

Lesson 1:

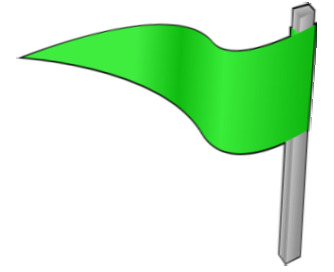
Mental health and keeping well

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.



Mental health: What's our starting point?



Write down all the words, feelings and emotions you think are associated with mental health.





We are learning about mental health; what it means and how we can take care of it



We will be able to:

- ✓ explain what is meant by the term 'mental health'
- ✓ identify everyday behaviours that can help to support mental (and physical) health
- ✓ recognise that we can take care of our mental health (as well as our physical health)

What is mental health?

The World Health Organisation describes mental health as being:
'A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.'

NHS England describes it as
'How we think, feel and behave'.

Why do you think mental health could be important?

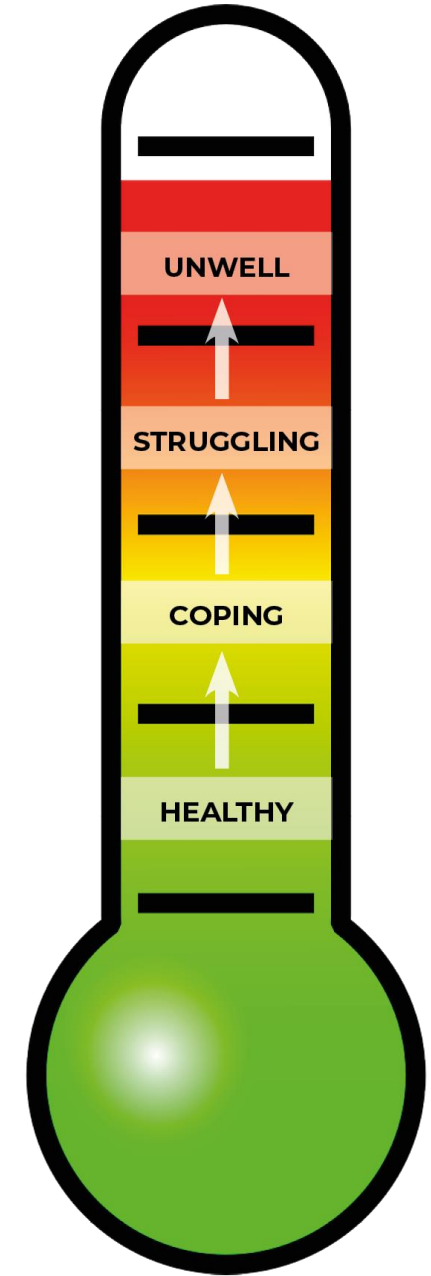


What is mental health?

Mental health can be thought of as being on a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can put in place to help us feel better and move out of the struggling or unwell areas.



Signs of wellbeing

How do we know if someone feels good:

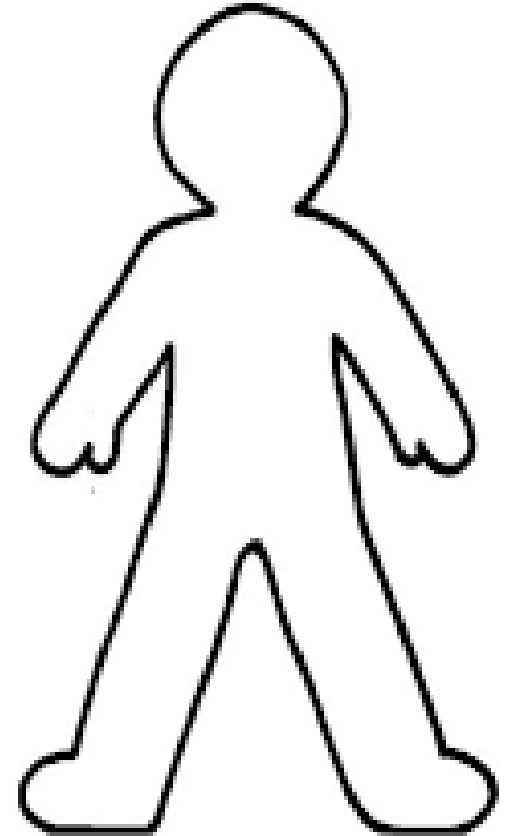
- in their body (physical health)?
- in their mind (mental health)?

How do we know if someone does not feel good:

- in their body (physical health)?
- in their mind (mental health)?

Write down your ideas.

Remember we cannot always tell – sometimes illness or ill-health is not obvious to others (either physical or mental health)



Health cards – sort them! 😊

Card Sort – *Physical health*

Things we should do:

- Every day
- Sometimes
- If there is a problem
- Rarely or not at all



Card Sort – *Mental health*

Things we should do:

- Every day
- Sometimes
- If there is a problem
- Rarely or not at all



Show someone else your card sorting and see what they think. Have a look at the answers.

Card Sort – *Physical health*

Things we should do:

- Every day
- Sometimes
- If there is a problem
- Rarely or not at all



Card Sort – *Mental health*

Things we should do:

- Every day
- Sometimes
- If there is a problem
- Rarely or not at all



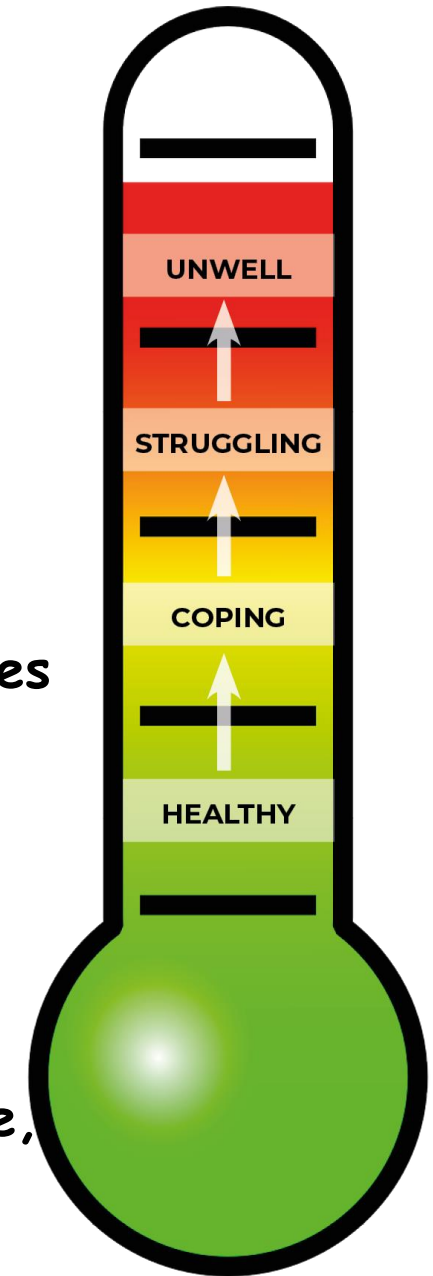
Mental health thermometer

Have a look at Jay's story –where is he on the thermometer?

Jay enjoys drawing cartoons and skateboarding. Jay is quiet and thoughtful, has good friends and likes school. Mostly Jay feels generally happy, although like everyone, Jay has ups and downs.

Jay has recently started feeling sad. Most days the sadness seems to come and go, but some days it feels as though a dark cloud is gathering above and following Jay around all day. Skateboarding takes Jay's mind off it and when the feelings start to get stronger Jay draws a cartoon that shows the feelings and the cloud.

Jay feels very sad most of the time. Every day when Jay wakes up, Jay feels the day ahead is just too much. Everything feels grey and dark. Jay is finding it hard to concentrate at school and some days doesn't want to go to school at all. Nothing seems enjoyable anymore, not even skateboarding! Jay's friends are worried.



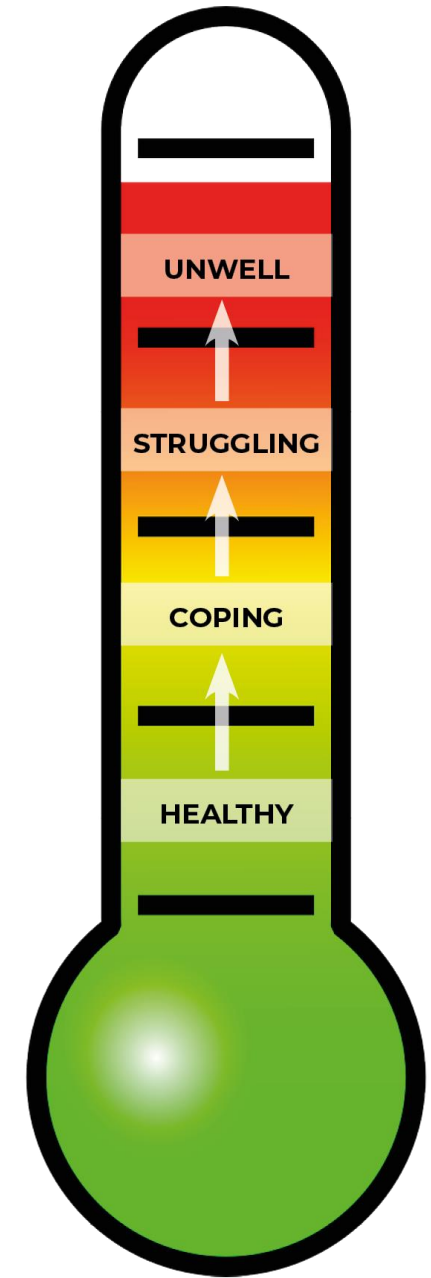
Mental health thermometer

Thinking about Jay's story:

How could Jay strengthen the ability to cope in order to avoid moving into the struggling zone?

How could this reduce Jay's chances of being in the unwell area?

Why is it important?



**What strategy from today's lesson
could we use in our own lives?**
Write down some ideas.

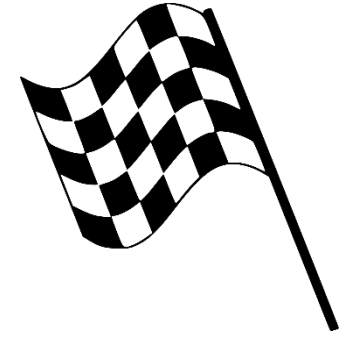


**Talk to a trusted adult at home, or at
school by emailing us.**

**ChildLine: www.childline.org.uk
0800 1111**



Mental Health



Go back to the ‘What’s our starting point?’ activity

Is there anything you would like to change?

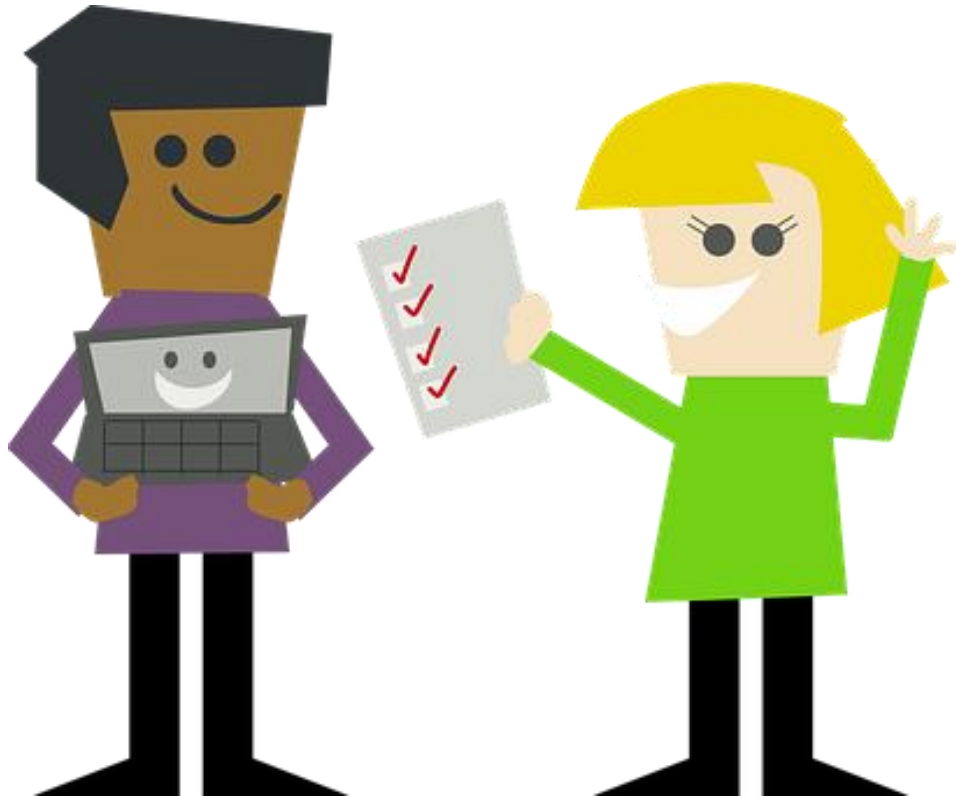
Is there anything you would like to add?



Use a different coloured pen or pencil to amend your first thoughts activity and show how your thinking has developed or changed.

Send a picture of this to your teacher. 😊

More activities



Top tips checklist

Create a top tips checklist to help people take care of their mental health.

Who might be a good audience to write for?
(other pupils in school, parents/grandparents or teachers?)