

MENTAL HEALTH IN SCHOOLS

Get Better 8

Contributing

Here is a problem for you to ask your pupils to solve...

Everyone likes to get up a game of football when the classes go out to the playground after lunch. Kelly's best friend, Mandy, is not a great player. Mandy is usually picked last. Kelly understands that the captains of each team want the best players, but it really makes her feel badly to see her friend suffer because she is the very last one chosen.

Kelly has decided to do something about it. She feels like there needs to be a way for the worst players to not feel scared they will stand out. She comes up with a plan and the next day she tells all of the kids about it as they gather to choose sides. Kelly suggests that the last five people not chosen get to pick on which team they want to play. She is ready to point out that this way everyone will feel like they are important to the team.

- 1. Do you think this was a good solution?
- 2. Would you try it with your friends?
- 3. Can you think of a better solution?



Record your reflections and evidence of impact in My CPD (1) within Spongy Elephant