

## Section 3:

# Strategies to support youth mental health

**This section of the toolkit explores strategies that young people can use to look after their mental health and wellbeing.**

**The activities and resources will help young people consider strategies to support their mental health and wellbeing and identify ways to cope with difficult feelings.**

**Animation: 5-a-day for mental health**  
[The animation 5-a-day for your mental health](#) describes how young people can improve their wellbeing.

### **Activity: 5-a-day**

Divide the class into 5 groups and assign them one of the 5-a-day, which are:

1. Connect
2. Be active
3. Keep learning
4. Give
5. Take notice

Ask the group to list as many examples as possible. Document the results for each group in lists on a blackboard / whiteboard. Suggest to the group that they take note of some of the 5-a-day they have suggested, as this will be relevant for the next activity.

### **Resource: Timetable for 5-a-day**

Ask students to take note of some of the  
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activities they listed in the previous exercise they might use as part of their 5-a-day for mental health and wellbeing.

Using the 5-a-day weekly planner ask them to write out the 5-a-day that will work for them on a weekly basis.

### **Activity: Identifying strengths**

It can be useful for young people to have an awareness of their strengths during a time of change. They might like to reflect back on their own personal strengths when they are facing challenges in life. Print and complete the worksheet with your class. There is a list of adjectives, values, hobbies provided to help them out.

### **Resource: Rainy day**

Print the rainy day PDF and ask your class to apply their own plan. Ask young people to reflect on their own personal strengths and coping strategies. Explain that there are things we can do and things we can tell ourselves that make us feel better when we are feeling down. These will look different for everyone.



# My 5-a-day weekly planner

	Connect	Be Active	Give	Take notice	Keep Learning
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

# What are my strengths?

I am...

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Kind  
Funny  
Creative  
Organised  
Fair  
Hard working  
Sporty

I am good at...

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Art  
Sports  
Listening  
Dancing  
Planning  
Leading  
Gaming  
Writing

I am interested in...

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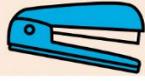
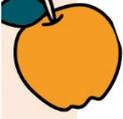
Sport  
Volunteering  
Exercise  
Art  
History  
Languages  
Games  
Animals  
Cooking

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\_\_\_\_\_ is important to me

Nature  
Learning  
Being happy  
Family  
Friends  
Giving



# My rainy day plan

3 things I can do to feel better: \_\_\_\_\_

\_\_\_\_\_

2 things I like about myself: \_\_\_\_\_

\_\_\_\_\_

1 person I can talk to: \_\_\_\_\_

