



Hayley Mulenda

Themes: mental health, stress, overcoming depression, getting support

Video link: <https://vimeo.com/freethechildren/review/261903256/98a3925e59>

These discussion questions are designed to deepen your students' learning experience. Once you have watched the video, use these questions to test your students' knowledge, cement their understanding and introduce more complex themes and ideas. Students should be encouraged to share and discuss their opinions with their peers, developing their communication, argument formation, information literacy and critical thinking skills. Whilst we have differentiated the questions for primary and secondary age groups, feel free to mix and match the questions as appropriate for your group.

Remember that some students may have experience of mental health issues, or be experiencing an on-going problem. Ask the class to be sensitive and considerate during discussions. For further information and support, visit www.mind.org.uk.

Primary

- 1) Describe the main theme of this video. How does this make you feel?
- 2) What does mental illness mean to you?
- 3) Who is likely to suffer from a mental illness?
- 4) Why is it important to check into your emotions on a regular basis?
- 5) When life feels overwhelming, what things can you do to get the help you need?
- 6) How can you raise awareness in your school community about the importance of mental health?

Secondary

- 1) What is one central message you take away from Hayley Mulenda?
- 2) What are some different mental health problems? What are some of their symptoms?
- 3) Why do you think it can be difficult to talk about our mental health, compared with our physical health?
- 4) Certain groups of people are more vulnerable to experiencing mental health problems than others. Who might these groups be? What might make them more vulnerable?
- 5) How can we cope with stress and anxiety? Who are some people we can turn to for support?
- 6) How can we support our friends/peers who might be suffering from a mental health problem? How can we support ourselves, if we are experiencing a mental health problem?