



PSHE and Citizenship

Positive Mental Health

Positive Mental Health




Aim

- I can explain what mental health is and talk about ways people can help their mind be healthy.

Success Criteria

- I can think of ways to stay healthy.
- I can suggest positive actions which could help with an uncomfortable thought or feeling.
- I can think about ways I can help others to feel good about themselves.

The background is a stylized landscape illustration. It features rolling hills in shades of blue, green, and yellow, with a blue sky containing white clouds. The foreground is a lush green field with some yellow flowers. The overall style is soft and painterly.

The Big Questions

An illustration of two children, a girl on the left and a boy on the right, standing in a landscape with rolling hills and a sunset sky. The girl has blonde hair in a ponytail and is wearing a green t-shirt, with her hand to her chin in a thinking pose. The boy has dark hair and is wearing a yellow polo shirt. Two thought bubbles are shown above them. The top bubble is connected to the girl and contains the text 'What is mental health?'. The bottom bubble is connected to the boy and contains the text 'What can people do to help their mind be healthy?'.

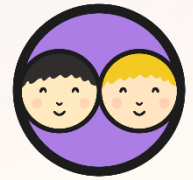
What is mental health?

**What can people do
to help their mind
be healthy?**



Reconnecting

Being Healthy



How can people be healthy?



With a partner think of different things people can do to be healthy.
Write your ideas on your sticky note.

It is important that people help both their
body **and** mind to be as healthy as they can.

once you have
finished.

A stylized landscape illustration. The background features rolling hills in shades of green and yellow, with a blue sky and white clouds. The foreground is a vibrant green field with some yellow flowers. The overall style is painterly and bright.

Exploring

Mental Health

Mental health is all about the thoughts people are having, how they are feeling because of these thoughts and how these thoughts and feelings are affecting their actions and behaviour.

Sometimes people have happy, comfortable thoughts and feelings. Sometimes, people have thoughts and feelings that don't feel so good and might feel upsetting or uncomfortable.



Mental Health

People might be feeling excited, happy, content, safe or loved. They might be proud of themselves for something they have done. These are comfortable thoughts and feelings.

People might be feeling worried, afraid, stressed, sad or lonely. They might find it difficult to think positively about themselves. These are uncomfortable thoughts and feelings.

Everyone's experience of mental health is different as no two people are the same.



Mental Health

Everyone can have uncomfortable thoughts and feelings;
this is nothing to be worried or embarrassed about.

When people experience these uncomfortable thoughts and feelings,
there are lots of things they can do that could help them to feel better.



Helping Our Minds Be Healthy



You are going to work in a small group to explore ways people can help their minds be healthy.

Look at the scenario cards and discuss how each person might be thinking and feeling.

<p>Helping Our Minds Be Healthy: Scenario Cards Thoughts and feelings</p> <p>Joanne is feeling very sad and is finding it hard to feel happy.</p> 	<p>Helping Our Minds Be Healthy: Scenario Cards Thoughts and feelings</p> <p>Anna feels really worried about something and can't think about anything else.</p> 	
<p>Helping Our Minds Be Healthy: Scenario Cards Thoughts and feelings</p> <p>Saima feels under pressure with her school work, it is stopping her from sleeping.</p> 	<p>Helping Our Minds Be Healthy: Scenario Cards Actions</p> <p>Talk to someone you trust. Sharing your thoughts and feelings with someone you care about can make you feel more positive.</p>	<p>Helping Our Minds Be Healthy: Scenario Cards Actions</p> <p>Do something creative. Draw a picture, build a model, paint a picture. Anything you feel like. Try and focus on what you are doing. This can help to take your mind off what you are worrying about.</p>
<p>Helping Our Minds Be Healthy: Scenario Cards Actions</p> <p>Do some physical exercise. Having a healthy body may help you have a healthy mind and may help you cope when you feel stressed or under pressure. It can also help you rest and sleep, which are very important in keeping your mind healthy.</p>	<p>Helping Our Minds Be Healthy: Scenario Cards Actions</p> <p>Talk to someone you trust. Sharing your thoughts and feelings with someone you care about can make you feel more positive.</p>	

Think about the positive action cards. Which action could each person try to help with their uncomfortable thoughts and feelings, and how could it help?

Helping Our Minds Be Healthy



Now share your answers with the class.

All of these cards show good strategies that could help people manage an uncomfortable thought or feeling.

There may be times when these actions don't help people manage their uncomfortable thoughts and feelings, and they might feel like they are struggling with their mental health.

If you ever feel like you can't cope with uncomfortable thoughts or feelings, or you are worried about a friend, be sure to tell a grown-up that you trust.

It is important to know that if this happens it is ok and there are others who can help them, like doctors and counsellors.

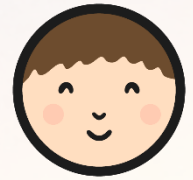
Consolidating

Reflecting



Consolidating

Spreading the Word



You are going to design and create a poster to tell others all about the things people can do to help their minds be healthy.



Spreading the Word

I can talk about ways people can help their mind be healthy.

Design and create a poster to tell others all about the things they could do to help their mind be healthy.

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Key Words

health
healthy
mental health

positive impact
share
talk

kind
exercise
creative



Reflecting

Helping Hearts



In a moment of quiet, read and think about this statement:

By helping someone feel good about themselves, you help them feel happier, and you may even help yourself feel happier too.



What does this statement make you think or feel?



Helping Hearts

Helping others may be as simple as saying something kind to another person, whether they are a close friend or someone you have just met.

You could try giving compliments to the people that you care about to let them know how special they are to you.

By helping others to feel good about themselves and showing how much we care, we can help them feel happy and cared for.

Doing something positive and kind for somebody else, however small, can make a big difference.



Helping Hearts



Sit in a circle.

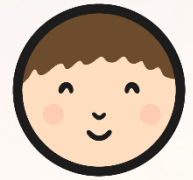
What can we do to try to help others feel good about themselves?

If you feel comfortable, share your ideas. Or, why not share a positive thought from the lesson.

Take a moment to think about this question.



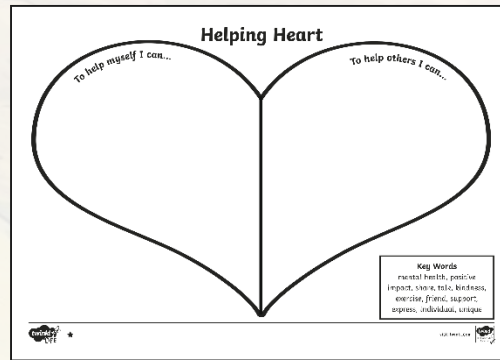
Helping Hearts



What can you do to help yourself think positively and feel good?

What can you do to help someone else think positively and feel good?

Write and draw your ideas on the **Helping Heart Activity Sheet**.



Key Words

mental health
positive impact
share
talk

kindness
exercise
friend
support

express
individual
unique


Helping Hearts

Doing our best to help others feel positive and good about themselves is important.

Looking after our own mental health is important, too.

Remember that you can talk to someone you trust whenever you need to.





The Big Questions



What is mental health?

What is the most important thing you have learnt today? How might it help you?

What can people do to help their mind be healthy?



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