

Teaching about mental health and emotional wellbeing

Resources for schools (updated January 2021)

Sources of free national teaching materials online include:

- PSHE Association (KS 1-4)
[Mental health and emotional wellbeing lesson plans](#)
Lesson plans (+Accompanying PowerPoints for members)
- Public Health England (KS 2-4)
[Mental wellbeing teaching resources](#)
Lesson plans about sleep, worry, change and building connections
- Samaritans (ages 14+)
[DEAL \(Developing Emotional Awareness and Listening\)](#)
Session plans, to help build resilience, on: emotional health, coping strategies, dealing with feelings and connecting with others + staff training slides and training session.
- Mentally Healthy Schools website (primary)
[Links to many primary teaching resources from the mentally healthy schools website](#)
Includes - Express yourself: Children's Mental Health Week Toolkit and primary assembly.
- Time to Change (KS 3-4)
[Assemblies, session plans, small group activities](#)
Also, materials to support student campaigns and resources for parents.

Free local teaching materials include:

- Oxford Health / CAMHS B&NES (KS 1-5)
[Primary School Resource Pack](#)
[Secondary School Resource Pack: KS3-5](#)

Related national and local online resources include:

- Anna Freud (primary, secondary and colleges)
[Resources for schools and colleges](#)
Resources and advice for pupils, staff and parents.
- DfE (primary and secondary schools)
[DfE Teaching about mental wellbeing](#)
Practical materials for schools to use to train staff about teaching mental wellbeing.
- Wiltshire Healthy Schools
[Overview of emotional wellbeing and mental health](#)
With links to resources, staff training (including wellbeing for education resilience, five to thrive) and local support for children and their parents/carers from [onyourmind](#).
[Staff wellbeing](#)
Strategies to support staff wellbeing, local staff wellbeing training and staff support.
[Youth Mental Health First Aid for Wiltshire schools](#)
½ day online courses during 2021 for those working with children 8-18.
[Wiltshire web tool to support a strategic approach to EWMH in education settings](#)
Good practice with resources for Early Years, primary, secondary and post 16 settings.