

# Take a #wholehour challenge

World Mental Health Day - 10th October

[findgetgive.com/iamwhole](http://findgetgive.com/iamwhole)

#IAMWHOLE is a national campaign to support young people to talk openly about mental health. Developed by the YMCA and the NHS it has reached over 100 million young people.

This year we're asking you to take the #WHOLEHOUR challenge! Find a time (could be an hour, could be less) in the day ideally between 12 - 1pm to do something to **promote wellbeing** and to make your pupils and staff **feel good**.



## Get thinking; what can you do?

Could you involve your pupils, school staff, parents and carers in coming up with some ideas for #wholehour? It could run over lunchtime, an assembly, a circle time or PSHE lesson. The idea is to create a space and time to do something that promotes emotional wellbeing with and for your students and hopefully wider; school staff and parents!

Based around the five ways to wellbeing, here are some ideas that were developed by our Youth Ambassadors at Right Here :

- **Mindfulness;** have a yoga or meditation lesson (*take notice*)
- **Get outdoors;** organise a walk in the local area or park (*be active*)
- **Music;** create a collaborative playlist of tunes that make you feel good (*connect*)
- **'Feel Good Box';** fill a shoe box with objects and ideas that cheer you up (*learn*)
- **Share;** work on a project across year groups or simply share stories (*connect*)
- **Feelings Wall;** set up a graffiti wall to collect ideas from across the school on things that make you feel good (*connect*)
- **Cooking and Eating;** prepare and eat some food together or hold a bake sale (*give*)
- **Get Active;** an alternative PE lesson, maybe some unique leisure activities (*be active*)
- **Play;** get back to basics and set up a board games session (*connect*)
- **Get Creative;** have a creative arts session, maybe mindful colouring (*take notice*)
- **Learn;** Hold a Flo and the Funny Feelings lesson - see 'Useful Resources' (*learn*)



## Useful Resources:

[www.whole.org.uk/flo-and-the-funny-feelings/](http://www.whole.org.uk/flo-and-the-funny-feelings/)

[www.wheretogofor.co.uk/](http://www.wheretogofor.co.uk/)

[www.findgetgive.com/parents-carers/#resources](http://www.findgetgive.com/parents-carers/#resources)

USE THE HASHTAGS: #IAMWHOLE #WHOLEHOUR  
LET US KNOW WHAT YOU'RE DOING VIA SOCIAL MEDIA



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