

# #ItTakesAnIsland: Heads, Shoulders, Knees and Toes

**Aim:** To get as many individuals, organisations and schools from across the Manx community to explore different aspects of mental health support using the song "Heads, Shoulders, Knees and Toes", and encourage participants to share supportive messages that help reduce the mental health stigma.

**What do you need:**

- A group of friends, colleagues, students, family etc
- A phone to film with
- Our version of the song (find it at [islelisten.im/hskt](https://islelisten.im/hskt))
- An open space where you can do all the moves!

**The concept:** Each part of the body represents a different aspect of mental health support. We can use the nursery rhyme "Heads, Shoulders, Knees and Toes" as a prompt to reflect on who looks out for us, and who we look out for.

## Head

Who can help you gather your thoughts and find clarity?

## Shoulders

Who can provide you with emotional support, that shoulder to cry on or help shoulder your burdens?

## Knees

Who brings fun and laughter into your life, lifting your spirits? When did you last have a knees up with a friend?

## Toes

Who can motivate or push you forward when you're feeling stuck and in need of a kick up the backside?

## Eyes

Who are you keeping an eye on? Who might need extra support? Who is looking out for you?

## Ears

How can you better listen to those around you who may be struggling? Who can you talk to without fear of judgement?

## Mouth

Who can you talk to when you need support? When was the last time you called a loved one to ask if everything was ok?

## Nose

Who 'nose' you're not doing so well? Who can you check in on today?

Once you've gone through the song and reflected on who is in your supportive network, use our recording as the backing track to film your group doing the actions (in portrait please!). Be as creative as you can!

Share to social media to help spread the positive message of support and connectivity. Tag Isle Listen, those who are there for you, and those you want to take on the challenge next. We want to get the whole Island moving!

Please also consider making a donation to Isle Listen to help ensure all young people have someone to support them in their hour of need. #ItTakesAnIsland to support our aim of reducing the mental health stigma. Go to [islelisten.im/donate](https://islelisten.im/donate)