

Kidstime Workshop online session – Theme ‘Talking About Mental Health’

Introductions

Relaxed ice-breaker game for us all to become familiar with each other.

- Sign your family name – always popular!
- Describe an object - Each child chooses an object, which they would like to share with the group. Could be favourite toy, pet, book, etc. Keeping the object hidden from camera, describe it without using its actual name. Eg: a football could be described as “it’s quite large and round and can be used in games and sport”. When it is guessed correctly, reveal the object and tell us a little more about it.

Group Agreement

Share screen with OurTime guidelines.

Seminar & Activity

Invite group members to draw their portrait on an A4 piece of paper. Name it and decorate it. Show mine as an example that you don’t have to be an amazing artist!

Next, add some likes and dislikes around the picture. EG: I like walking our dog, it makes me feel happy and playful. I don’t like it when I can’t see my friends. It can make me feel lonely.

Invite the group to share their thoughts.

How do we manage feelings when they’re making us unhappy? Ask for suggestions, these can be added to the picture.

Reading books, going for walks, talking to a friend were all suggestions, which came up in our group.

Share the video Talking Mental Health:

<https://www.youtube.com/watch?v=nCrjev3-Is>

Reflect on the video, has it given us any further ideas that we can put on our portraits? Are there other people we would like to add? What are our relationships to them – illustrate using lines, solid, or dotted, or wavy, different colours, so we have created a mind map of sorts. A network of support.

Close and Reflections

Why do people find it difficult to talk about mental health? Show part of video about celebrities talking about mental health.