

SCHOOLS – SESSION 1 WELLBEING

Main Aim: to help the students learn the power of self-care

Attention: What is self-care?

Icebreaker: If you were King or Queen for the day what would you do?

Watch: [Video clip](#) of Prince William's conversation with footballers about mental health

Game: Mental Health Snowballs. [PowerPoint here](#)

Activity: Who Am I?

Stick the name of a well-known person on a volunteer's head. They then ask everyone else questions to guess who they are.

Application: What does God want to say about your wellbeing?

Key Bible Text: Matthew chapter 11 verse 28 'Come to me, all you who are tired and are carrying heavy loads. I will give you rest.'

Video story & discussion: Joel Harris. [Video here](#).

Q. Why does mental health matter?

Q. What strategies can we put in place to help improve our mental health?

Appeal: How can you increase your wellbeing?

IN - Self-awareness checklist (how am I doing today?).

OUT - What is ONE THING you could do this week to help a friend feel better?

UP - God cares about our wellbeing. When you are not OK, what Bible verse could help you to remember that God is with you. Write it out on a piece of paper and stick it on your wall this week or use it as prayer.

For example: So do not be afraid. I am with you. Do not be terrified. I am your God. I will make you strong and help you. I will hold you safe in my hands (Isaiah chapter 41 verse 10).

Prayer Spaces In Schools Reflective Activity: [Calm Jars](#)

Music Video: Voices Amongst Wolves. [Video here.](#)

Plenary: What is the ONE THING I can do to look after my wellbeing and those around me?

The Wellbeing Journey

Join the Youth Wellbeing Journey – [find out more at here](#) and watch the youth [promo video](#)

70 Acts of Service

The Queen has served the UK and the Commonwealth for 70 years. To honour her, let's join together in 70 [Acts of Service](#) during 2022.