

Take a #wholehour challenge

World Mental Health Day - 10th October

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 students and staff **feel good**.



Get thinking; what can you do?

Could you involve your students, staff, parents and carers in coming up with some ideas for #wholehour? It could run over lunchtime, an assembly, a lecture 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; staff, family and friends!

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

- **Mindfulness;** have a meditation lesson/workshop (*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*)
- **'Mental Health First Aid Kit';** use a shoe box to fill with things that cheer you up or chill you out e.g. tea bags, photos of friends (*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*)
- **Fundraise;** hold a bake sale, fancy dress day or sponsored run (*give*)
- **Get Active;** have a yoga, tai chi or kick boxing session (*be active*)
- **Switch off;** get back to basics and turn off your phone for an hour (*connect*)
- **Get Creative;** have a creative arts session, maybe mindful colouring (*take notice*)



Useful Resources:

www.wheretogofor.co.uk/

www.ymcarighthere.com/advice-support/parentscarers/

www.findgetgive.com/parents-carers/#resources

USE THE HASHTAGS: #IAMWHOLE #WHOLEHOUR
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