the Simple Six

Free resource kit

Free Mental Health Resource Kit

Six everyday actions that help young people look after their mental health. This kit gives your school a first taste of the Simple Six: put up the posters, hand out the pocket cards and share the lock screens.

Stress Break	Sweat	Sleep	Sunlight	Socialise	Speak Up
Take moments to decompress	15+ minutes of exercise a day	8+ hours each night	30+ minutes outdoors a day	People over platforms	Talk to someone when feeling low

What's in the kit

1. **The Simple Six poster**
   The six everyday actions, plus Simplify and Start. Print it at A4 or A3 for corridors and form rooms.

2. **Stress Break poster**
   One of our six action posters, with space to add your school's stress-break space.

3. **Pocket cards**
   Ten to an A4 sheet, front and back. One for every student, to keep in a pocket or a planner.

4. **Phone lock screens**
   Two designs, so students see the Simple Six every time they pick up their phone.

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View our programme options at **simplesixeducation.com**

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Everyday actions for positive mental health

1 EVERYDAY ACTIONS

Stress Break
Take moments to decompress

Sweat
15+ minutes of exercise a day

Sleep
8+ hours each night

Sunlight
30+ minutes outdoors a day

Socialise
People over platforms

Speak Up
Talk to someone when feeling low

TO STAY CONSISTENT
Simplify the action.

WHEN YOU'RE STRUGGLING
Start a positive action.

2 YOUR ENVIRONMENT

Who
you spend your time with

What
you spend your time doing

Where
you spend your time

BEFORE EVERY CHOICE, ASK

Is this good for my mental health?

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Stress Break

Take moments to decompress

Short pauses to breathe, stretch or step away before stress builds up.

TRY THIS

- Step outside for five minutes between revision blocks
- Put your phone down and take ten slow breaths
- Listen to one song with your eyes closed
- Revise in 30-minute blocks with a 5-minute break

AT OUR SCHOOL

Our stress-break space is

Who's there to talk to

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EVERYDAY ACTIONS

- **Stress Break** — Take moments to decompress
- **Sweat** — 15+ minutes of exercise a day
- **Sleep** — 8+ hours each night
- **Sunlight** — 30+ minutes outdoors a day
- **Socialise** — People over platforms
- **Speak Up** — Talk to someone when feeling low

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SIMPLIFY
the action.

WHEN YOU'RE STRUGGLING
START
a positive action.

BEFORE EVERY CHOICE, ASK
Is this good for my mental health?

Need help now? Text **SHOUT** to **85258** · Childline **0800 1111** · Samaritans **116 123**

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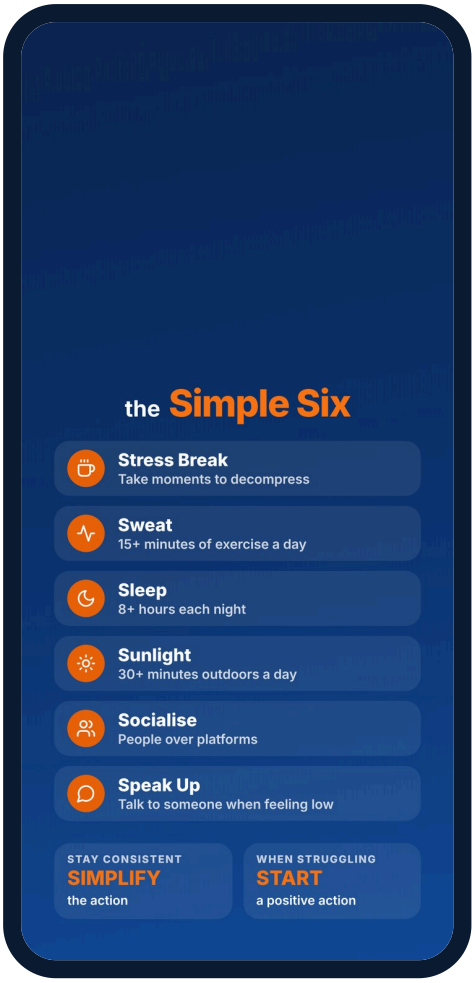
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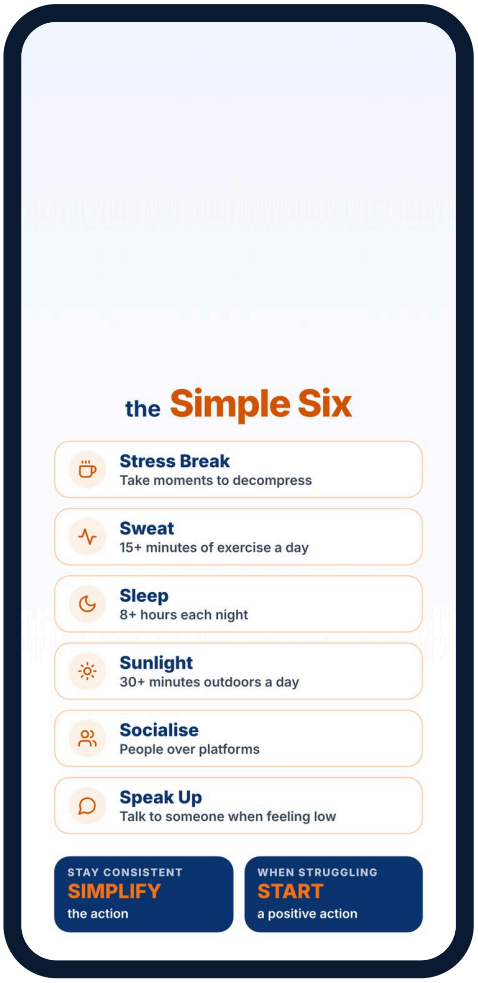
Phone lock screens

The Simple Six, on every phone

Students see their phone more than anything else. With the Simple Six as their lock screen, they see the six actions every time they pick it up.



Navy



Light

Share them

Download both images from the School Portal trial, then share them in your school app, on Teams or by email.

Set them

On the phone, open the image, choose "Use as wallpaper" or "Share, then Use as Wallpaper", and pick "Lock screen".

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Embed the Simple Six in your school

This kit is a start. The Simple Six works best when students learn it, see it and live it every day at school. Every programme includes a year of the Simple Six School Portal, with everything you need to launch, teach and embed it.

Our programme options

For a one-day, whole-school launch

Simple Six Day

Launch assemblies, year group talks, a staff session and a consultation with your key staff, all in one day.

For Years 11, 12 and 13

Simple Six Seniors Programme

Two in-depth sessions on looking after their mental health, handling exam pressure and leading the Simple Six.

Everything in one

Simple Six Complete

A Simple Six Day and the Seniors Programme, with a year of the School Portal.

Run it yourselves

School Portal Access

A year of the implementation guide, eight lessons with slides, every resource, the student booklet and embedding recommendations.

See the options and prices

Scan the code or visit **simplesixeducation.com**. Not sure which is right for you? Book a free 15 minute discovery call.

admin@simplesixeducation.com