



# THANK YOU

for downloading our Claire House teaching resources. Our lesson plans have been created to help you share a little bit of Claire House, whilst also helping you to approach topics that link to the curriculum.

These resources are available in PDF format on our website, but if you would like the original PowerPoint or Publisher documents, please contact Emma at [emma.liney@clairehouse.org.uk](mailto:emma.liney@clairehouse.org.uk)

If you do use these lesson plans with your class, we would love to hear from you. Let us know how they went or if you have any other ideas of what you might like to see in a Claire House lesson plan, please let us know using the same email as above.

Thank you again for downloading these resources, we hope you enjoy using them and that they help you save a little bit of time on your planning!

From the Claire House  
Community Team x



# LESSON PLAN

## MENTAL HEALTH FIRST AID KIT



### YOU WILL NEED:

**Mental Health First Aid Kit  
PowerPoint  
First Aid Kit Template**

### STARTER/WARM UP

**The accompanying PowerPoint presentation includes a fun emotions game.**

**Can children identify the emotion in the picture/description?**

**Can children identify a time they have felt this way?**

### MAIN INPUT

**During this part of the lesson, please use the accompanying PowerPoint presentation to briefly introduce our charity. Sharing the 'Understanding the connections' from the next section will help to link the content of this lesson to the work Claire House does.**

### UNDERSTANDING THE CONNECTIONS:

**At Claire House our counsellors play a huge role in supporting siblings and families with the emotions of having a seriously or terminally ill child in their family. One of the activities they provide to siblings is to make a 'first aid kit'. This kit can be used when a child is feeling sad, to remind them what to do when these emotions surface.**

### ACTIVITY

**Ask children to identify what is in a normal first aid kit (plasters, gloves etc).**

**Introduce the mental health first aid kit explaining that when you feel sad, it helps to use something from the kit to feel happier again.**

**Give the examples and ask what makes them feel happy.**

**Hand out the first aid kit template and ask children to draw/write what would make them feel happy.**

## PLENARY

Give children a chance to share their first aid kits if they want to (Some children may have personal ideas they choose not to share).

Discuss when they might use these first aid kits.

## GOING FURTHER

- At home children could make a first aid kit with real items in a box e.g. their favourite toy and film.
- Talk to children about what to do if their sadness doesn't go away. (talk to someone about it).

## LINKS TO CURRICULUM:

- PSHE
- Mental Health benefits.



**Claire House**  
CHILDREN'S HOSPICE

**If you have any feedback on these lesson plans and resources please do get in touch with Emma Liney on 0151 343 0883 or [emma.liney@clairehouse.org.uk](mailto:emma.liney@clairehouse.org.uk)**

# CLAIRE HOUSE

# EMOTIONS GAME



Claire House  
CHILDREN'S HOSPICE

**What is this lady feeling?**



**What is this lady feeling?**





**What is this lady feeling?**



**What is this lady feeling?**





**What is this lady feeling?**



**What is this lady feeling?**



**What is this lady feeling?**





**Can you think of a time you have felt any  
of these emotions?**



# AN INTRODUCTION TO CLAIRE HOUSE



Claire House is a Children's Hospice helping poorly children in the North West.

Claire House helps families to make happy memories and have a break.

Siblings also can have a break, as sometimes parents have to give more of their attention to their brother or sister.

Sometimes, families can feel sad about what is happening, but at Claire House the staff have some great ways to help!





# MY MENTAL HEALTH FIRST AID KIT

One of the ways Claire House can help families who feel sad is by helping them to create a first aid kit!

What kind of things would you find in a real first aid kit?



# MY MENTAL HEALTH FIRST AID KIT

The difference with our mental health first aid kit is that each kit will be individual.

Think about things that might help you if you feel sad.

Maybe playing football, talking to friends, petting your dog or listening to music?

These things will help you to feel happy again.



Claire House  
CHILDREN'S HOSPICE

# SHARING TIME



**Now let's share our kits!**

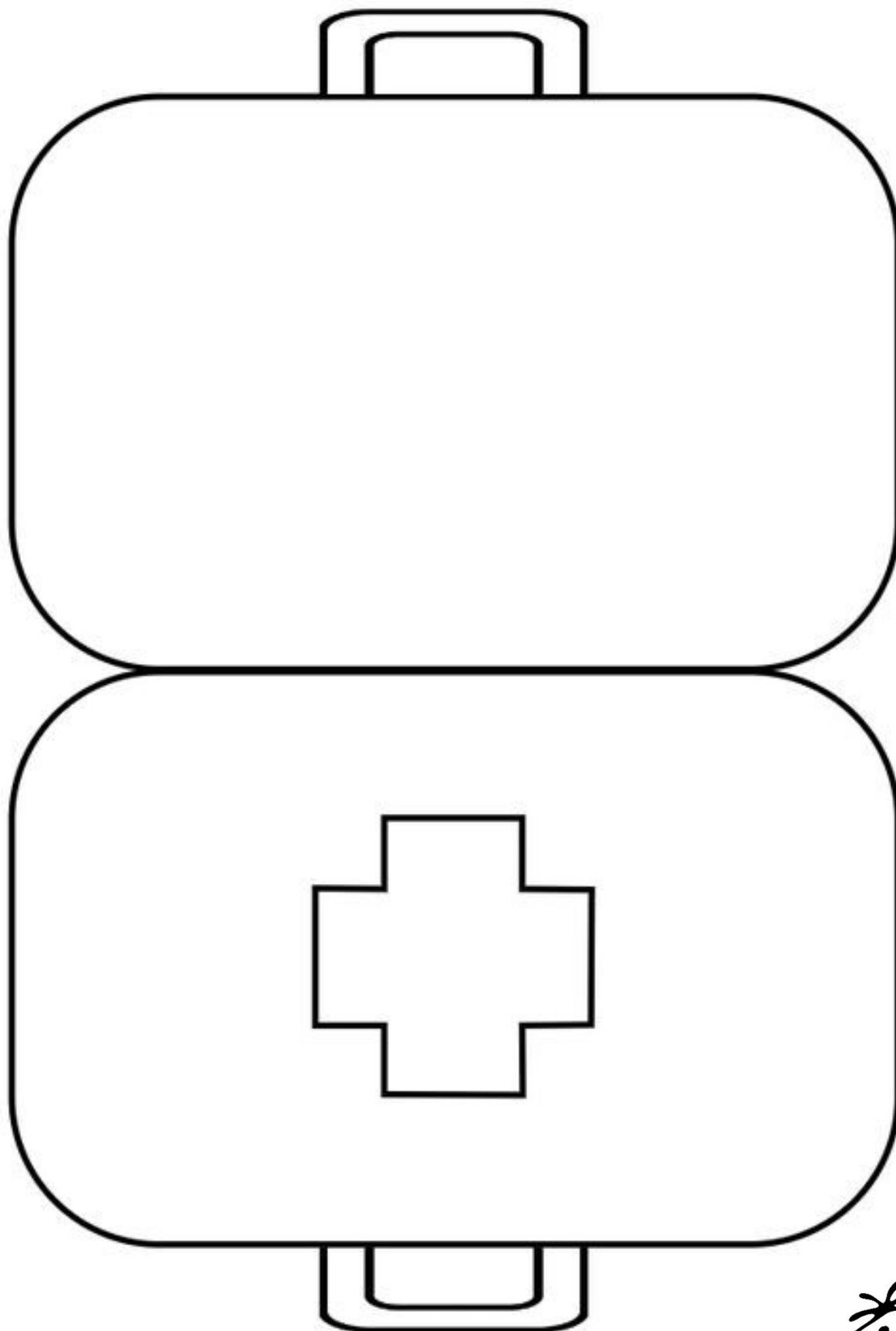
**What did you include in your kit?**

**How does that help you to feel better?**

**How can we help others if they are feeling sad?**



# MY MENTAL HEALTH FIRST AID KIT



Claire House  
CHILDREN'S HOSPICE