

As part of your Go Purple fundraising why not get the pupils to think about mental health and wellbeing?



On the school grounds plot your own Go Purple treasure hunt, with questions and answers about mental health and wellbeing that leads the pupils on to the next question and finally to the end of the hunt, where you could have a Go Purple picnic.

On a wet day, this could even be done in the Assembly Hall with each question in the corner of the hall. Plot the course, keep it really simple – i.e. now run to the other corner of the hall.

Question one

What are emotions?

Emotions are feelings, sometimes we feel happy and sometimes we feel sad, everyone has emotions. Emotions are normal, we all have them, but if we feel very sad for a long time weeks and months, then this is not normal and we need to speak to adult we trust.

Task 1:

Jump up and down 3 times, spin around 4 times

Why? Explain to the pupils being active increases the happy hormones in their bodies, and also getting active and having fun with friends is really good for their mental health.

Question two

Feeling overwhelmed- ask the children what this means?

Sometimes we feel very overwhelmed and upset, we lose control of our emotions.

Task 2:

Hot chocolate breathing - Breathe in deeply through your nose and on the exhale through the mouth, pretend you are blowing the steam away from a cup of hot chocolate. Repeat three times.



Question three

What sort of things affect our emotions?

If someone is unkind to us and says rude things that make us sad. Or if we get a present or surprise this can make us happy.

Task 3:

Be a friend and a buddy to others.

Ask the children what they could do to be a friend to others, suggest that they could pay someone a compliment. Ask the children what things they could do to feel happy.

Tie question 3 into the five ways of wellbeing and help the children with examples so they understand, that these scientifically proven set of principles helps them to feel more grounded, happier and more content:

- Connect: by spending time with friends.
- Keep Learning: sing in a choir, join a club, learn to play a musical instrument.
- Take Notice: go outside and take notice of the season's passing, birds migrating, bees pollinating flowers, snow on the ground etc..
- Be Active: cycle on your bicycle, play games outside.
- Give: by being generous and kind, help others and give back by being helpful to mum and dad.



Question four

What should we do if we notice a friend has become very sad?

Ask them what is wrong and can you help. Speak to a grown up that we trust, a teacher for example.

And finally...Depending on the age of the children, this session could be completed with a quick dance to Pharrell Williams 'Happy'

Want to know more?

If you need further help or support with your class please book our free mental health sessions Healthy Me via our schools mental health support service MensSana:

<https://www.amh.org.uk/services/menssana/>



If you need any further information advice or support, contact the fundraising team at: fundraising@amh.org.uk