


## Student brief: Group 1

Your task is to produce around a 30 minute assembly for schools to use with their students age 11 -1 4 to introduce this Activity Day and the <b>impact of physical health on mental health</b> . To do this <b>you will be split into three or more</b> smaller groups.	
You will need to:	
1. Choose at least three areas to include in your assembly (suggestions below but you can do something else)	
2. Split into smaller groups and spend some time researching the facts to include – decide on up to 5 key points you want to get across.	
3. Design and write up 10 mins of activity to get those messages across.	
4. Get together as a whole group and pull all the activities together. This might be by compiling a PowerPoint slideshow for example.	

Focus	
A video message from the young people who have created this assembly (that's you!)	<p><i>E.g. welcome to this activity day and how it's come about. Explain What's going to happen during the day.</i></p> <p><i>Might be just the welcome – or might include more of the areas below too.</i></p> <p><i>Will need scripting, rehearsing, and filming.</i></p> <p><i>You will need to film it using one of your phones (your facilitator can hold the phone for you!) and upload it as directed before deleting all footage from your phone.</i></p>
Interesting/surprising facts about young people's mental health	<p><i>E.g. Did you know...? 5 key facts in the form of a quiz or a 'stand up if you agree' type activity.</i></p>
Making the link between physical health and mental health.	<p><i>e.g. Introducing 5 ways to wellbeing and saying today we're focusing on just one of those ways- keeping active.</i></p> <p><i>e.g. Showing one or more great videos to illustrate the link between physical and mental health and asking questions on it afterwards.</i></p> <p><i>Make the point can't cover everything today..tis a flavour</i></p>
Making a call to action – ask students to commit to making one change to their physical activity which will improve their mental health.	<p><i>e.g. Give them 5 options – small actions they can take now e.g. starting the day with a fruit smoothie or getting off the bus two stops early and walking the rest of the way to school.</i></p>