

Section 3: Mental health and wellbeing in your school

This section of the toolkit and [guidance document](#) will provide young people with the space to discuss the impact of Covid-19 may have had on their school life and what affect this may be having on their mental health. In seeking balance, it's important to acknowledge the impact may have been both positive and negative.

The activities and resources will provide young people with the space to discuss mental health and wellbeing in their school. All resources can be used in Google Classroom, Teams and Jamboards/Whiteboards.

Activity: What springs to mind

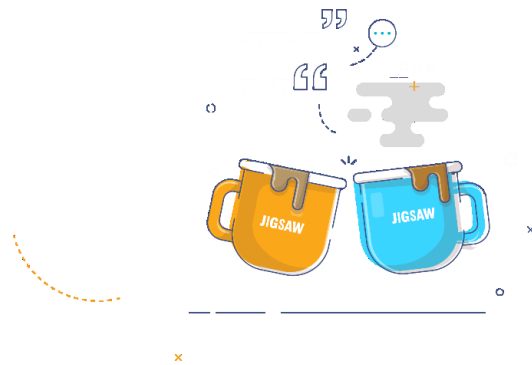
Ask the group to work together to mind-map what springs to mind when they hear the term Covid-19. Add to this by considering how life at school has been impacted by Covid-19. Use the responses to encourage the class to think about the different experiences that young people have had over the past few months. Focus on both positive and negative experiences.

Resource: Scenarios

This activity will enable the class to discuss the different ways that they may be experiencing the current situation, by discussing some true to life scenarios.

Resource: Think tank

Use the think tank to answer questions on the scenarios. What impact has the last few months had on the person? What can this person do to support themselves?



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Scenarios

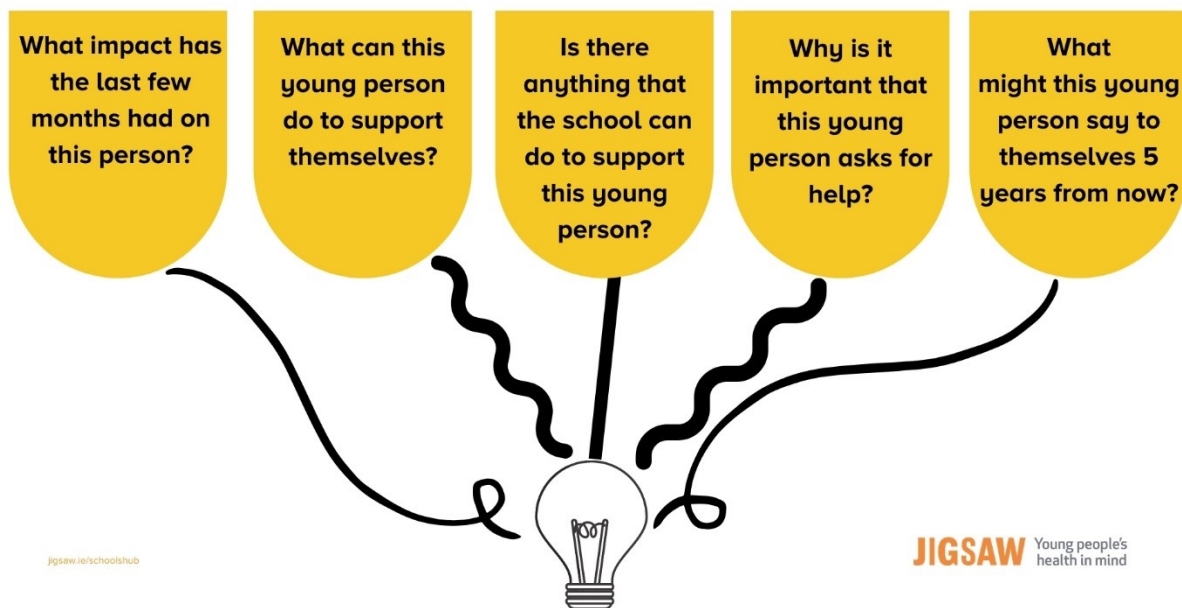
Rachel's experience

Rachel is going into her Leaving Certificate year. She is very worried about the work that she missed out on when her school went into lockdown. She struggled with learning from home and missed the chance to ask questions and learn from others in her class. She is worried about being blamed for not being as ahead as she should be and feels like she is on her own. She sometimes thinks it would be easier to leave school.

Joe's experience

Joe started secondary school this year. He feels as though he didn't get to say a proper goodbye to his primary school friends and worries that he hasn't made many new friends in secondary school. He enjoys English and PE but is struggling with Maths. He worries before every math lesson that he will be asked a question that he cannot answer. With Covid-19, Joe's dad might lose his job and this worries him a bit.

Think tank



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