

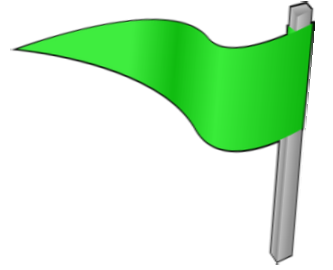
# **Lesson 3:**

## **Managing challenges and change**

# Ground rules

- We are respectful of each other's thoughts and opinions
- There is no judgement.
- We do not have to participate if we feel uncomfortable with something: speak to an adult.
- We remember that we can always talk to a teacher if something in the lesson makes us worried or sad.
- Please complete this lesson with an adult.

# Managing mental health: What's our starting point?



**Complete the following sentences using your own ideas and opinions:**

A time when someone's mental health might be affected is...

The person might feel ....

Something the person can do to help themselves is...

Something someone else can do is ...



**We are learning about how feelings and emotions are affected and can be managed at changing, challenging or difficult times**



**We will be able to:**

- ✓ describe what can impact on mental health (life events and circumstances) and how mental wellbeing can be affected
- ✓ recognise conflicting emotions and when these might be experienced
- ✓ explain how feelings and emotions change over time
- ✓ identify positive actions to support mental health during difficult times, including identifying our personal networks

# What can affect mental wellbeing?

A few weeks ago Sasha's mum explained that there were going to be some changes coming...

Sasha's family moved house to a completely new area. Sasha had to leave the local street-dance club and start a new school as well.

Sasha feels terribly lonely and doesn't know anyone in the new area - everyone seems to have their friendship groups already and Sasha's mum is always busy. Sasha is spending more and more time alone and feels like things will never change.

***How might this affect Sasha's feelings? Write your ideas down in the life events grid's first two columns.***





# Conflicting feelings



Sometimes life events can prompt mixed-up or conflicting feelings; people can feel lots of different emotions all at once.

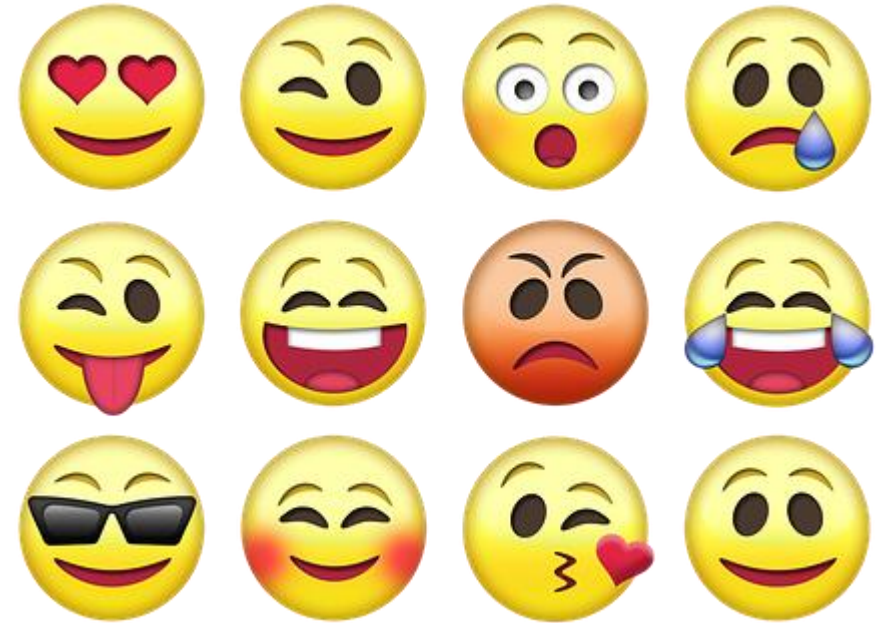
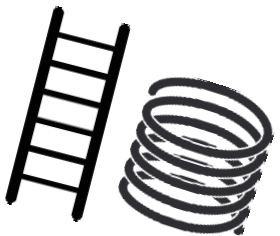
# Emotions change over time

Discuss with an adult or sibling:

How do different feelings grow, change, pass or get stronger with time?

How might the situation and Sasha's feelings change over time?

Write some of your ideas down.



# Supporting mental wellbeing at challenging times

What might help Sasha manage her current situation?

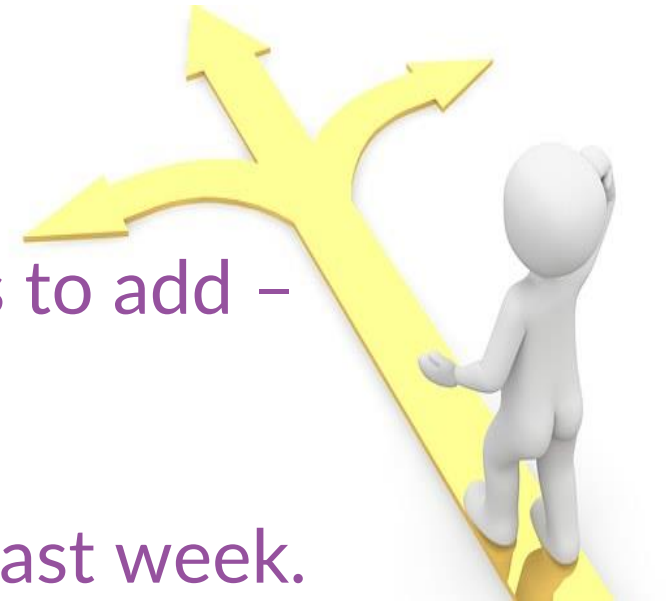
With an adult:

Use the mental health list to help give you ideas

Complete the 3<sup>rd</sup> column in the *Life events grid*

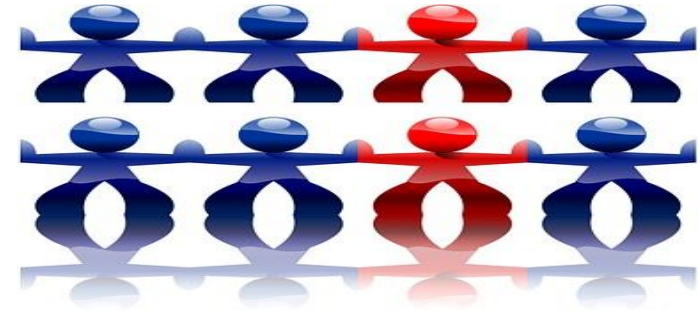
You may also have your own ideas or suggestions to add – you have magnificent ideas.

Remember the mental health thermometer from last week.  
Take a look at the helpful mental health list. 😊





# Personal networks



Think about your own personal network

Identify people who you can talk to when you are experiencing challenges or difficult events.

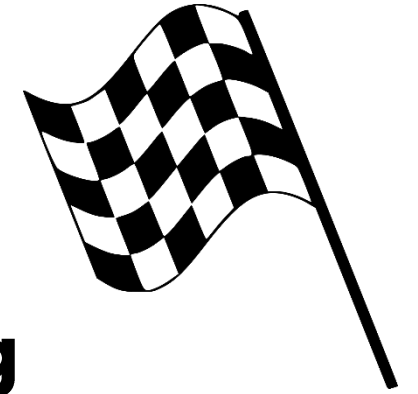
Write your name in the middle of a mind map, with names of those you trust most closest to the middle and then branching out.

Remember – anyone’s mental health can be affected at different times in their lives and that times of change, challenge or difficult events do not always cause or lead to a mental health concern.

Sometimes nothing in particular happens to cause a mental health concern; feelings can seem to develop without a specific cause.

*You can always talk to an adult you trust at school if you are worried.*

# Reflecting on our learning



**Complete the sentences below, using your learning from today's lesson**

- Before this lesson, I didn't know mental health ....
- Something else I have learned about mental health is ....
- These lessons helped me to think about ...
- Something I will do following this lesson is ...
- Something I would like to know more about is ...



# More activities



## Affirmations for mental health

Compose a short set of affirmations which could be used to support mental wellbeing at different times.

These are sentences that make you feel better! You can pop them on post-its around your room. 😊

e.g. *'I always try my best'*

*'Every day I am getting better at 'x'*

*'I can ask for help if I am feeling worried' ...*

# Please remember...



If you are worried about something, you can speak to an adult you trust – think about your network!

*The adults at school are always happy to listen. You can email us at any time!*

*If you're unsure who to talk to, you can always call Childline on: 0800 1111*