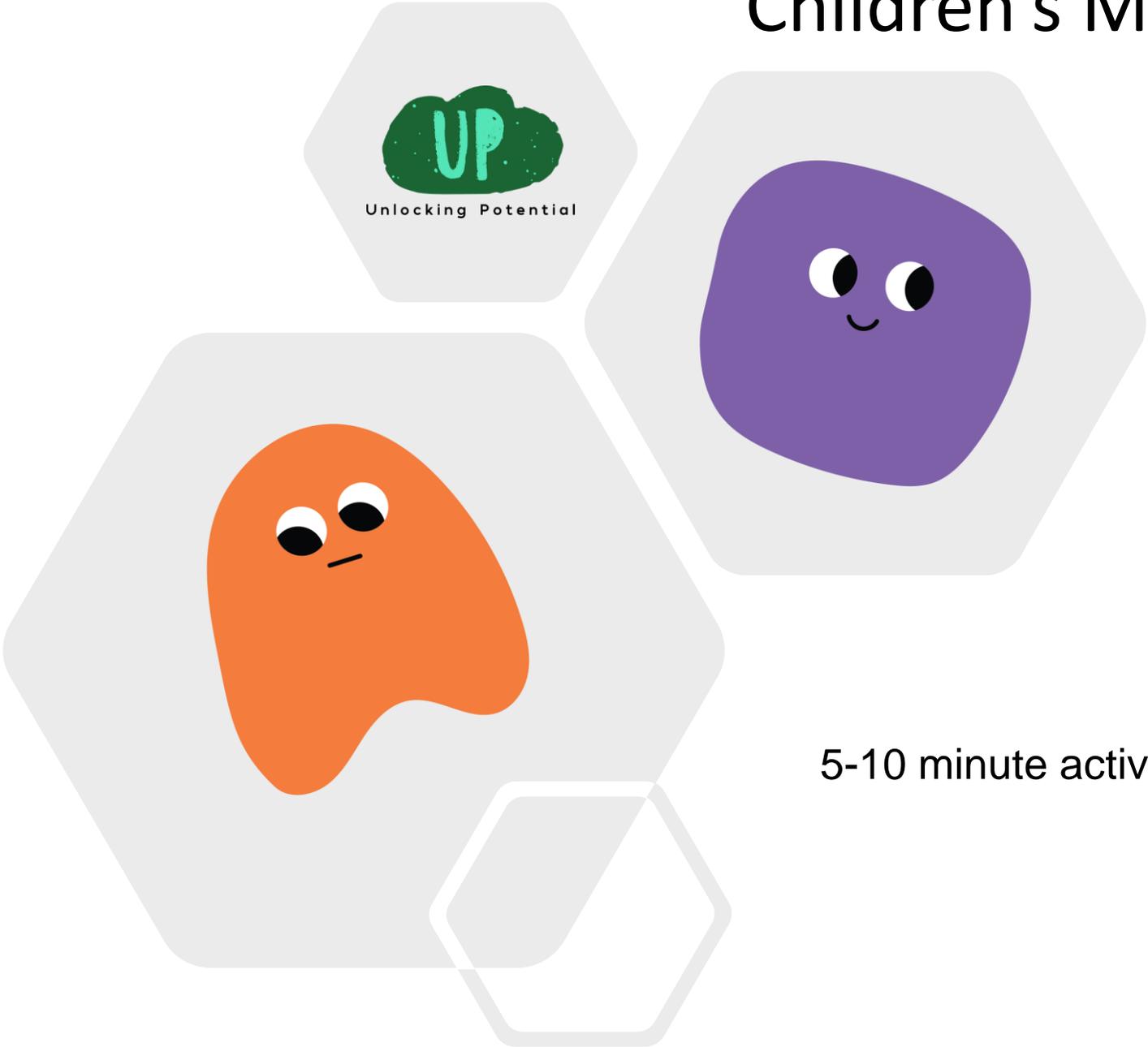


Children's Mental Health Week 2022

Teachers Activity Pack



5-10 minute activities for the beginning and end of the day

ACTIVITIES FOR THE WEEK:

Monday: This is Me

- - *'I Am' interactive activity*
- - *'This is me Tree'*

Tuesday: Me and You

- - *Exploring Similarities and Differences*
- - *Circle Time Activities*

Wednesday: We are

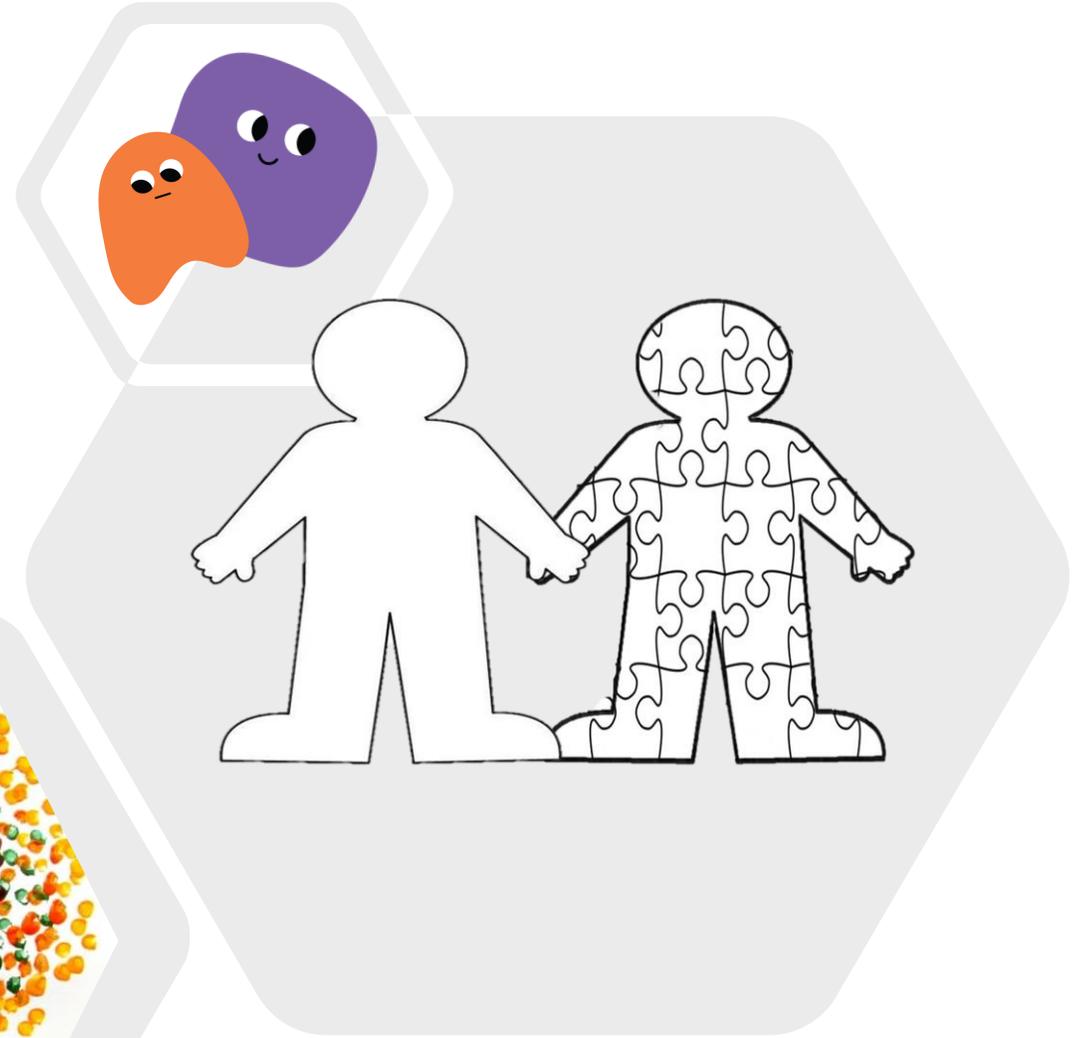
- - *Diversity Drawing*
- - *Diversity Dance*

Thursday: Belonging & Community

- - *Belonging in your Classroom*
- - *Discovering School Community*

Friday: Roots and Wings

- - *I Am and I Am Becoming*
- - *Proud to Be Me Stickers*



RECAP: WHAT IS IDENTITY?

YOUR IDENTITY is what makes you, **you!** Our identity is made up of lots of different things, a bit like pieces of a jigsaw puzzle. Some of these parts can be seen by other people, but there are also parts of identity that people don't see.

Be proud
and curious
of who you
are



Understanding your identity helps you
to.....

Feel confident

Believe in yourself

To make choices in line with your values

Understand and respect others even when
they are different to you

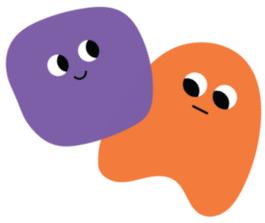
Build good relationships

Know what you need

Be assertive



Monday activity 1: 'I am'



Learning Objective: To understand the different aspects that make up a sense of identity and start thinking about my own identity and the similarities and differences I have with others.

Choose a puzzle piece and complete one of the following statements related to that aspect of identity:

I am.....

I am sometimes.....

I am not.....

Examples:

Beliefs – *I am the same religion as my dad*

Culture – *I am from Portugal*

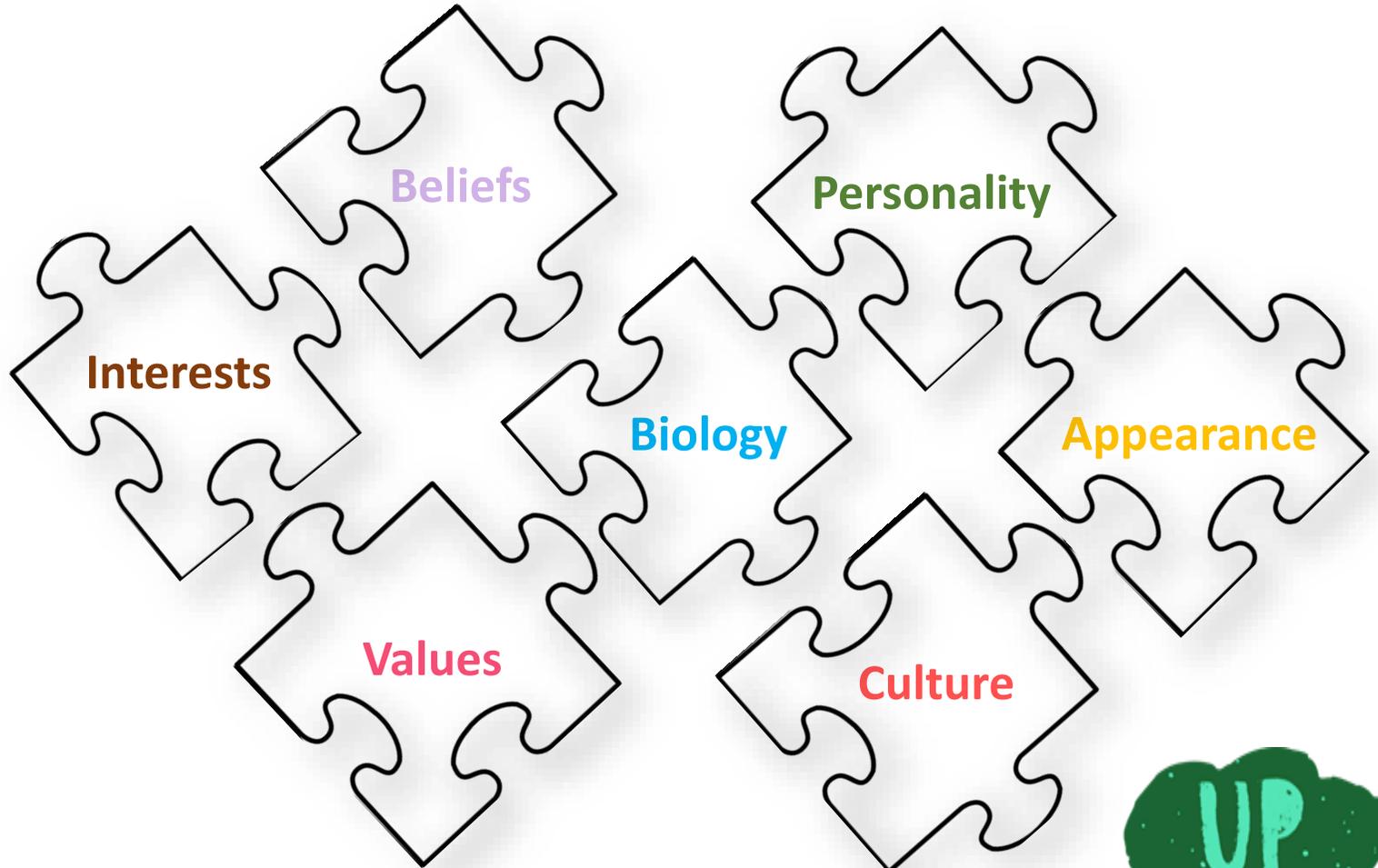
Values – *I am not unkind to my friends*

Biology – *I am blue eyed*

Personality – *I am not shy*

Appearance – *I sometimes wear a hat*

Interest - *I am sometimes into football*



7 Aspects of Identity

Your **BELIEFS** are things you feel to be true, that guide your thoughts and behaviour. Spiritual Faiths are an example of how beliefs shape identity.

Your **CULTURE** is the cultural practices, customs, and traditions that are learned and shared by a group of people—including language, nationality, heritage, religion and dress code.

Your **VALUES** help you understand the difference between right and wrong. They shape your behaviours and attitude towards life. E.g you may value honesty and believe being honest is very important.

Your **BIOLOGY** is the way your body interacts with the world to influence your thoughts, feelings and physical states of wellbeing.

Your **PERSONALITY** is a set of characteristics and behaviours that make you unique. E.g you maybe shy, outgoing or mellow.

Your **APPEARANCE** is the way you look. This includes, skin, eye and hair colour. If your short or tall, curvy or athletic.

Your **INTERESTS** are the things you enjoy, that enrich your life. E.g sports, art, music, dance, science and many more.

Monday activity 2: This is Me Tree

Learning objective: To be able to identify the 7 different aspects of identity and recognise these part in myself.

Activity:

Draw around your hand and forearm, to create the base and branches of your tree, then its time to add your leaves!

Refer back to the 7 aspects of identity and write something that represents you along the branches and in the leafy part of your tree.



For example:

Belief – *I am Hindu*

Culture – *I speak Greek and English*

Biology – *I am Dyslexic*

Personality – *I am cheeky*

Appearance – *I have Black hair*

Values – *Telling the truth is important to me*

Interests – *Dancing is my hobby*



Symbolism of the 'This is me tree'

Roots unseen/ fixed parts of identity

Trunk Bark exposed, stable parts

Trunk core stable, developing parts

Branches 7 aspects of identity

Leaves details of identity i.e. cloths, food, music

Falling leaves/ New leaves changing identity

Tuesday activity 1: Exploring similarities and differences

Learning Objective: To be able to explore with a partner what we have in common and what differences we have.

The brilliant thing about identity is everyone's unique, today we will explore where others might share some similar or different aspects of identity to you.

Activity:

In pairs take turns to make 'I am,' 'I am sometimes,' 'I am not,' statements, keep going for as long as time allows, or children run out of things to share.

Extension: Invite pairs to take turns to recall to each other what they remember about the other persons I Am/ Am not statement by saying 'You are....'



Tuesday activity 2: Circle Time Activity

Learning Objective: To be understand I will always share similarities and differences with your peers

Activity:

Invite the children to stand in a circle. The children can step into the circle if they identify with the teacher's statement, the children can also take it in turns to make a statement.

For example:

Step into the circle **'If you'**...

Are enjoying school today

Have a jumper on

Like music

Dislike carrots

Believe in kindness

Value your friendships



Wednesday activity 1: 'Diversity Drawing'

Learning Objective: To be able to identify each aspect of myself which makes me whole.

Activity:

Each piece of the puzzle represents part of your identity, your task is to fill each puzzle piece with something you feel represents you.

Choose can least some these categories:

Culture/Belief:

Language, Religion,
Ethnicity, Heritage,
Nationality

values:

Family, Freedom, Loyalty,
Creativity, Honesty,
Trustworthy, Kindness

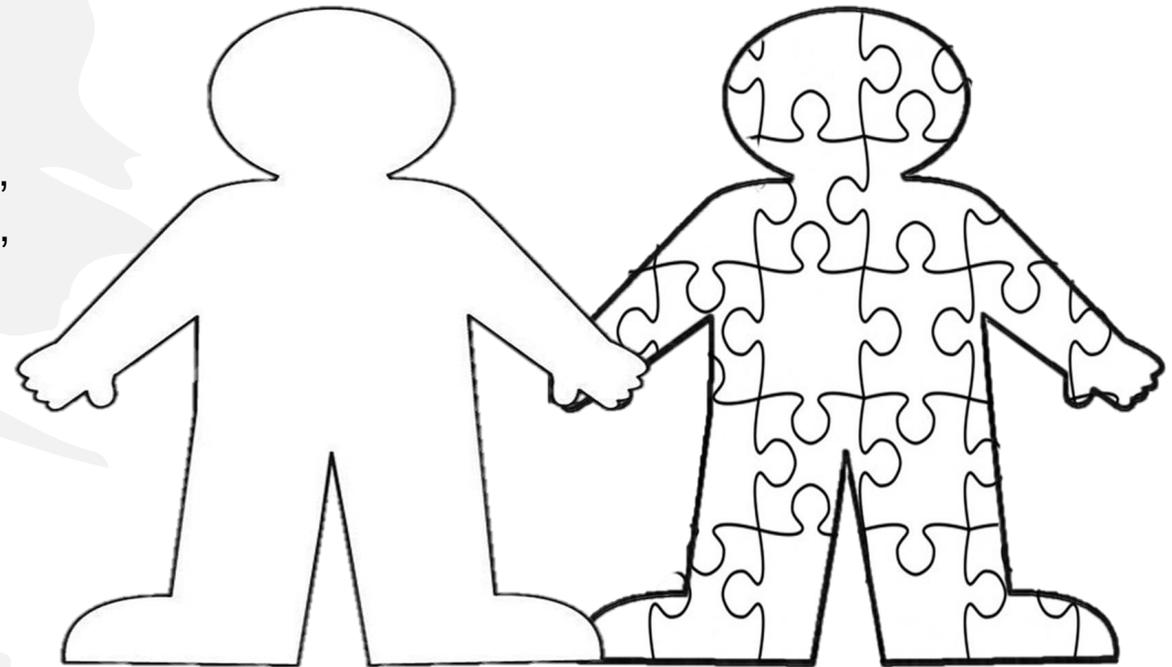
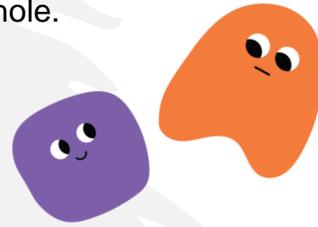
Appearance: When you have finished, you can draw a self portrait on the front to capture your physical appearance.

Personality/Biology:

Shy, Outgoing, Cheeky, Funny,
Relaxed, eccentric, bold, calm,
Confident

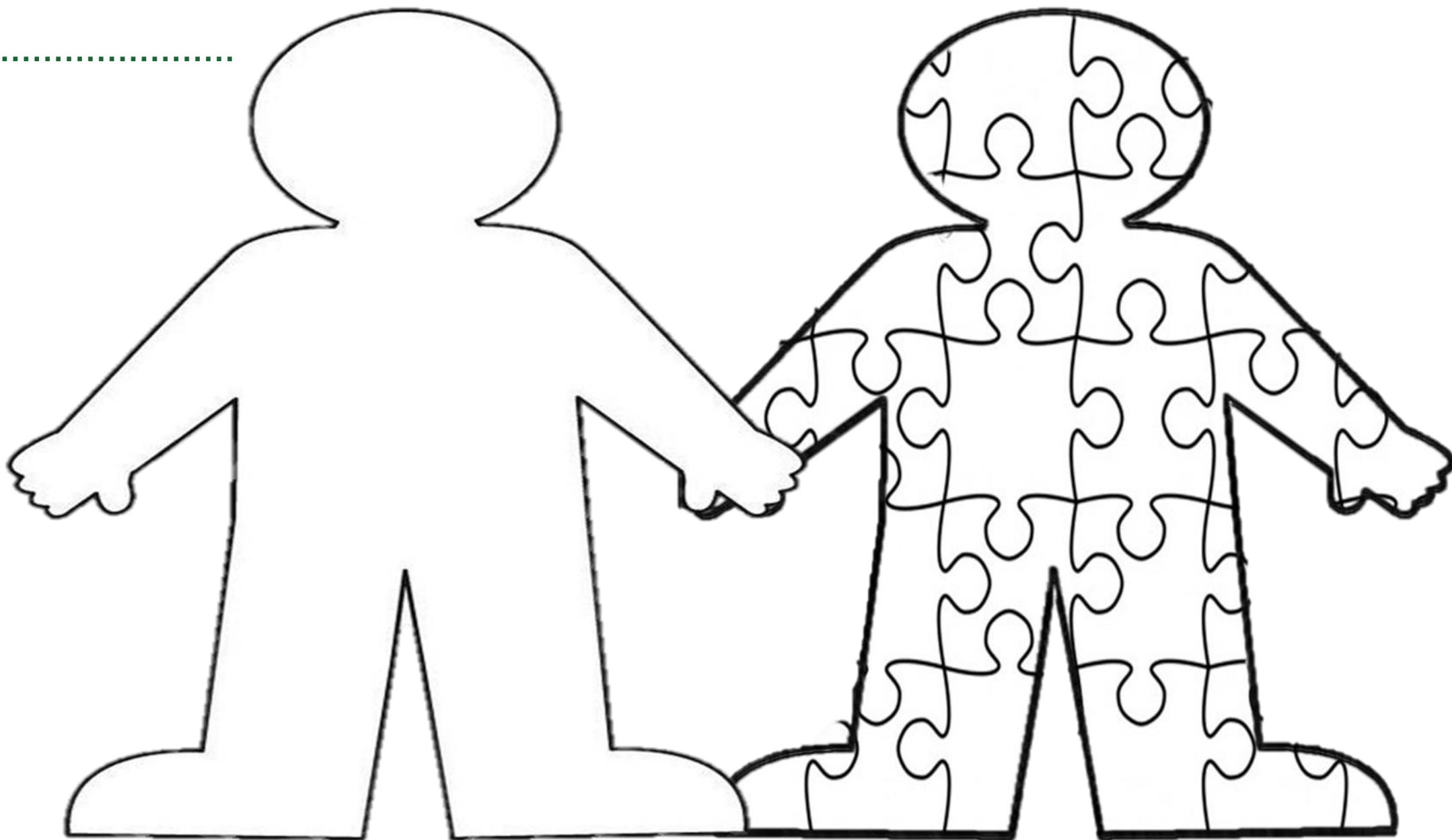
Interests/hobbies:

Sports, Art, Music, Dance,
Science, Nature, Gaming,
Blogging



Diversity Drawing Worksheet

Name:



Wednesday activity 2: 'Diversity Dance'

Learning Objective: To find different ways to express myself and have fun!

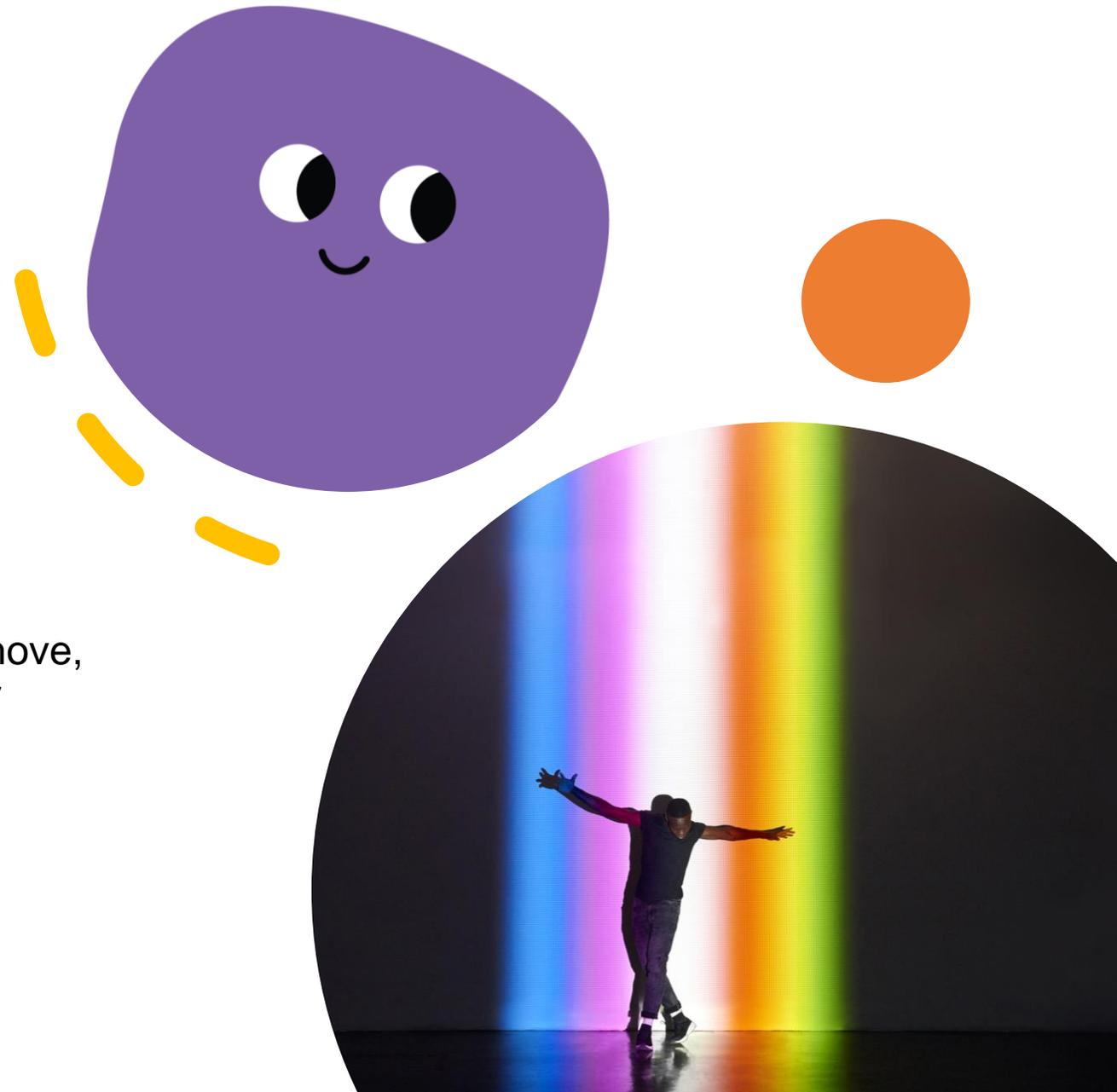
Activity:

Song - Play '***This is Me***' from the greatest showman

Today you will be creating a dance in pairs!

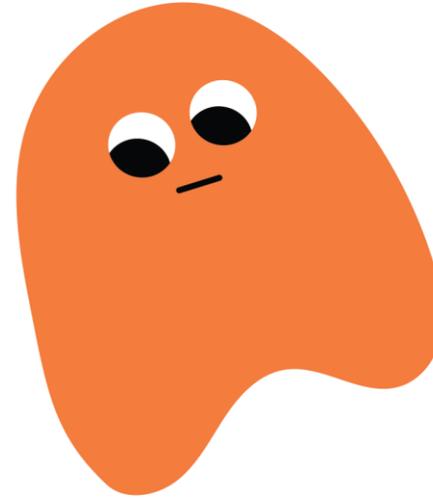
Find a dance partner take it in turns to create a dance move, you can mirror each other, take it in turns adding to your routine each time, you can create a whole dance piece!

<https://www.youtube.com/watch?v=IDL33yN2oQ8>



Thursday activity 1: 'Belonging in the Classroom' Part 1

Learning Objective: To be able express my identity through art materials



Activity:

To create a piece of artwork that represents you in the classroom.

How are you part of the class? What do you do for your class?

I am kind, I am funny, I help the teacher, I make sure everyone has had hand gel. I listen to my teacher. I help people with maths.



Thursday activity 2: 'Belonging to a School Community' Part 2

Learning Objective: To be able to work with my class as a community accepting differences and noticing similarities



Activity:

Your community in the classroom

Combine all the individual pieces of artwork into a classroom collage, arrange them on the wall or on the floor.

Work together to see how you think they should be arranged – in a circle? A square? Overlapping?

Once you have arranged them take a step back and look at your collage as a whole.

How does it feel to see your artwork alongside the others?
Can you see similarities between the art works?
Can you see differences?

Friday activity 1: 'I am – I am becoming'

Learning Objective: To be able to capture my own appearance by drawing my portrait and practice self belief.

Activity:

To draw your aspirations for future you, this might simply be you enjoying your summer holidays or even becoming an astronaut! The skies the limit.

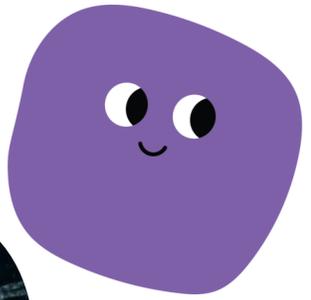
Things to consider:

What might you be doing?

Where might you be?

Who might you be?

What job may you have?



Friday activity 2: 'Proud to be me Sticker'

Learning Objective: To wear your identity and badge with pride.

Activity:

You can draw or write something that you are, that you are proud of.

For example:

