



By



MUSLIM MIND
COLLABORATIVE

MUSLIM SECONDARY SCHOOL WORKSHOPS 2025

Supported by



The
Reflection
project



Introduction

As a celebration of Muslim Aid's 40 year anniversary, we have partnered with the Muslim Mind Collaborative to proudly present the 'Value Every Mind' School Programme, an impactful, faith-sensitive initiative designed to tackle stress and anxiety in schools. With a focus on mental well-being for students, parents, guardians and school staff, this programme offers a holistic approach to support. With support from the Association of Muslim Schools and The Reflection Project, educational resources and creative expression, our aim is to empower the school community to nurture mental health and well-being in a compassionate and inclusive way.

Our Goals:

Increase Awareness: Enhance understanding of mental health and wellbeing, focusing on stress and anxiety.

Equip Participants: Provide students, parents, guardians and staff with practical tools and coping strategies to manage stress and anxiety.

Foster Inclusivity: Encourage a supportive and inclusive school environment that respects faith and cultural sensitivities.

How We Support Schools:

Expert-Led Sessions: Deliver informative and engaging sessions led by qualified mental health practitioners with enhanced DBS checks.

Comprehensive Resources: Provide toolkits, worksheets, and creative materials to support well-being in schools.



Programme Overview

The Value Every Mind School Wellbeing Programme is designed as a half-day morning session. All three workshop activities must take place on the same day, within a single morning session.

These activities include:

- 1** School Assembly or Group Presentation
- 2** Parent or Staff Wellbeing Session
- 3** Creative Wellbeing Workshop for Students

The programme is expected to run from 9:00 AM to 12:00 PM on a chosen school day.

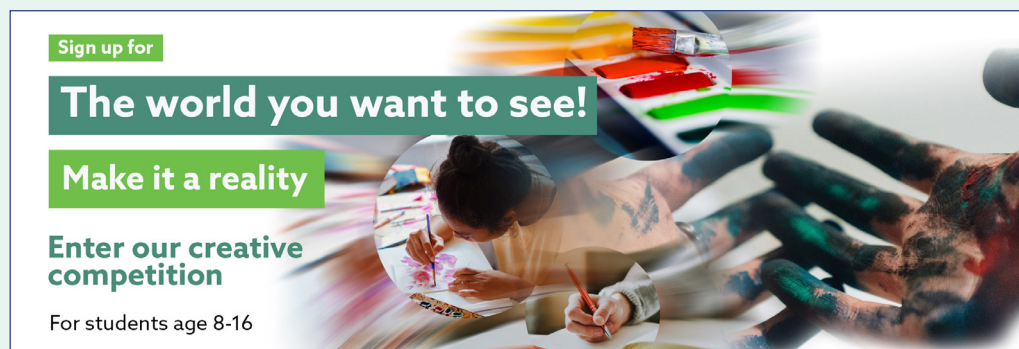
1 Whole School Assembly Yr 7-11 or Group Presentation

Delivered by a qualified mental health practitioner, this 20 -30 minute session provides essential psychoeducation on stress and anxiety management. Students and staff will gain insights into common causes, physical signs, and coping strategies, with a focus


on the unique experiences of young Muslims, including family pressures, cultural stigma, peer pressure, and discrimination.

Topics include:

- Can we talk about mental health?
- Stress and Anxiety: most common causes
- The experience of young Muslims: family pressure, cultural stigma, peer pressure, discrimination
- How does it show? (physical signs)
- What does it mean about me as a Muslim?
- What can I do about it?



Creative Competition:

 **Muslim Aid®** are launching a creative competition in the assembly to continue our conversation of creative expression supporting our wellbeing:

Theme: The World You Want to See (in 40 years) – Make it a Reality.

Description: In celebration of Muslim Aid's 40-year anniversary in 2025, we present a school competition inviting students to envision a positive future. Using this theme, young people can express their visions creatively as a form of therapy or a written entry such as a poem.

See www.muslimaid.org/mentalhealth to find out more about Muslim Aid's creative competition.

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Coffee Morning with Parents or Staff:

A safe space for 15-20 parents to discuss their children's mental health issues and learn effective management strategies. This interactive 45-60 minute session covers:

- Introduction to anxiety and depression in young people
- How do I know if my child is struggling?
- Intergenerational aspects
- How can I help my child?

Parents will be invited to reflect on how their own upbringing influences their parenting responses.

Alternatively, the school can decide to hold a school staff session to discuss mental health and wellbeing strategies to help improve or enhance school support services.



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Wellbeing Through Creative Arts Group

Workshop: 15-30 students in year 7, 8 and 9 can

participate in a 45-minute workshop dedicated to nurturing their mind, body, and soul. Led by community creatives and wellbeing practitioners, each interactive session helps students manage stress and anxiety through creative arts. Each school will

be offered a choice of one activity including writing/storytelling, mindfulness practices and creative art workshops to promote self-expression and spiritual awareness, fostering emotional and spiritual well-being.

These workshops will provide young people with a unique way to ground themselves and connect deeply with themselves and Allah.



Join Us: Schools interested in participating or learning more about the Value Every Mind programme are encouraged to book their sessions or contact us for additional information. Join us in this transformative journey towards better mental health and well-being within our community.

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To register your interest you can visit:

<https://mentalhealth.muslimaid.org/booking-form>



For more details about workshops and bookings, please contact us via info@muslimmindcollaborative.co.uk.

Let's work together to value every mind and create a healthier, happier community.