

# HOW ARE YOU FEELING?

Use the ideas on this sheet to get students thinking about why people sometimes say they're fine when they're not. What can we all do to let our friends know that we're there for them and that it's good to talk?

## To introduce the topic...

Ask students if they can think of times they have said they're fine when they're not really.

Why do we do this? Explain that it might be because we don't feel like we want to talk. Or perhaps we're worrying that we might be judged for feeling down.

Explain to students that it can be helpful to ask someone how they are a second time, or to do something to let them know you care. It can make it a bit easier for them to tell you how they really feel.

### Take action

In their pairs, ask students to think of things they could do to show their support for a friend who seems down but doesn't want to talk.

They could:

- send a funny photo
- send them a text telling them one of the things you most like about them
- offer to help them do something
- offer them a hug
- plan a trip together
- eat lunch together
- ask to spend time with them outside school, perhaps to go to the cinema, out for a pizza or for an evening gaming.

Share ideas as a class. Ask students:

- What makes you feel better when you're down?
- Can you think of a time when a friend or family member has done something that has made you feel better?
- Can you think of a time when you've done something to make a friend feel better?

### Ask twice!

Working in pairs, ask students to role play the following situation.

Student A asks Student B: 'How are you feeling?'  
Student B replies: 'Fine, thanks.'

Student A isn't convinced. What else could we say or ask in this situation? How many ideas can the students come up with?

Provide prompts as needed, e.g. 'Are you sure you're all right?' 'I'm here if you ever want to talk.' 'You don't seem yourself – is something bothering you?'

Share ideas as a class. Do students think it's important to ask twice?

### Key messages

At the end of the session, reinforce to students that:

1. People sometimes say they're all right when they're not.
2. Asking a friend for a second time how they are can show you really care. Ask twice!
3. You don't have to be an expert to be a good friend to someone going through a hard time with their mental health. There's help for them and you.

