

WORLD MENTAL HEALTH DAY – IDEAS BANK

A continuous collection of classroom and whole school ideas to explore wellbeing, emotional health and supportive communities. Suitable across primary and secondary phases.

About World Mental Health Day

- Celebrated on 10 October each year
- Organised globally by the World Health Organization and mental health organisations
- Aims to raise awareness of mental health and encourage open conversations
- Focuses on reducing stigma and helping people access support
- Schools often use the day to promote wellbeing and positive coping strategies

Whole School / All Through Ideas

- Introduce the day in assembly by discussing what mental health means
- Explore how emotions influence behaviour and relationships
- Discuss the importance of talking about feelings and seeking support
- Create a whole school display about wellbeing and positive habits
- Encourage students to reflect on activities that help them feel calm and focused
- Share strategies that help manage stress and pressure
- Promote a culture where students feel safe asking for help
- Link mental health themes to wellbeing and personal development across subjects

Primary Ideas

- Discuss different emotions and how people experience them
- Draw pictures showing things that help students feel happy and calm
- Create posters encouraging kindness and supportive friendships
- Write short sentences describing ways to look after wellbeing
- Practise simple breathing or relaxation exercises
- Read stories that explore feelings and discuss the characters' choices
- Create a classroom wellbeing corner with positive messages
- Share activities that help students feel relaxed and focused

Secondary Ideas

- Discuss the importance of mental health in everyday life
- Explore how stress can affect learning and relationships
- Investigate healthy coping strategies for managing pressure
- Debate how society can reduce stigma around mental health
- Reflect on how schools can support student wellbeing
- Analyse the role of social media in influencing wellbeing
- Develop student led initiatives promoting positive wellbeing
- Explore how sleep, exercise and routine influence mental health

Cross Curricular Links

- PSHE, wellbeing, emotional awareness and relationships
- Citizenship, support systems and community responsibility
- Science, brain function and the impact of stress
- English, reflective writing and discussion
- Physical education, the connection between exercise and wellbeing