

Disclaimer

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their mental health. When using this resource, you are responsible for the safety of those involved with using this resource, including staff and students. It is up to you to follow your school or organisation's safeguarding policies and procedures should your use of this resource raise anything covered by the policies or procedures.

PSHE and Citizenship: Positive Mental Health

<p>Aim: To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.</p> <p>To share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.</p> <p>I can describe ways to keep my mind healthy and understand why this is important.</p>	<p>The Big Questions: What is positive mental health? How can we keep our minds healthy?</p>	<p>Resources: Lesson Pack</p>
<p>Success Criteria: I can think of ways to help my body be healthy. I understand what positive mental health is. I can identify something I can do to help me feel better during tricky times. I can think about how I can help others to have healthy minds.</p>	<p>Key/New Words: Mental health, positive, minds, wellbeing, emotions, comfortable, uncomfortable, feelings, help.</p>	<p>Preparation: Taking Positive Action Matching Cards - one set per small group Positive Mental Health Poster Activity Sheet - one per child</p>









Prior Learning

It would be helpful if the children had previously discussed different feelings and emotions we, as humans, experience.





Special Considerations

Please be aware of any children or families for whom the topic of mental health is sensitive and consider prior to the lesson how you are going to tackle this.

Learning Sequence

	<p>Reconnecting – Healthy Bodies: Share and discuss the Big Questions. Using the Lesson Presentation, discuss the concept of being healthy. Put the children into pairs and ask them to think of three ways we can help our bodies to be healthy. Invite each pair to share one of their ideas. Ask the children why they think it is important to make choices and take actions which help to keep our body healthy. Share the information given in the Lesson Presentation to explain the importance of keeping our body healthy.</p>	
	<p>Exploring – Healthy Minds: Read the information given in the Lesson Presentation to explain what mental health is. Discuss that, just like our bodies, it is important we make choices and take actions which keep our minds healthy. Ask the children what we can do to help keep our minds healthy. Using the given information and illustrations in the Lesson Presentation, exemplify the different things that we can do to help our minds be healthy. Emphasise that, just like our bodies, there may be times when our mind doesn't feel well. Explain that positive mental health is not about being happy all of the time but it is about being able to cope and knowing what to do when we have uncomfortable thoughts and feelings, as well as having a positive sense of wellbeing and capacity to enjoy life. Ensure the children are aware that talking to someone they trust is a good place to start if they are ever feeling worried or sad.</p>	
	<p>Exploring – Taking Positive Action: Put the children into small groups and give each group a set of the Taking Positive Action Matching Cards. Ask each group to match the situation and feeling on each card to an action that could be taken or choice that could be made to support positive mental health. Invite each group to share their conclusions. Read the information given in the Lesson Presentation to summarise the importance of looking after our mental health.</p>	
	<p>Reflecting – Helping Others: Using the Lesson Presentation, reinforce the idea that there is a lot we can do to help keep our minds healthy and help us cope when we have uncomfortable thoughts and feelings. Ask the children to take a moment of quiet to think about what they could do to look after the mental health of others. Encourage them to use the given illustrations as a stimulus if needed. Invite the children to share their thoughts. Emphasise that by doing a little we can make a big difference to how people feel. Return to the Big Questions and assess children's learning by asking what they have learnt and how it will help them.</p>	

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

	<p>Consolidating – Positive Mental Health Posters: This is an optional activity to fit between the Exploring and Reflecting activities if there is time available. Give each child a Positive Mental Health Poster Activity Sheet on which they can draw a picture of something that we can do to keep our minds healthy. They can also write an accompanying sentence. These could be displayed in the classroom or around the school to promote positive mental health.</p>
	<p>Supporting: Ensure any children who are less confident in sharing their thoughts verbally are supported during times of paired and group discussion.</p>
	<p>Extending: Ask children to record further positive actions they could take to encourage positive mental health – ones that are different to those given in the Taking Positive Action Matching Cards.</p>
	<p>Developing: Discuss with the children what they feel the class and school does well to look after the mental health of all people in school and what they think could be done even better. The children could share their ideas with the school council and senior leadership team if appropriate.</p>

Learning Environment:

Follow these guidelines to prepare a safe and positive climate for learning when you are preparing to teach PSHE and Citizenship.

<p>Policies:</p>	<p>If, at any time, you have any concerns about a child's safety or wellbeing, consult your school's safeguarding and child protection policies.</p>
<p>Rules:</p>	<p>Remind children of the class agreement or ground rules for discussion.</p>
<p>Expect:</p>	<p>Anticipate sensitive issues and plan how you will respond in the event of a spontaneous disclosure, so you are prepared to protect children from revealing personal information to others, while not discouraging them from seeking support.</p>
<p>Procedures:</p>	<p>Ensure that all children know what steps to follow to seek help and support if they feel uncomfortable or anxious during or after the lesson, within and outside of school.</p>
<p>Ask:</p>	<p>Encourage children to ask any questions they may have, before, during or after the lesson, and provide a Question Box for children to submit questions anonymously if they prefer.</p>
<p>Respond:</p>	<p>Always set aside time to explore any questions that are raised, either with the whole class, or separately if more appropriate.</p>
<p>Enable:</p>	<p>Be aware of any individual circumstances that may mean that children need extra support to enable them to participate in this lesson.</p>

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