

Section 4: Teaching Mental Health

This section focuses on delivering mental health. **Please** ensure that as part of every lesson, the young people know who in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online).

The lessons are approximately 60 mins long, with opportunities to make the lessons shorter or longer based on the context of your young people.

Lesson	Objective	Skills
Lesson 1 : What is Mental health and wellbeing?		
<p>The main objective of this lesson is to introduce mental health and well-being as an area of focus for young people. This should address the requirements of the Ofsted Framework.</p> <p><i>"The school provides high-quality pastoral support. Young people know how to eat healthily, maintain an active lifestyle and stay physically and mentally healthy."</i> Ofsted Framework.</p>		
Lesson 1	<ul style="list-style-type: none"> • To demonstrate an understanding of mental health and well-being. • Identity mental health issues in others and yourself. (your best self) 	<ul style="list-style-type: none"> • 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
Lesson 2: Understanding Factors that Could Contribute Towards Positive Mental Health and Well-being of an Individual		
<p>The main focus of this lesson is to enable young people to understand factors which can contribute to mental health with strategies on how they can start to take care of themselves. The lesson also lends to opportunities for young people to start conversations with parents and carers around the topic on mental health.</p>		
Lesson 2	<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.

Lesson 3: What Can Affect Your Mental Health Well-being?

This lesson focuses on factors that can affect young people's mental health.

Lesson 3	<ul style="list-style-type: none">• To demonstrate an understanding of what can affect well-being and resilience (e.g. life changes, relationships, achievements and employment)	<ul style="list-style-type: none">• I can apply the PEEL method using different mediums when communicating.• I can recognise the barriers to my learning and develop strategies to overcome these.
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Lesson 4: Know simple self-care techniques and being physically active

This lesson focuses on teaching young people strategies on how mental health can be supported through physical activities.

Lesson 4	<ul style="list-style-type: none">• To understand emotional literacy and resilience• To be able to explain how they're feeling and what to do when things don't feel right• To make use of simple self-care techniques, including being physically active.	<ul style="list-style-type: none">• I can to recognise what skills I have and what needs to be improved.
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Lesson 5: Mindfulness through Art and Music

This lesson focuses on introducing young people to the subjects through which they can help their mental health.

Lesson 5	<ul style="list-style-type: none">• To demonstrate how self-care techniques through Art and Music can help when things don't feel right.	<ul style="list-style-type: none">• I can recognise what skills I have and what needs to be improved.
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