

Title of assembly: Welcome to our Activity Day!
Main points you want to get across to the audience (up to 5): <ul style="list-style-type: none"> • Understanding how today's Activity Day is going to work • Interesting facts about mental health to start people thinking • A 'call to action' – asking students to commit to one change after today which will help their mental health.
Length of assembly: 20 mins
Resources needed: Screen and speakers to play welcome video, quiz and presentation
Key Vocabulary:

Timing (mins)	Activity	Outcome
2 mins	Play introductory video which welcomes students to the Activity Day and explains how it's going to run	Students understand the day's content and context
8 mins	PowerPoint Quiz about mental health – multiple choice questions. Raise one, two hands or stand up to indicate choice of answer. Teacher to explore answers...	Students learn some new facts about the connection between physical health and mental health
10 mins	PowerPoint presentation 'Call to Action' – students are asked to commit to making one change to their daily lives which will help with their mental health.	Students make a commitment to change one thing.

Thank you for taking part! This session was compiled for you by: Year 7 and year 8 students including from Dulwich College, Kingsdale Foundation School, St Saviour's & St Olave's School and St Thomas the Apostle School and Sixth Form College.
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