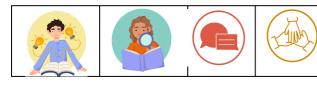
Lesson 1 (60 mins) : What is Mental health and wellbeing?



 Lesson Objectives To demonstrate an understanding of mental health and well-being. Identity mental health issues in others and yourself. (your best self) 		 Skills Objectives I can understand the importance of body language when presenting. I can deliver and speak with personal confidence I can listen to others and take their ideas on board 	
5 mins	"Promise me you'll always rem braver than you believe and stro seem, and smarter than you thin Christopher Robin.	nger than you	Write down what you think it means, share with a partner
5 mins	Young people to understand health and well-being are: Mental health and well-being malleable skills and beliefs that thoughts, feelings and concerning our social and functioning. Well-being a positive sense of which enables an individual to function in society and meet to of everyday life.	g is a set of at impact our behaviour d emotional of well-being, o be able to	Young people share their understanding of what mental health and well-being are.
15 mins	Watch the video from Anna Fre all have mental health Whilst going through the vide ask questions		What was going on with Sasha? What was happening with Adnre? How did Sasha and Andre look after their mental health?

5 mins	What causes mental health issues and why?	Ask young people what they think	
		could be a cause of mental health issues. Think about COVID-19.	

10 mins	What causes young people to worry? Look at some role models and how they have overcome obstacles and how they have responded. Demi Lovato- Bipolar disorder; Leonardo DiCaprio - OCD; Ryan Reynolds - Anxiety; Meghan Markle, Angelina Jolie, Cara Delevingne, Winona Ryder, Kerry Washington. Can you think of anyone you know that has overcome obstacles?	What do they have in common?
20 mins	 My 'best self' Think about a time you felt that you got something wrong, things didn't immediately work out, or you were generally having a hard time. This could include times such as falling out with friends, not achieving as well as they expected in exams or sports etc. Or you might have experienced losses or changes in your family that felt overwhelming at the time but now feel that they can cope with. What feelings did they experience on each occasion? How do they compare? What did they learn about yourself when things went wrong? If they had a similar experience now, what would they do differently? How do they think, feel and act when being your 'best selves? 	Think about times when you felt your 'best selves. This could be at school, at home, with extended family, with their friends, when doing sport, music or a hobby, when helping or volunteering – or all of these.

 Is it easier or more difficult to be our 'best selves' during challenging times? Think of a 'top tip' they would give to another young person to help them be their 'best selves. 	On a piece of paper draw your selves at your best. What are you doing?
Add thought bubbles, speech bubbles and feeling words to your picture. Know your best self is always there – even when it seems things are not going your way.	Who are you doing it with? Where are you?

Link to YSA: These questions can be used to bring the lesson focus back to YSA. These questions can be asked throughout the lesson as and when needed.

Learn a new skill - Research shows that learning new skills can also improve your mental wellbeing by:

- Boosting self-confidence and raising self-esteem
- Helping you build a sense of purpose
- Helping you to connect with others

What additional skill will you learn? Set a target, and review your YSA journey.

Supporting Slides for Lesson 1

These slides support the teaching of lesson 1 and should guide the young people through the tasks that need to be completed.

