

# Celebrity Match

KS3/4

20 mins

Celebrity match is designed to highlight the fact that many successful figures in public life, both past and present have achieved a great deal despite mental ill health.

## What you need

- Famous people photo cards
- Accompanying information about their mental health

## Method

- Ask students to pair up or get in groups of three
- Hand out cards and ask students to find out what mental health issues their famous person/celebrity has experienced.
- After 5 minutes ask students to feedback what they have found.
- Discuss what this tells us about success in public life and mental ill health. Questions could include:
  - **Do you think they had any reservations about making their health issues public?**
  - **Is it easier for those in public life to admit to mental ill health or is it harder?**
  - **What impact do their disclosures have on society and attitudes to mental health?**
  - **What makes it easier for people to be open about their difficulties?**
  - **What can we do in the much smaller setting of our school to help people be honest about their difficulties?**



