

# Innovate for Wellbeing Kickstarter

## Tick True or False for the following statements:

- Mental health stays the same.
- Everyone has mental health.
- There is nothing you can do to look after your mental health.

True

False

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Your friend asks you to explain to them what is meant by mental health. List three things you would say.

- 1.
- 2.
- 3.

Someone tells you that it is not that important for young people to have a say in decisions about their wellbeing. How would you respond?

Rate these statements from 1- 5 for how important they are to you (1 = most important, 5 = least important).

- Having a say in decisions that affect me
- Listening to all viewpoints, even ones I disagree with
- Sharing the experiences of young people with teachers
- Trying to include as many people as possible in my project
- Getting the chance to make a difference in my school

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Complete this table to help you to think about how you might get your five-a-day for mental health

5-a-day	Things to try	I do this already	I could try this	My own idea
<b>Be Active</b>	Dance around			
	Join a sports team			
	Follow an exercise video on YouTube			
	Do a Couch to 5K			
<b>Connect</b>	Call/text someone you've not seen in a while			
	Join a school club			
	Organise a games night for family or friends			
	Plan and cook a meal with your family			
<b>Give</b>	Help someone with their bags			
	Offer to help your family around the house			
	Sit with someone who is on their own			
	Give some clothes you no longer wear to charity			
<b>Get Involved</b>	Cook a new recipe			
	Learn 'Hello' in 10 different languages			
	Take up a new hobby – drawing, knitting, Sudoku			
	Join/create a school group that promotes an idea that you believe in			
<b>Take Notice</b>	Spend time with a pet and notice how you feel afterwards			
	Go for a walk and take some pictures of nature			
	Sit still and breathe deeply for one minute; note how you feel afterwards			
	Write a list of things that you are grateful for			