



Mental Health Month Schools Pack

What's in the pack?

- Tune In Lesson Plan This plan goes includes 5 lessons for different aspects of tuning in and includes plans for early stage 1 through to stage 3.
- Tune In PowerPoint designed to support the lesson plans
- Printables a range of printable sheets to be used in conjunction with the lesson plan or at any time
- What is Mental Health Anyway? Simple information pamphlet for students about mental health and wellbeing, can be printed and handed out