



Mental Health in Schools Team Tips For Wellness



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Listening

Listening is an important skill that helps us to feel connected to others and the world around us. When we listen, we can learn new things, solve problems and interact with people around us. This is great for our mental health as we are using our minds and connecting with people.



Try out these games to test your listening skills:

1 - Sound hunt!

Close your eyes and listen carefully to the sounds around you. See how many sounds you can identify in a minute.

This type of listening activity helps us to connect with the world around us, which can help us to feel calm.

2 – Weekend catch up

In pairs, partners should take it in turns to talk for 1 minute about their weekend. The children should then ask each other questions about their weekend, to see if the listener could remember what they did. Each partner can score points for each question they answered correctly.

3 – I went to the supermarket, and I bought a...

As a class, sit in a circle. The first person says, "I went to the supermarket, and I bought a..." and they choose an item, for example an apple. The next person has to repeat that sentence and choose their own item to add. For example, "I went to the supermarket, and I bought an apple and a book". Keep going around the circle adding items. If someone forgets an item, you move onto the next player. It gets harder as you go!

These two games encourage 'active listening', where you are taking in the information you are hearing. This is a useful skill to practice. You can also practice this at home, trying to remember what you have heard on a programme or video!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.