

How To... *Run a FeelsFM Workshop*

Who Is It For?

Pupils

(good for younger ages)

Impact:

Highlights the importance of music when managing mental health and encourages young people to think about what is helpful and what are barriers when talking about mental health.

Ideas to Consider:

- Use the FeelsFM website questions as prompts to start conversations
- Show how the resource works and let the pupils pick emojis and create playlists on their own or as a class
- Consider running a conga!

HELPFUL RESOURCES:

FeelsFM

FeelsFM Facilitation Pack