



GROW YOUR MIND HANDBOOK 2022

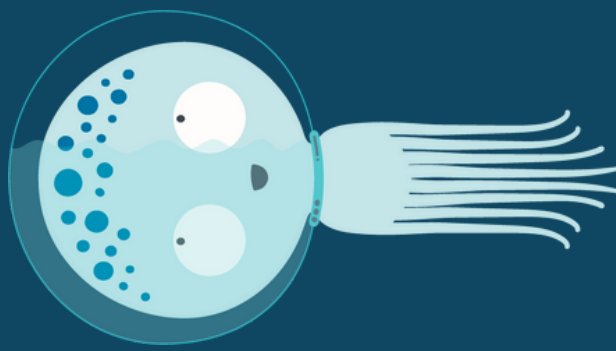
EVENT PLANNING KIT FOR SCHOOLS

**IDEAS, TIPS AND TOOLS FOR PLANNING TO CELEBRATE MENTAL
HEALTH WEEK AND/ OR MONTH AT YOUR SCHOOL**



[@GROWYOURMIND.LIFE](https://www.growyourmind.life)

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WHAT IS NATIONAL MENTAL HEALTH MONTH?



Mental Health Month is an initiative of the Mental Health Foundation Australia (MHFA) to advocate for and raise awareness of Australian mental health.

It is an important time where the Australian community comes together to raise awareness and promote better mental health for all.

Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community, and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities. Follow this handbook for ways to reflect, have fun, and find connection through October.

THE NATIONAL MENTAL HEALTH MONTH 2022 THEME IS: 'BUILDING RESILIENCE: COMMUNITIES AND CONNECTIONS'

At Grow Your Mind we are passionate about mental health and also reclaiming the term 'mental health'.

We all have mental health, therefore we can ALL learn ways to look after and protect our minds. At Grow Your Mind we learn MANY ways we can look after our mental health.

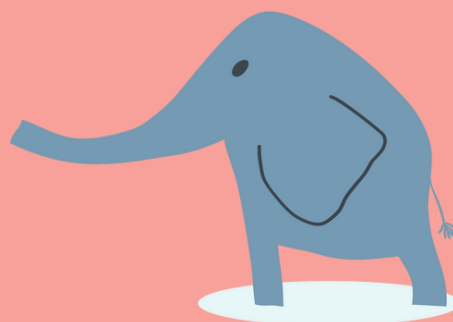
This month we have planned some special activities for your whole school to participate in that are easy to implement, engaging and full of fun- because...

Poor mental health is a serious issue, however mental health EDUCATION doesn't have to be.

Get involved, celebrate & enjoy :)

GROW YOUR MIND THEME:

USING MUSIC & MOVEMENT FOR CONNECTION & BELONGING



LET'S GET STARTED



We have done the hard work for you. This handbook has been created so you can pick it up and run a successful mental health month or week.

Celebrating Mental Health Month and/or Week can take any form you wish — big or small.

USING MUSIC & MOVEMENT FOR CONNECTION & BELONGING

Why have we chosen music this mental health month?

Music of any kind, including singing, playing or listening to music can have a positive impact on wellbeing equivalent to that of exercise.

And we all know it can lift our moods, helps us cope with tricky moments, inspire us and help us relax.

Why are we making music with research backed messages?! At Grow Your Mind we are all about making mental health education innovative and engaging for kids.

So play it loud & proud!

MENTAL HEALTH MONTH

We have created lessons to run a months worth of quick fun daily mental health and wellbeing messages. This is for your whole school K-6

Available only to digital for teacher subscribers.

MENTAL HEALTH WEEK CELEBRATIONS

Available within this handbook are a weeks worth of wellbeing lessons divided into year level. All based on music, singing and movement.

Free to ALL - share this resource with your colleagues & have some fun this mental health month.

Lessons are 5-20min in length. It is up to you how much time you allocate. Lessons are flexible and adjustable to meet needs of class.

NB: There are some additional resources mentioned that are only available for paid digital subscription holders. However you don't need these to run a successful mental health week.



WEEK ACTIVITIES



PLAN YOUR MENTAL HEALTH WEEK CELEBRATIONS - OCTOBER 10TH - 14TH 2022

MUSIC & MOVEMENT FOR CONNECTION & BELONGING

Whole school activity

Every year level is allocated a Grow Your Mind wellbeing song to learn throughout the week.

At the end of the week, each class will perform the chorus of their song to whole school (Or record song to send around to other classes).

Table outlines song allocation.

More detailed weekly plans found on the following pages.

Songs found in Spotify or wherever you get your podcasts.

YEAR LEVEL	SONG ALLOCATION
Kindergarten	Breathe in, Breathe out
Year 1	My body
Year 2	Sorry
Year 3	Ouch
Year 4	Jealousy
Year 5	Boundaries
Year 6	Values
Teachers	Resilience Rap
Alternative idea	Make up your own wellbeing song



Teachers - why not start the week off with a BANG and perform the Resilience Rap to the school. Set the playful tone and expectation for the week of activities.

Tip: No time to get together to practise, no worries! Delegate a 'step' of the rap per stage level - then pull it altogether on the day :)

Students get such a boost seeing teachers not taking themselves too seriously and having some fun together. It is also great team bonding :)



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KINDERGARTEN

MENTAL HEALTH WEEK PLAN

BREATHE IN, BREATHE OUT

Find song Free on GYM YouTube or GYM Vimeo.

Lyrics & additional resources in digital for teachers paid subscription ('Sing it up')

Weeks Aim - learn this song and perform at end of week.



DATE	ACTIVITY
Monday Oct 10th	<p>World Mental Health day</p> <p>Play song & video to class. Start learning song.</p> <p>Reflection Questions: Do you think everyone has mental health? Yes/no and why/why not? If you think we all have it, can we all learn to look after it? Why/why not?</p>
Tuesday Oct 11th	<p>Play & learn song</p> <p>Reflection Questions: What sort of things do you do that boosts your mental health? (GYM Digital subscribers display 'Take Care of Your Mind' poster for students to choose from)</p>
Wednesday Oct 12th	<p>Sing song with characters</p> <p>Use animal puppets or soft toys to represent GYM animals. Alternatively make paper bag puppets (many free animal puppet templates on google)</p>
Thursday Oct 14th	<p>Practise song with puppets or toys</p> <p>Tip: Make sure you have one big guard dog that needs to calm down!</p> <p>Reflection Question before going out to lunch: What are you going to do at lunch to look after your mind? (Digital subscribers display 'Take Care of Your Mind' poster for students to choose from)</p>
Friday Oct 15th	<p>Perform song with puppets in whole school Assembly</p> <p>Or record song to send around to other classes</p>



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YEAR 1

MENTAL HEALTH WEEK PLAN

SONG: 'MY BODY'

Find song Free on GYM youtube or GYM Vimeo.

Lyrics & additional resources in digital for teachers paid subscription ('Sing it up')

Weeks Aim: To learn the song "My body" and come up with some simple movements.

Perform at the end of week.



DATE	ACTIVITY
Monday Oct 10th	<p>World Mental Health day</p> <p>Play the song to class. Start learning song "My body"</p> <p>Reflection Questions: Do you think everyone has mental health? Yes/no and why/why not? If you think we all have it, can we all learn to look after it? Why/why not?</p>
Tuesday Oct 11th	<p>Play & learn song Come up with simple movements to chorus</p> <p>Reflection question: How are we the same and different from each other?</p>
Wednesday Oct 12th	<p>Play and practice song with movement</p> <p>Draw a self portrait highlighting what makes them special.</p>
Thursday Oct 14th	<p>Play and practice song with movement</p> <p>Reflection Questions: What sort of things do you do that boosts your mental health? (Digital subscribers display 'Take Care of Your Mind' poster for students to choose from)</p>
Friday Oct 15th	<p>Perform song in whole school Assembly</p> <p>Or record song to send around to other classes</p>



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YEAR 2

MENTAL HEALTH WEEK PLAN

SONG: 'SORRY'

Find song in the GYM Album.
Free on Spotify or podcast platform
Lyrics & additional resources in digital for teachers paid subscription ('Sing it up')

Weeks Aim: To learn the song "Sorry" and come up with some simple movements.
Perform at the end of week.



DATE	ACTIVITY
Monday Oct 10th	<p>World Mental Health day</p> <p>Play the song to class. Start learning song "Sorry"</p> <p>Reflection Questions: Do you think everyone has mental health? Yes/no and why/why not? If you think we all have it, can we all learn to look after it? Why/why not?</p>
Tuesday Oct 11th	<p>Practise song chorus Come up with actions to chorus</p> <p>Reflection Questions: Do you think there is such a thing as a good apology and a bad apology? Why/Why not?</p>
Wednesday Oct 12th	<p>Fill in blanks activity while listening to song ('Sing it up' in digital platform) Practice movement to chorus</p> <p>Reflection: What are you going to do at lunch to look after your mind? (Digital subscribers display 'Take Care of Your Mind' poster for students to choose from)</p>
Thursday Oct 14th	<p>Practice movements to chorus</p> <p>Reflection Do you think it is important to say sorry when you have hurt someone (even if by accident)? Why/why not?</p>
Friday Oct 15th	<p>Perform chorus of song in whole school assembly Or record song to send around to other classes</p>



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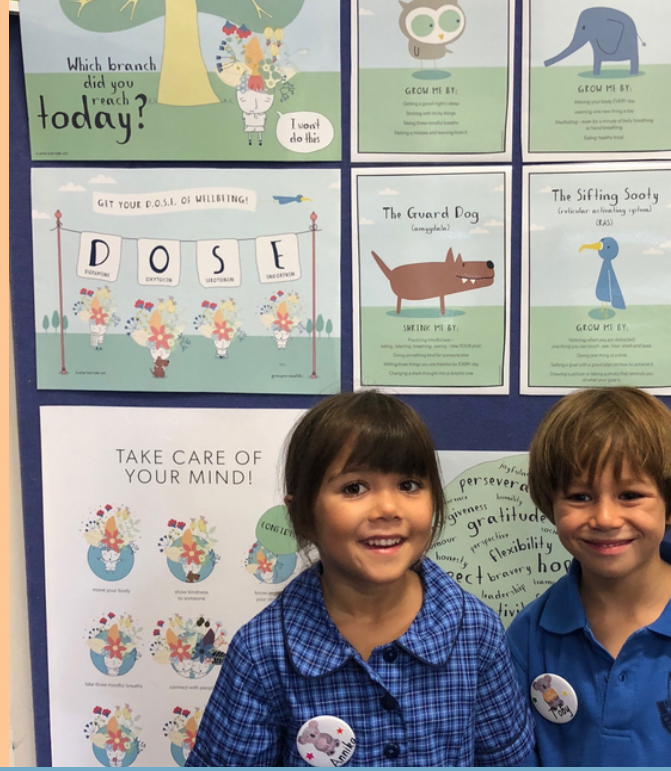
YEAR 3

MENTAL HEALTH WEEK PLAN

'SONG: 'OUCH'

Find song in the GYM Album.
Free on Spotify or podcast platform
Lyrics & additional resources in digital for teachers paid subscription ('Sing it up')

Weeks Aim: To learn the song "Ouch" and come up with some simple movements. Perform at the end of week.



DATE	ACTIVITY
Monday Oct 10th	<p>World Mental Health day</p> <p>Play the song to class. Start learning song "Ouch"</p> <p>Reflection Questions: Do you think everyone has mental health? Yes/no and why/why not? If you think we all have it, can we all learn to look after it? Why/why not?</p>
Tuesday Oct 11th	<p>Practise song chorus Come up with actions to chorus</p> <p>Reflection Questions: Has there ever been a time when you wanted something really badly, and someone else got it? Share some examples of time you have felt disappointed.</p>
Wednesday Oct 12th	<p>Fill in blanks activity while listening to song ('Sing it up' in digital platform) Practice movement to chorus</p> <p>Reflection: What are you going to do at lunch to look after your mind? (Digital subscribers display 'Take Care of Your Mind' poster for students to choose from)</p>
Thursday Oct 14th	<p>Practice movements to chorus</p> <p>Reflection Discuss "this too shall pass" What do you think it means?</p>
Friday Oct 15th	<p>Perform chorus of song in whole school assembly Or record song to send around to other classes</p>



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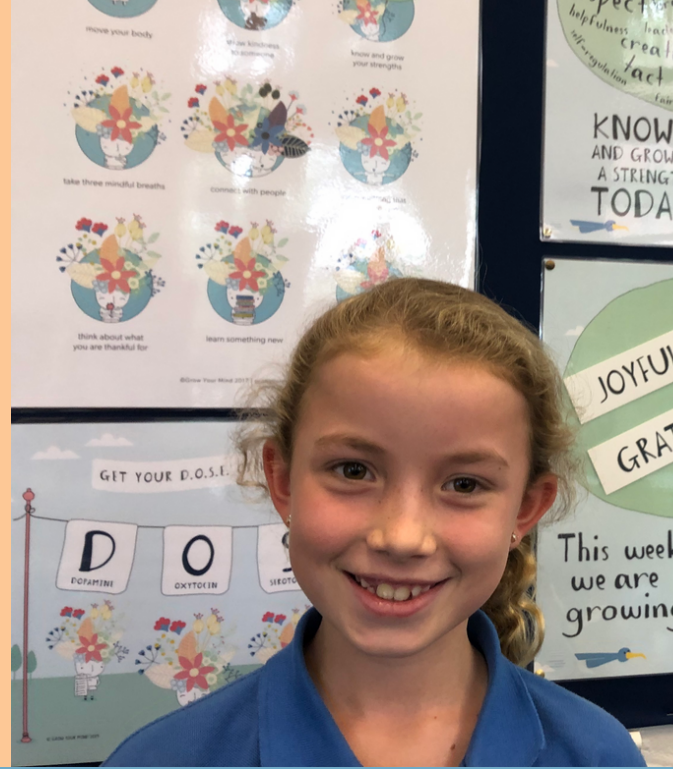
YEAR 4

MENTAL HEALTH WEEK PLAN

SONG: 'JEALOUSY'

Find song in the GYM Album.
Free on Spotify or podcast platform
Lyrics & additional resources in digital for teachers paid subscription ('Sing it up')

Weeks Aim: To learn the song "Jealousy" and come up with some simple movements. Or learn choreographed moves (digital subscription)
Perform at the end of week.



DATE	ACTIVITY
Monday Oct 10th	<p>World Mental Health day</p> <p>Play the song to class. Start learning song "Jealousy"</p> <p>Reflection Questions: Do you think everyone has mental health? Yes/no and why/why not? If you think we all have it, can we all learn to look after it? Why/why not?</p>
Tuesday Oct 11th	<p>Practise song chorus</p> <p>Come up with own actions to chorus or learn choreographed dance (within paid subscription)</p> <p>Reflection Questions: What things tend to make you feel jealous? How can you move through these uncomfortable feelings?.</p>
Wednesday Oct 12th	<p>Practice movement to chorus (from video or own made up)</p> <p>Reflection: What are you going to do at lunch to look after your mind? (Digital subscribers display Take Care of Your Mind poster for students to choose from)</p>
Thursday Oct 14th	<p>Fill in blanks activity while listening to song ('Sing it up' in digital platform)</p> <p>Practice movement to chorus</p> <p>Reflection: Share with class "What was the best part of your day"</p>
Friday Oct 15th	<p>Perform chorus of song in whole school assembly</p> <p>Or record song to send around to other classes</p>



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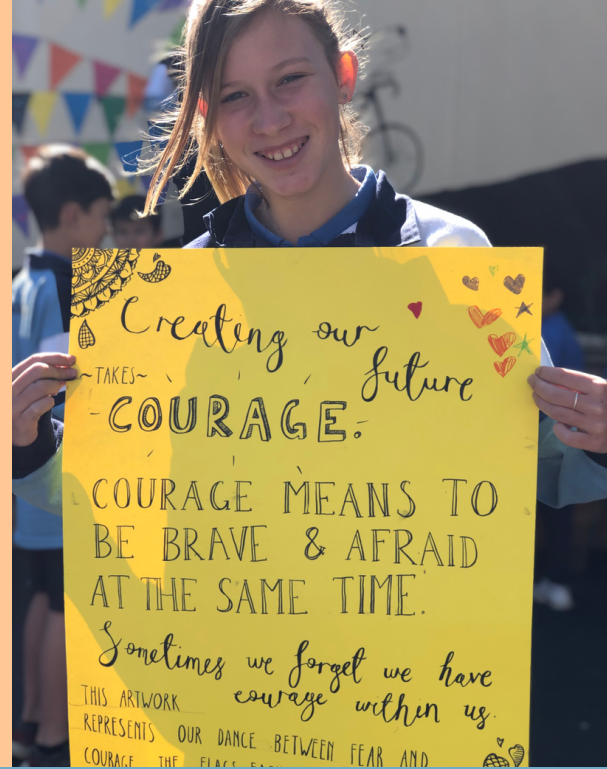
YEAR 5

MENTAL HEALTH WEEK PLAN

SONG: 'BOUNDARIES'

Find song in the GYM Album.
Free on Spotify or podcast platform
Lyrics & additional resources in digital for teachers paid subscription ('Sing it up')

Weeks Aim: To learn song "Boundaries" and come up with some simple movements. Or learn choreographed moves (digital subscription)
Perform at the end of week.



DATE	ACTIVITY
Monday Oct 10th	<p>World Mental Health day</p> <p>Play the song to class. Start learning song "Boundaries"</p> <p>Reflection Questions: Do you think everyone has mental health? Yes/no and why/why not? If you think we all have it, can we all learn to look after it? Why/why not?</p>
Tuesday Oct 11th	<p>Practise song chorus Come up with own actions to chorus OR learn choreographed dance (within paid subscription)</p> <p>Reflection Questions: Within your friendships what are some things that are ok with you? What are some things you are NOT ok with?</p>
Wednesday Oct 12th	<p>Practice movement to chorus (from video or own made up)</p> <p>Reflection: What are you going to do at lunch to look after your mind? (Digital subscribers display Take Care of Your Mind poster for students to choose from)</p>
Thursday Oct 14th	<p>Fill in blanks activity while listening to song ('Sing it up' in digital platform) Practice movement to chorus</p> <p>Reflection: Share with pairs "Describe a time when you have felt your 'invisible line' been drawn"</p>
Friday Oct 15th	<p>Perform chorus of song in whole school assembly Or record song to send around to other classes</p>



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YEAR 6

MENTAL HEALTH WEEK PLAN

'SONG: VALUES'

Find song in the GYM Album.
Free on Spotify or podcast platform
Lyrics & additional resources in digital for teachers paid subscription ('Sing it up')

Weeks Aim: To learn the song "Values" and come up with some simple movements.

)Perform at the end of week.



DATE	ACTIVITY
Monday Oct 10th	<p>World Mental Health day</p> <p>Play the song to class. Start learning song "Values"</p> <p>Reflection Questions: Do you think everyone has mental health? Yes/no and why/why not? If you think we all have it, can we all learn to look after it? Why/why not?</p>
Tuesday Oct 11th	<p>Practise song chorus Come up with own actions to chorus</p> <p>Reflection Questions: Print list of examples of values Students pick 4 values they would like to take with them into high school. Put them on GYM compass (in free resources or digital subscription)</p>
Wednesday Oct 12th	<p>Practice movement to chorus</p> <p>Reflection: Knowing your values is a game changer for being who you are. It is the surest way to belong as opposed to feeling you have to fit in. AND, knowing your values helps you make choices that are in line with who you are. How can you use your values to guide your decisions? Provide everyday scenarios examples</p>
Thursday Oct 14th	<p>Fill in blanks activity while listening to song ('Sing it up' in digital platform) Practice movement to chorus</p> <p>Reflection: Moving into Year 7 what values do you think are important to have?</p>
Friday Oct 15th	<p>Perform chorus of song in whole school assembly</p> <p>Or record song to send around to other classes</p>

FAMILY CALENDAR



MENTAL HEALTH MONTH OCTOBER 2022

EVERYONE HAS MENTAL HEALTH. WE CAN ALL BENEFIT FROM LOOKING AFTER OUR OWN MENTAL HEALTH AND THE MENTAL HEALTH OF OUR FAMILIES & COMMUNITIES. HERE ARE SOME PLAYFUL IDEAS FOR WAYS TO REFLECT, HAVE FUN, AND FIND CONNECTION THROUGH OCTOBER.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Brainstorm as a family what does mental health mean to you? 1
Go on a walk you have never been on before 2	Think up a plan of what to do this week when you feel frustrated 3	Learn a new breathing style eg: 5 finger breath 4	Share 'what went well today' 5	Listen to a bedtime meditation 6	Play the GYM album and make up your own dance moves 7	Create a family conversation jar 8
Have a funniest joke contest 9	MENTAL HEALTH DAY 10 Participate in a fun community / school event	Make up a silly song while doing a chore 11	Lights out: go to bed early than you normally would 12	Share an interesting fact 13	Text someone to tell them how much you appreciate them 14	Watch a family movie 15
Has something been bothering you? Write it down & let it all out 16	Think up a plan of what to do this week when something doesn't go your way 17	Write down 3 things you are grateful for 18	Make a family music playlist 19	Bring out the conversation jar and play at dinner time 20	Wear your most cheerful outfit 21	Get out in nature today & hug a tree 22
Listen to an episode of the GYM podcast on a drive 23	Pick a favourite family activity and plan to do it this week 24	Sing/Rap the GYM resilience RAP 25	Follow along to a yoga or meditation 26	Draw something that brings you joy 27	Have a kitchen disco to a shake your tail feather 28	Challenge yourself for a day without screen time 29
Listen to a GYM podcast & print off corresponding colouring in sheet 30	Help put the neighbour's bin out or pick up some rubbish on a walk 31					

SHARE WITH YOUR SCHOOL COMMUNITY

Bring the whole community into your mental health month celebrations.

Wellbeing is not a spectator sport. Provide your families the chance take part in these simple yet effective month long, fun ways to be involved in the celebrations.

Empower families with some tools to support their children to flourish.

TIPS

Attach this in your Term 4 back to school newsletter

Print off and send home

Enlarge and display at front office

Send to other members of the community eg: local library

06

RESOURCES



FREE RESOURCES

GYM Website: www.growyourmind.life

GYM Album/Songs:
<https://open.spotify.com/playlist/3vjxR7Hc8J7fzBpA3jMoZg>

GYM Podcast:
<https://pod.link/1502329273>

National Mental Health Month:
<https://www.mhfa.org.au/cms/national-mental-health-month-2022>

MHM Around Australia by state
<https://lookafteryourmentalhealthaustralia.org.au/around-australia/>

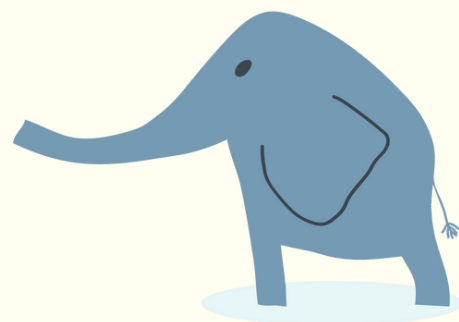
<https://mentalhealthmonth.wayahead.org.au/>

THE NATIONAL MENTAL
HEALTH MONTH THEME:
'BUILDING RESILIENCE:
COMMUNITIES AND
CONNECTIONS'

GROW YOUR MIND THEME:
USING MUSIC & MOVEMENT
FOR CONNECTION
& BELONGING

PAID RESOURCES

GYM Digital subscription:
Sign up or register interest at website
www.growyourmind.life



07

NEED SUPPORT

Poor Mental health is a serious issue. If you need professional support, please contact your doctor, local health centre or one of the services listed below.

Family and friends can also call upon these services for advice and assistance on how to support someone who is struggling with life.

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

LIFELINE

13 11 14

[HTTPS://WWW.LIFELINE.ORG.AU/](https://www.lifeline.org.au/)

BEYOND BLUE

1300 22 4636

[HTTPS://WWW.BEYONDBLUE.ORG.AU/](https://www.beyondblue.org.au/)

KIDS HELPLINE

1800 55 1800

[HTTPS://KIDSHELPLINE.COM.AU/](https://kidshelpline.com.au/)



08

GET IN TOUCH!



THANK YOU FOR JOINING US THIS MENTAL HEALTH MONTH! WE HOPE YOU HAVE ENJOYED THE RESOURCES AND HAD SOME FUN! WE LOVE HEARING FROM OUR COMMUNITY.

PLEASE FEEL FREE TO GET IN TOUCH.

www.growyourmind.life

hello@growyourmind.life

[@growyourmind.life](https://www.instagram.com/growyourmind.life)



THANK YOU!

GROW YOUR MIND ACKNOWLEDGES THE TRADITIONAL OWNERS OF COUNTRY THROUGHOUT AUSTRALIA AND THEIR CONTINUING CONNECTION TO LAND, SEA AND COMMUNITY.

WE PAY OUR RESPECTS TO THEM AND THEIR CULTURES AND TO THEIR ELDERS BOTH PAST AND PRESENT.

