

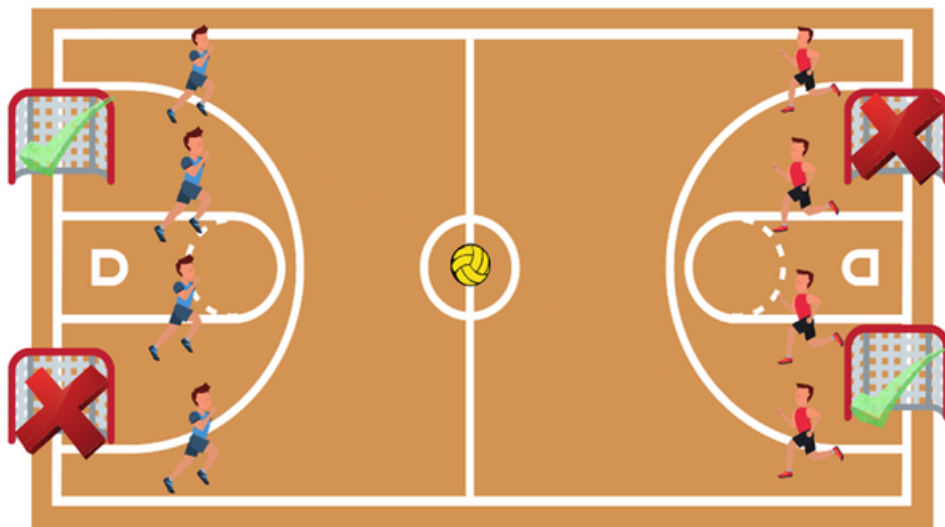
Game: Choice Ball

15-20 Minutes

Learning outcome (s)

Pupils will be able to:

- Understand that the choices you make can have a direct impact on your Mental Health.
- Think about the right and wrong statements regarding mental health and then score in the correct net.
- The team with the highest score wins.



Equipment required:

- 4 Pop Up Goals
- Bibs with 2 sets of colours
- A football/ tennis ball/ rugby ball/ Hurling ball
- Two A4 pages with a large X and two with a tick printed out
- Print out to use Words on next page

Delivery notes:

- Get 4 Goals
- Place two at each side of an indoor hall or outdoor football pitch
- Put ticks in two opposite goals
- Put X's in two opposite goals
- Get a football/ tennis ball/ rugby ball/ Hurling ball

Activity

- At Each side one goal will be Right/Good and the other Wrong/Bad.
- Leader calls out statements that are either right or wrong in relation to mental health the teams then need to score in the correct net, encourage teamwork to understand the answer. Note use appropriate language for the audience
- Throw ball in middle – first to score in correct net gets the goal.
- After the goal “Reflect/Chat” about “Why” they players though it was Right or Wrong and what it means.

Game: Choice Ball

15-20 Minutes

Impact on Wellbeing

Positive		Negative	
Healthy Diet	Eating a balanced diet	Bullying	Persistently making someone feel bad
Connecting with friends	Being social; talking and hanging with mates	Illegal drugs	Drugs that are illegal
Helping others	Being helpfully; doing things for others	Being cheeky to people	Lack of respect
Caring about people	Showing empathy	Not listening to coaches	Making it hard for coaches to coach
Listening in training	Making it easy for a coach to deliver a session	Lashing out	Hitting out verbally/ physically
Trying your best	Doing your best; behaviour and effort	Swearing	Foul language
Asking for help		Discrimination	Making someone feel different due to colour of skin; community status etc

Note: You can add extra words yourself and adjust for your audience.

Right Statements

- 1 in 8 young people suffer from poor mental health issues
- 1 in 5 adults suffer from mental health issues
- Talking about mental health is a sign of strength
- Mental Health affects us all
- If I feel down for more than 2 weeks, I should see a doctor

Wrong Statements

- People with mental health problems should be locked up
- Mental Health is a negative thing
- People with poor mental health cannot work
- Keeping everything bottled up is fine
- There is no help for people with mental health

Note for extra points: ask who can name Support Groups

- Lifeline
- Doctor
- Childline
- Minding Your Head
- Helplines NI
- Samaritans

