

## DRAW AND WRITE – MENTAL HEALTH AND EMOTIONAL WELLBEING.

Before delivering lessons on mental health, it is useful to gain a better understanding of the issues that may affect your pupils' mental health and emotional wellbeing. This Draw and Write activity will enable you to gain an insight into your pupils' understanding of what constitutes good mental health and their thoughts and feelings on the factors that impact positively and negatively on their wellbeing. It will provide you with some base line data which you will be able to explore further during the lessons and will help to inform your pupil's participation.

### ADMINISTERING THE DRAW AND WRITE ACTIVITY

1. Provide each pupil with a piece of paper showing a stick person, labelled **What helps you to feel happy about yourself?** Encourage them to think about the question and draw pictures and write words around the stick person to communicate their thoughts and ideas.
2. Afterwards, provide each pupil with a piece of paper showing a stick man, labelled **What do you worry about?** Encourage them to think about the question and draw pictures and write words around the stick person to communicate their thoughts and ideas.

To enable the pupils to provide answers that accurately and honestly reflect their views, it is helpful if the pupils:

- do not discuss these questions as a whole class activity before completing the Draw and Write.
- complete **What helps you to feel happy about yourself?** before **What do you worry about?** and that these are completed at different times.
- do not put their name on their Draw and Write or show it to other pupils.
- are encouraged not to use another child's name on their Draw and Write.

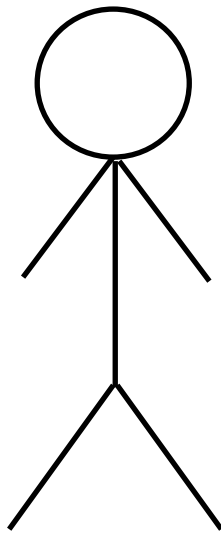
This Draw and Write activity may reveal anxieties and issues that pupils are concerned about. It is a good idea to remind the pupils of the support and the different listening systems available in your school. This may include:

- Talking to a class teacher or another adult at the school
- Posting a note in the class/school Chatter Box for the attention of an adult in school or peer listener
- Approaching someone on their **Safety Circle** (KS1) or **Network of Support** (KS2)

#### ANALYSING THE DRAW AND WRITE ACTIVITY

Look at the Draw and Write responses from across the class and identify common themes emerging from the drawings and writing e.g. friendship, family, physical activity, and pets. Use these themes to create a tally chart. Examine each child's Draw and Write and record their responses on the tally chart by noting the theme covered and any written responses which are common among children or provide further insight on their thoughts and feelings.

**What helps you to feel happy about yourself?**



**What do you worry about?**

