



# Mental Elf School's Challenge



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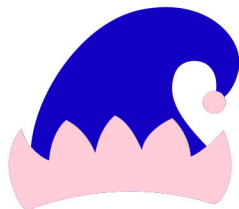
# Is your school taking part?

Calling all mini elves! This year we are bringing Lancashire's best festive fundraising event to your school!

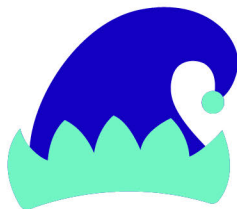
Teachers, do you want to...



**Boost wellbeing for pupils and staff?**



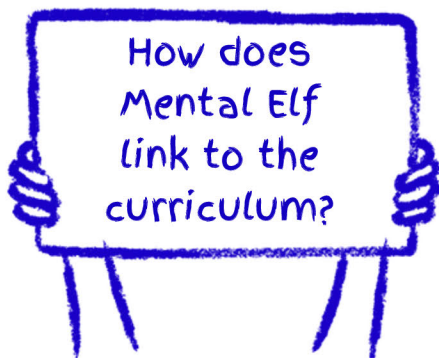
**Bring the school community together?**



**Help children in need across your community?**



**Get your pupils more active and have fun?**



Mental wellbeing is a normal part of daily life, in the same way as physical health. The benefits that physical exercise, time outdoors, mindfulness and community participation can have on mental wellbeing and happiness shows no limits.

The Mental Elf School's Challenge enables young people to experience the importance of developing resilience and positive mental health through engaging activities and working together to complete a challenge.

## How your school can join in.

Join us for the Mental Elf School's Challenge and you could help change the lives of young people in need of mental health support right across Lancashire.

1

**Visit our Mental Elf Wellbeing Challenge hub:**

**[www.lancashiremind.org.uk/project/mental-elf-wellbeing-challenge](http://www.lancashiremind.org.uk/project/mental-elf-wellbeing-challenge)**

Set up your school's fundraising page and download the fabulously festive Mental Elf resource and activity toolkit for your classroom.

2

**Choose your challenge**

Decide with your class which fundraising challenge you would like to do from our list of suggestions or create your own! Don't forget to fill in the details on your fundraising page and share with parents and pupils through our poster and social media templates.

3

**Grab your best elf outfits**

Whether it's an elf hat, cheery face painting, a head to toe costume or your best festive accessories.

You can complete your Mental Elf fundraiser any time in December! Pick a date and time that works for your school whether it's a dedicated time for the whole school to join together, a PE lesson or a health and wellbeing activity, the choice is yours!





# The benefits for your class.

Wellbeing themed resources and activity toolkit, with teacher and pupil instructions.

Introduction video with Sunny Bear and fun support messages from our staff, to play in your class.

Thank you letter for all schools that take part, and entry into our assembly with Sunny Bear prize draw.

Achievement certificate and medal for those raising over £100.



**“One in five classroom age children are now experiencing a mental health condition.”**

## Why is Mental Elf so important?



The funds you raise will help Lancashire Mind to provide life changing support to those living with mental health conditions across Lancashire, through free and accessible services.

Last year Lancashire Mind provided 1:1 wellbeing coaching for over 100 young people aged between 10-18 living with a mental health condition. Our schools team delivered whole class resilience programmes to over 350 pupils helping them to understand their mental health and how to look after it now and in the future.





# Free Mental Elf Wellbeing digital toolkit for all schools taking part.

## Fundraising kit

### Helping your school to promote your challenge

- Engaging fundraising ideas for your staff and pupils or help to create your own challenge idea
- Online fundraising page for your school or class
- Poster template to advertise your challenge
- Social media templates to promote you are part of the Mental Elf School's Challenge
- Digital badge to show you're taking part

## Digital resources

### Support through pre-recorded video

- Mental Elf introduction with our wellbeing mascot 'Sunny the Bear' to play to your children and young people
- Support for your school or group on our digital channels, just tag Lancashire Mind!
- Messages of support and encouragement from the Lancashire Mind team

## Festive mental health activities

### Promote positive mental health & resilience

Collection of 12 lesson activities including:

- Positive Affirmations Christmas Tree
- Christmas Mindfulness Scavenger Hunt
- Build Your Resilience Elf
- My Christmas Worry Box
- Reflection Ornament
- Stocking Full of Gratitude
- Elf-Care Checklist
- Christmas Bingo: Mental Health & Wellbeing Edition
- 12 Days of Kindness Calendar
- Mindful Breathing Star Exercise
- How Am I Feeling Today
- Baking Up Positivity Gingerbread Man



**All resources have class instructions and are available to download in a print friendly pdf.**



**Scan QR code to get started**





# Fundraising challenge ideas for your school.

Use our fun festive suggestions or create your own!

## Get active

- Elf-themed mini obstacle course in the sports hall
- Silent disco
- 2k fun run inside or outside
- Christmas music dance'athon
- Elf dash fun run
- Reindeer relay race
- Jingle bell jog
- 12 days of fitness challenge
- Santa's sack race
- Reindeer antler ring toss challenge
- Jingle bell jump rope
- Christmas talent show

## Get creative

- Elf dress-up day
- Christmas movie marathon
- Elf-themed raffle
- Gift-wrapping service
- Christmas card making
- Mindfulness colouring challenge
- Christmas ornament crafting contest
- Recycled Christmas decorations contest
- Read-a-thon
- Elf themed bake sale
- Spare change challenge
- Technology-free weekend challenge







## Other ways that Lancashire Mind can help your pupils?

### Schools packages

#### Promoting resilience and self-care

We offer activities that promote resilience building and self-care, equipping children with tools and techniques to manage and overcome challenges and barriers to achieving positive mental health. We recognise that to support children and young people with their wellbeing, school staff need support too so we offer coaching and training for you to invest in your staff.

**For details contact:**  
[charlottesutton@lancashiremind.org.uk](mailto:charlottesutton@lancashiremind.org.uk)

### In-person coaching

#### For children and young people

Coaching is future focused and involves collaboration between the coach and young person to reach their goal. There is a strong emphasis on practice of techniques outside of sessions. In-person coaching sessions can be purchased by schools or parents/carers. We also offer a fully funded Virtual Wellbeing Coaching option.

**For details contact:**  
[hazelcook@lancashiremind.org.uk](mailto:hazelcook@lancashiremind.org.uk)



## Get in touch

**We have created a digital kit with all you need to make your fundraising event elf-tastic!!**

**To sign up for Mental Elf Wellbeing Challenge and receive your digital fundraising kit, please contact:**

[nicolatomkins@lancashiremind.org.uk](mailto:nicolatomkins@lancashiremind.org.uk)  
Community & Events Fundraiser at Lancashire Mind.

**[lancashiremind.org.uk](https://lancashiremind.org.uk)**

**Find out more**



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