

Topic 3 – Session Plan



Topic 3 - Looking after our emotional and mental health

Overall aim of session: This session highlights that looking after our emotional and mental health is just as important as looking after our physical health, aiming to develop an understanding of mental health and wellbeing, what may negatively affect someone’s mental health and strategies to help manage stress and worry.

Guidelines to delivering the session: This session has been developed from Anna Freud Talking mental health lesson plan and resources for more information and support to deliver this session please see this resource.

Things to consider: If you are delivering the extra active content you may need to allow 5 minutes for a short break and move to an appropriate space.

Item	Subject/Task	Method	Resources	Timing (mins)
1.	Check in *group agreement reminder	Check in circle	I find it relaxing when.....	5
2.	What is mental health?	Facilitator led discussion – Key questions - What do we mean by mental health? Explain “Mental Health is about our feelings, our thinking, our emotions and our moods – things you can’t really see, but that affect our lives in lots of ways.”		5
3.	Understanding feelings	<p>Explain that we all have different feelings everyday that come and go. Ask the group if they can identify any feelings from the following pictures? Can you think of any other feelings? Explain small feelings sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long</p> <p>Quite often (not always) we have feelings because of an experience or event. What could have happened to the children on the left-hand side of the sheet? Ask pupils to write each idea down on a separate plain piece of paper.</p>	<p>R11 – Can you name the feelings – can use as a worksheet or print A3 and use as a conversation prompt</p> <p>Plain paper and felt tips (note you will need these later for the stress bucket activity)</p>	15
	Coping strategies	<p>What do we do when small feelings are bothering us? How do we ‘cope’ or ‘try to feel better’ when we are upset/angry/sad?</p> <p>Explain the difference between small everyday feelings and big feelings - Feel strong and overwhelming for a long time and they can stop us from doing what we want to do in our lives.</p>	<p>R12 – cut out and write each idea down on a tap. (note you will need these later for the stress bucket activity)</p> <p>*optional use talking mental health animation from Anna Freud to support discussions https://www.youtube.com/watch?v=nCrjev3-Js stop animation at 2minutes 50 seconds</p>	10
5	Stress bucket activity	Stress is the feeling of being under too much emotional pressure. That could be lots of everyday small feelings and/or having overwhelming feelings.	<p>Plain paper</p> <p>Bucket</p>	15

		<p>We are now going to look at ways to reduce stress and worries.</p> <p>Ask what types of things might make someone your age sad/worried/stressed? As the ideas come in ask the group members to write each one on its own piece of paper and screw it up into a ball. Encourage the group to think about a range of problems or experiences such as friendship fallouts, losing a football game, parents arguing a lot. Screw the ideas up into balls and add to the others from the earlier activity. (5 minutes)</p> <p>Spend 10 minutes playing the stress bucket game.</p>	<p>Previous ideas about what might trigger upsetting emotions (screwed up into balls)</p> <p>Previously filled in taps</p> <p>R13 * (stress bucket instructions)</p>	
9.	Reflection circle	<p>Each group member to complete one of the following sentences</p> <p>Today I have learned</p> <p>This week I am going to try....</p>	<p>R5 - Laminated Reflection questions</p> <p>Staff to take notes or take a picture of the sheet for reflection/feedback</p>	5