

Lesson 2: Understanding Factors that Could Contribute Towards Positive Mental Health and Well-being of an Individual



Lesson Objectives	Skills Objectives
<ul style="list-style-type: none"> • Make use of simple self-care techniques, such as resting and spending time with family and taking up hobbies and interests. • Explain factors which could contribute towards the mental health of an individual. 	<ul style="list-style-type: none"> • Problem-solving - I can back my ideas with evidence.

Timing	Teacher Guide	Student Activity
1-2	<p>What are we covering? See learning objectives.</p> <p>Reminder about what skills we are going to practice as part of the lesson and some key pointers about the skill?</p>	
15mins	<p><u>Mindfulness</u>: Paying more attention to the present moment can improve your mental well-being. This includes your thoughts, feelings, body, and world around you. Some people call this awareness "mindfulness".</p>	<p>Young peoples to discuss what they think mindfulness means.</p> <p>We are going to practice mindfulness now. Everyone sit back and relax, close you eyes. Starting at your head, feel the tension and release it, moving to the neck, feel how tight it s and feel it relax, moving to the shoulder, moving to the arms, fingers, back etc etc.</p>

Timing	Teacher Guide	Student Activity
15mins	<p>Mindfulness can help you enjoy life more and understand yourself better. It can positively change how you feel about life and approach challenges.</p> <p>Young people to understand and experience some mindful activities: colouring and listening to music.</p>	<p>Remind students to concentrate on their voice as you speak. Do this for 2-3 minutes. Now discuss how you feel and what you think mindfulness is now after the activity</p>
15mins	<p>Remind young people of mental health - using the quote on the slide.</p> <p>Young people to watch a video from the Anna Freud Trust.</p> <p>This includes an introduction from Kate Middleton.</p>	
5mins	<p><i>"Health - The Government must make sure you can be as healthy as you can be and that you can get healthcare when you need it. You must also be able to get clean water and healthy food and live in a healthy environment. The Government must also make sure you can get information about staying healthy (article 24).</i></p>	<p>Young people to understand that being healthy is part of their human rights.</p>
25mins	<p>Consider as you discuss the below- reminding young people to demonstrate good practice communication skills</p> <p>Discuss factors that can contribute to the mental health of young people.</p>	<p>Create a guide for parents and young people. Using problem solving skills back their evidence with data and facts etc.</p>

25mins	Social media and mobile devices may lead to psychological and physical issues, such as eyestrain and difficulty focusing on important tasks. They may also contribute to more serious health conditions, such as depression. The overuse of technology may have a more significant impact on developing children and teenagers.	
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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.

How does this lesson relate to the other YSA work you are doing?

Linking to the passport - The passport contains mindful colouring pages

How does this relate to your local context?

What could you do next to improve your mental health?

What could you do to help the mental health/well-being of others?


- Can you practice mindfulness at home with your parents?
- Let's spend 5 minutes practising mindfulness now.

Supporting Slides for Lesson 2

These slides support the teaching of lesson 2 and should guide the young people through the tasks that need to be completed.

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Mindfulness




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Mindfulness: Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness".

Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

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Lesson Objectives

- Make use of simple self-care techniques, such as resting and spending time with family and taking up hobbies and interests.
- Explain factors which could contribute towards the mental health of an individual.

Curriculum Link: PSHE, Citizenship

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Skills Objectives

- Problem-solving - I can back my ideas with evidence.

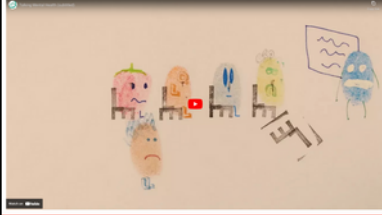
Curriculum Link: PSHE, Citizenship

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A reminder.....

Mental Health: Mental health is a set of malleable skills and beliefs which impact our thoughts, feelings and behaviour in relation to our social and emotional functioning.

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"Health - The Government must make sure you are able to be as healthy as you can be, and that you are able to get healthcare when you need it. You must also be able to get clean water, and healthy food and live in a healthy environment. The Government must also make sure you can get information about staying healthy (article 24).

- All children under 18 should enjoy all the rights set out in the UNCRC without discrimination, including those with mental health conditions.
- Every child and young person should enjoy the same opportunities to grow and develop in conditions that don't impact negatively on their mental wellbeing.
- Every child has the right to protection from all forms of violence, including the neglect of their mental health, self-harm and suicide.
- Every child has the right to the best possible health and to healthcare services that will help them attain this, including mental health.

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Social media and mobile devices may lead to psychological and physical issues, such as eyestrain and difficulty focusing on important tasks. They may also contribute to more serious health conditions, such as depression. The overuse of technology may have a more significant impact on developing children and teenagers.

Discuss factors that can contribute to the mental health of young people.

Create a guide for parents and pupils.

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Five kick-the-habit apps

Mute justmuted.com The newest app in this genre, Mute tracks screen time and pickups, and logs your "downtime" with an emphasis on celebrating the latter.

Moment inthemoment.io Moment sets daily limits on your usage, and will even try to force you off the device with a barrage of notifications if you choose that option.

Space space-app.com Space starts with a quiz to assign you a phone user "type" (from Rabbit Hole Wanderer to Toxic Social Mitz) and then helps you set goals to change your habits.

Hold holdstudent.com Aimed at students, Hold tracks how much time they spend not using their phone, and rewards that time points to be redeemed for real-world rewards.

Forest forestapp.cc Forest takes a different approach: starting the app plants a virtual tree, which grows for as long as you don't quit the app and thus use other apps, but dies if you use.

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"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."

Princess Diana



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you can do it! What will you change?

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Know whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

Please add details of whom to contact in school if they are concerned about themselves or others.

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childline.org.uk - 0800 1111 (free 24hr) confidential listening
samaritans.org - 116 123 (free 24 hr) confidential listening
studentsagainstd Depression.org - resources to move away from depression
youngminds.org.uk - mental health info and guidance
youthaccess.org.uk - young people's info, advice and counselling
themix.org.uk - essential support for under 25s

If you have a mental health crisis and don't know whom to contact, call NHS 111. Call 111, free from any phone, 24 hours a day, seven days a week, and speak to a highly trained adviser supported by healthcare professionals.