

Changing places / Crossing the circle

10 -20 mins

All ages

Changing places is a normalising activity which demonstrates that mental health issues affect us all. It encourages children to empathise with people experiencing mental health difficulties.

What you need

The children should be arranged in a circle for this activity

Method

- The children are asked to change places or cross the circle if:
 - They have ever felt really sad, angry or worried
 - They have ever felt really happy and pleased with life
 - They know someone who they think struggles with mental health issues (perhaps they feel sad a lot of the time or perhaps they get very worried or very angry about things)
- Reflect on the fact that everyone moved showing that we are all affected by this issue.
- Explain that we all feel sad, worried or angry from time to time. Most of the time these feelings pass and we start to feel brighter after a few days. But we can get stuck and at times we may need help to start to feel better again. That can happen to us all, adults and children.

