b>My Emotions</b>	<b>P5</b>
<b>My Wellbeing</b>	<b>P6</b>
<b>Be Active</b>	<b>P7</b>
<b>Engage</b>	<b>P8</b>
<b>Interact</b>	<b>P9</b>
<b>Notice</b>	<b>P10</b>
<b>Give</b>	<b>P11</b>
<b>It's A Bit Too Much</b>	<b>P12</b>
<b>What Have I Learned?</b>	<b>P13</b>
<b>Useful Contacts</b>	<b>P14</b>



**LED BY THE COURTYARD'S  
EDUCATION TEAM**

**SUPPORTED BY**



Photography and Editing by Zakk Kaye

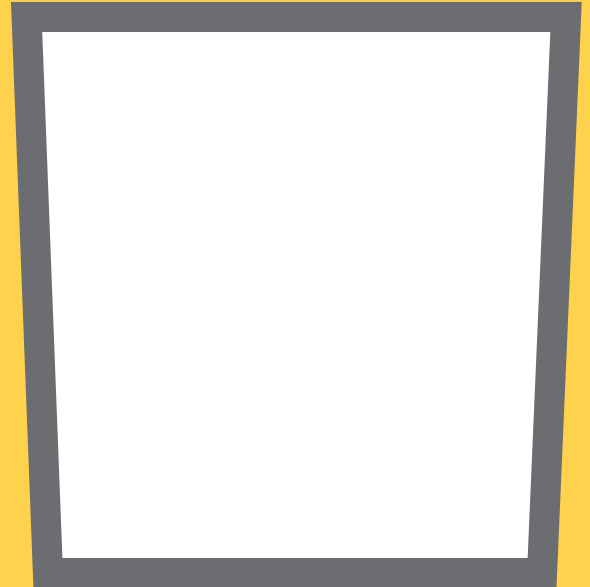
# THIS IS ME

It is important to take the time to celebrate you. Complete the following page with all of the things that make you special:

My favourite film is...



My favourite music is...



This is a picture of me!

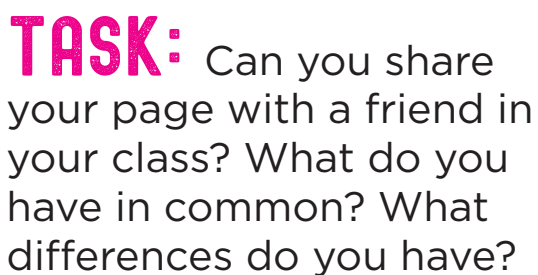
One of my best memories is when...



In my spare time, I like to...  
(tick box)

- Read a book
- Play with friends
- Draw and colour
- Go for a walk
- Other .....

**TASK:** Can you share your page with a friend in your class? What do you have in common? What differences do you have?



My favourite colour is:



# WHAT IS MENTAL HEALTH?

**Looking after our mental health is a phrase we are hearing more and more often. But what is it?**

Well to start with, everyone has mental health just like we all have physical health – your friends, your teachers, your family, even the Queen has mental health! Mental health is our thinking, feelings, moods and emotions. These are things we cannot see but they affect our lives every day.

Like our physical health, our mental health can have its ups and downs too. Mental health can be thought of as:

- **How we feel about ourselves**
- **Our ability to make friends and keep friends**
- **Our ability to learn from others**
- **How we can cope with difficult situations**

**TASK:** With a friend, can you discuss and write what mental health means to you?

.....

.....

.....

.....

.....

“Happiness can be found, even in the darkest of times, if one only remembers to turn on the light”

Albus Dumbledore, *Harry Potter and the Prisoner of Azkaban*

# MY EMOTIONS

We all have feelings that come and go every day. These are **small** feelings. For example, you may feel **worried** about a test. You may feel **excited** for a birthday. You may feel **disappointed** that your favourite sports team lost a match.

These feelings will pass after a short amount of time.

How many different emotions and feelings can you name?

However, **big** feelings are feelings that go on for a long time. Sometimes, they may stop us from doing what we want in our life and affect our mental health. Some of us may never experience big feelings but for some people, it can be very serious.

But there is something you can do! You can get help from a teacher, friend or someone from home. Talking and sharing your feelings can often help!



“A little consideration, a little thought for others, makes all the difference”

Eeyore, Winnie the Pooh

# MY WELLBEING

There are a number of different things we can all do to look after our mental health. We can remember these steps using the acronym:

## BEING

**B** **BE ACTIVE** - Walk, run, cycle, dance, play a sport you enjoy. Exercise releases chemicals called endorphins which make us feel good.

**E** **ENGAGE** - Keep learning, try something new. Set a challenge you will enjoy achieving.

**I** **INTERACT** - Connect with the people around you. Family, friends, neighbours and local community.

**N** **NOTICE** - Take the time to notice and appreciate what matters to you. It could be something you have achieved, something you have done with friends or even your family.

**G** **GIVE** - Do something nice for a friend or a stranger. You could hold the door open, volunteer your time to help someone or raise money for a local charity.

**TASK:** Can you complete the wellbeing steps on the following pages? Tick the star on each page when you have completed each activity.



“Be who you are and say how you feel, because those who mind don't matter and those who matter don't mind”

**The Cat in the Hat, Dr Seuss.**

**Remember: If your feelings are getting too big to cope with on your own, talking to someone you trust may really help!**

# BE ACTIVE

Keeping your body physically fit and active is a good way of looking after your wellbeing



How many activities have you completed from the list?

Are there any that you would like to try? If you have completed them all, can you name any other activities?

## ACTIVITY LIST

- ★ Walking a dog
- ★ Football
- ★ Dance
- ★ Gymnastics
- ★ Cycling
- ★ Rugby
- ★ Swimming
- ★ Karate
- ★ Tennis
- ★ Netball
- ★ Rock climbing
- ★ Hockey
- ★ Cricket
- ★ Skateboarding
- ★ Ice Skating
- ★ Badminton
- ★ Athletics

Which is your favourite activity?  
Can you describe a memory of participating in that activity?

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

“No act of kindness, no matter how small, is ever wasted”  
**The Lion and the Mouse, Aesop**

# ENGAGE



Taking part in different activities, setting goals and achieving those boosts confidence and positive wellbeing. This could be reading a book, learning a new instrument or working extra hard to do well in that spelling test!

**Can you name an activity that you wish to succeed in?**  
(e.g. playing the guitar, practicing a sport, acting in a school play)

.....

**Can you give yourself a goal in this activity?**  
(e.g. learning a new song on guitar, learning a new skill in sports, performing in front of your class)

.....

**How will you achieve this goal?**  
(e.g. practicing every day, asking for advice from a teacher, practicing with a friend)

.....



“If you have good thoughts...they will shine out of your face like sunbeams and you will always look lovely”

Matilda, Roald Dahl



# INTERACT

Connecting with friends and family every day is important for your wellbeing



Can you describe an activity you have done with a friend or your family?  
(e.g. a birthday party, visiting family, going to the cinema)

.....  
.....

This is a drawing of me interacting with friends/family



**TASK:** Can you include new friends in your games during break time? Can you meet new people at an afterschool club?

# NOTICE



It is important to take the time to appreciate what we have, who we have in our lives and our accomplishments

With a partner,

can you name five things you are thankful for?

1) .....

2) .....

3) .....

4) .....

5) .....

Work with a partner:

● What are their good qualities?

● What are your good qualities?

● Can you share with the group?

“You’re braver than you believe, stronger than you seem, and smarter than you think”

Winnie the Pooh, A.A.Milne



# GIVE



As well as looking after yourself, it is important to do things for others. You could give your time to help someone, give a compliment or give an act of kindness

## LIST

- Give a compliment
- Help tidy the classroom
- Tell someone why they are amazing
- Hold the door open for someone
- Help a friend with their homework
- Volunteer
- Donate to a charity
- Play with someone new
- Assist a neighbour
- Say hello to your classmates

*Can you add any more to this list?*

What have you done today for others?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

How do you think they felt?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# IT'S A BIT TOO MUCH

Remember those **small** and **big** feelings from earlier?

Small feelings will pass after a short amount of time (e.g. worried about homework).

Big emotions may last a **longer amount** of time and affect our daily lives.

If you notice one or more of the following in yourself or a friend, talk to an adult that you trust:

- Finding it difficult to concentrate
- Feeling less confident
- Losing interest in hobbies
- Changes in eating patterns
- Preferring to be alone
- Changes in sleeping patterns



## What can we do when our feelings are too much?

Sharing your feelings with a friend or adult that you trust can always help! It is also important to take some time to do things that you enjoy.

What do you like to do in your spare time or to relax?

.....

.....

.....

.....

.....

.....

# WHAT HAVE I LEARNED?

If you were to share what you have learned with someone who may not know how to look after their mental health, what would you say?

What I have learned:

.....

.....

.....

.....

.....

.....

.....

How can I look after my wellbeing:

.....

.....

.....

.....

.....

.....

.....

My advice to anyone who may be struggling:

.....

.....

.....

.....

.....

.....

.....

# USEFUL CONTACTS

Check out these organisations who can offer additional support should you or a friend need it.

## HEREFORDSHIRE

**Mind** - 01432 271643 / [www.herefordshire-mind.org.uk](http://www.herefordshire-mind.org.uk)

**Strong Young Minds** - 01432 269245 / [www.thesymproject.org](http://www.thesymproject.org)

**Let's Talk** - 0800 073 2200 / [www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk)

## EVERYONE

**Samaritans** - 116 123 / [www.samaritans.org](http://www.samaritans.org)

**SANEline** - 0300 304 7000 / [www.sane.org.uk](http://www.sane.org.uk)

**Papyrus** - 0800 068 41 41 / [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Childline** - 08001111 / [www.childline.org.uk](http://www.childline.org.uk)





# YOUTH THEATRE



The Courtyard has a thriving Youth Theatre with over 450 young people attending classes in Hereford, Bromyard, Kington and Ross-On-Wye. Led by professional drama practitioners who deliver weekly sessions during term time.

Bursaries are available and participants are entitled to a taster session before committing to a full term.

For more information or to register, please contact our Participation Administrator on 01432 346526 or email [takepart@courtyard.org.uk](mailto:takepart@courtyard.org.uk). Alternatively, you can download a registration form on our website and hand it to The Courtyard's Box Office.



“The Courtyard Youth Theatre provides an inclusive and accessible environment that inspires young people to learn, develop and create. We strive to achieve high quality performance whilst celebrating the worth of our members.”

