

With Children's Mental Health Week just around the corner and much discussion of pupil well-being, the charity Our Time have a free toolkit to share:

Animation

Our [new animation](#), created with invaluable input from young people, explores family mental health difficulties in a sensitive, familiar way, helping young people to understand it's not as uncommon as they may think.

Animation activity pack

The animation can be watched by young people independently or within a group, used to spark conversations or as a quick activity - see [our supporting schools activity pack](#). It's all about encouraging tolerance and understanding, and recognising that not all families are the same.

Lockdown activity pack

We're also sharing some of our most popular lockdown resources as an [easy to share pdf pack](#) that can be completed by young people at home or in school - from creating superheroes based on someone they know, to story stones. And if you like this, you can find even more resources in our [lockdown library](#).

Free training & PSHE modules

And if you're interested in our free Covid-19 recovery programme, which includes a training video and PSHE modules, you can [sign up to access them on our website](#). It supports all students' mental health and well-being, but particularly those who have a parent with a mental health difficulty. Our pre-recorded training can be watched at leisure and is a great resource for all staff working with young people.

If you have any questions, feedback or need more information email schools@ourtime.org.uk. We're keen to help schools explore the topic of mental health in families, in a way that's mindful of staff time, resources and existing support systems.

If you're not already on our schools mailing list, you can [sign up using our online form](#).

With best wishes,

Angela Bellew
Our Time Schools Lead