

Section 1: Exploring mental health and wellbeing in your school

This section of the toolkit and [guidance document](#) gives you the opportunity to explore the definition of mental health and wellbeing with your class, gaining an insight into what it means for them. It will also give young people the space to hear Jigsaw's key messages on mental health and wellbeing.

The activities and resources will help young people to gain an understanding of mental health and wellbeing. All resources can be used in Google Classroom, Teams and Jamboards/Whiteboards.

Activity: Post-it notes

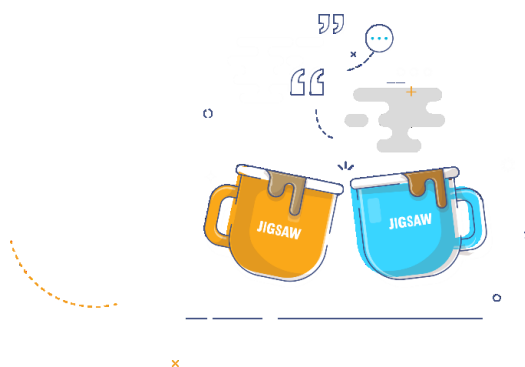
Give each member of the class post it notes (remotely you can use a collaboration tool like padlet) and ask them to write or draw some images or words that represent mental health to them. Ask the class to share ideas with each other and then as a group. What are some of the key themes coming up in class?

Animation: What is mental health?

Watch [this animation](#) which explains Jigsaw's key messages on mental health and wellbeing. How did the messages in this video correspond with what the class came up with in the post-it notes activity?

Resource: The mental health wheel

Use the wheel to consolidate learning about the definition of mental health. Ask the class to add their ideas and learning about what is meant by mental health onto the wheel diagram. Mental health – What is it?



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