

MORNING ASSEMBLY · Y1 TO Y6

# Mental Health Awareness Week

5-day primary assembly pack

## About this pack

Five 10-minute assemblies for Mental Health Awareness Week (held annually in May in the UK). Each assembly stands alone but they build through the week. CORE PRINCIPLES: • Naming feelings is the first step — children can't manage feelings they have no words for • Adults talking openly is the strongest signal — model what you want to teach • Avoid sensationalism — no graphic content, no over-talking of mental illness • Always close with a 'who can you talk to' message BALANCE: across the week, balance helpful information with concrete actions. Children leave with: better vocabulary, more permission to talk, a clearer sense of who to go to. The class teacher follows up in PSHE — see follow-up suggestions for each day.

### Day 1 — Naming Feelings

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**Day 2 — Talking About Worries**

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**Day 3 — Worries in the Body**

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**Day 4 — Kindness**

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**Day 5 — Asking for Help**

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**Resources & support — for staff**

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