



ARTICLE OF THE WEEK



RIGHTS
RESPECTING
SCHOOLS



UNITED KINGDOM

GUESS THE ARTICLE



UNICEF/Khomenko



UNICEF/Abdul



UNICEF/Karacan



24



**HEALTH,
WATER, FOOD,
ENVIRONMENT**

This Article Assembly is about Article 24

Mental Health Awareness Week

Mental Health Awareness Week occurs every year in May and is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing.

Our mental health clearly links to Article 24 of the CRC but, if you think about it, many of the other rights that children and young people are entitled to, also contribute to good mental health



What do you need for positive mental health?



24

HEALTH,
WATER, FOOD,
ENVIRONMENT

The image shows the icon for Sustainable Development Goal 24. It features a white silhouette of a person on a red square background. Below the person are four circular icons: a heart, a water drop, an apple, and a leaf. Each icon contains a white checkmark. The number '24' is in the top right corner. Below the icons, the text 'HEALTH, WATER, FOOD, ENVIRONMENT' is written in white, uppercase letters.

EXPLORING MENTAL HEALTH

Did you think of these?

- Understanding the different types of emotions you have.
- Knowing that it is usual and ok to have times when you might feel sad or worried
- Learning different ways to look after your mental health
- Having a trusted adult to speak with about your feelings.
- Making sure you exercise regularly.
- Making sure you have a healthy diet.
- Spending relaxation and fun time with friends and or family.
- Taking part in hobbies or activities that you enjoy.
- Being involved in activities to help others.
- Limiting screen time or access to other online platforms.
- Health care – being able to see a doctor, nurse or counsellor if you need to.
- Being able to enjoy all your rights.

Did you think of anything else? Which rights do some of these things link to?



Year R, Year 1

[EYFS / KS1 PSHE: Feeling Happy - BBC Teach](#)



What can you do to keep yourself happy?
What can you do to help others be happy?

24

HEALTH,
WATER, FOOD,
ENVIRONMENT

Year 2, Year 3, Year 4

[Super Mood Movers - Rights and respect - BBC Teach](#)



'Is there a difference between things we would like to have and things we should have a right to have?'



Year 5, Year 6

[4-7-8 Calm Breathing Exercise - Relaxing Breath Technique | Meditation | Anxiety reduction and Sleep \(youtube.com\)](#)



24

HEALTH,
WATER, FOOD,
ENVIRONMENT

A pink rectangular graphic containing a white silhouette of a person. To the right of the person is the number '24'. Below the person are four white icons: a heart, a water drop, an apple, and another water drop, each with a checkmark inside. Below these icons is a horizontal line, and under the line is the text 'HEALTH, WATER, FOOD, ENVIRONMENT' in white capital letters.

REFLECTION

Everybody has mental health – all the time! Most people have times when their mental health is not as good as it is at other times.

Education about health and wellbeing is part of Article 24.

1. What have you learnt recently about your own mental health?
2. What have you learnt about supporting the mental health of others?
3. How do the other rights you enjoy support your mental health and wellbeing?

