

Lesson Plan for Mental Health and Wellbeing

The Voices of the East children and young people forum gave great examples of how to help their peers with mental health and wellbeing. One of the suggestions was to design a lesson plan linked to mental health and wellbeing. This lesson plan was designed by students with SEND who are part of the Pen Pal group at CRC, as well as CRC student ambassadors:

One-hour Mental health and Wellbeing workshop for Yr. 9 upwards

Aim

To identify the different ways, we can look after ourselves when we may not be feeling our best and to use kind words and action to help others feel better.

By the end of the session:

Students will be able to:

- Feelings associated with feeling happy and sad.
- Activities to do that help improve wellbeing.
- Kindness improves wellbeing.

Resources needed for the workshop

1. Activity one: Kindness Bingo: [FREE! - Acts of Kindness Bingo | World Kindness Day | Twinkl](#)
2. Activity two: Two A4 envelopes with the following written titles:

Envelope one: Things that make me Happy

Envelope Two: Things that make me worry?

3. **Activity three: One pack of flip post-it-notes and a large piece of paper (flip chart size) with a large hand drawn picture of a Gingerbread man with the title: Feelings linked to worry.**
4. **Activity 4: Socks (one per person) plus sensory material such as bubble wrap; pasta; rice etc**
5. **Activity 5: One Coffee Cup and compliment slips**

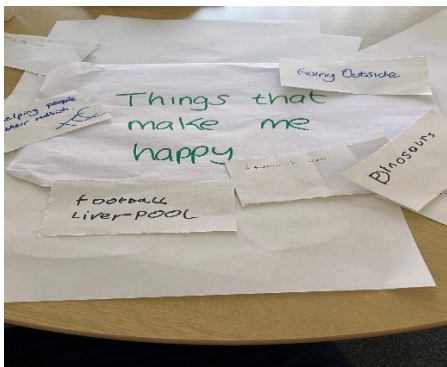
Lesson Plan design

Activity 1: Introductions and welcome activity. Please check with the children and young people what they understand mental health and wellbeing to mean to them and examples of what this might look and feel like when they may not be feeling their best.

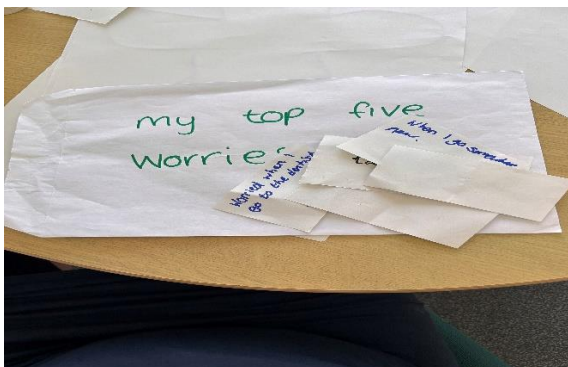
- **Let us play Kindness Bingo (explain to the class that being kind to others and to ourselves can help us feel better and feel happier. Ask the class which of the bingo kindness prompt cards have they done today, or someone has done for them.**

Activity 2: Two envelopes with the following titles:

1) Things that make me happy



2) Things that make me worry



Ask students to complete the slips of paper for each envelope (complete one envelope at a time, they do not wish to write anything and instead listen then that is fine). They also do not add their names.

Read out some of the responses from each of the envelopes and start a discussion, including I wonder questions: 'I wonder what makes other people happy'? 'I wonder what other examples may make other people worry'?

Activity 3:

On the flipchart paper, draw a large gingerbread man and ask the class if they can put post-it notes on the picture and add feelings in their body when linked to worries thoughts i.e butterfly in their tummy; heart beating faster etc.



Read these out and highlight the themes and ask the students the following question: ‘I wonder what other feelings other people may have when they feel worried about something?’

Activity 4: Calming ideas we could do if we feel worried: Stress Sock:



Let us make a stress sock for when we have a worrying thought or feeling.

Students pick a sock (provided for the workshop) and add to the inside of the sock; Pasta; Rice; textured paper; crinkle sensory paper; bubble wrap etc etc. Tie the end of the sock with a hair band or a knot at the end.

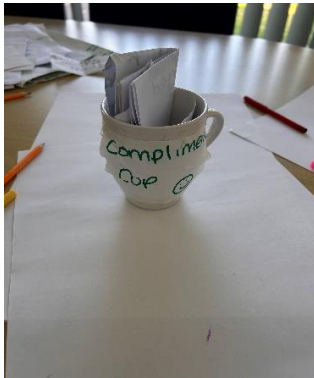
Once students have made their stress sock ask if they can squeeze it for a minute then ask if the stress sock helped?

Ask the young people: 'I wonder if there are other things that we could do to help us with any worrying thoughts?' You could provide examples from activity 2 and the examples young people described which made them feel happy, i.e listen to music, go outside, favourite toys such as dinosaur, being with friends and family, etc

Activity 5: Compliment Cup

Final activity: Kind words; kind Hands and kind action helps people feel better about themselves:

Ask the class to complete the provided slips of paper and fill the coffee cup with the compliments: this could be compliments about their peers in the classroom i.e jenny is funny; jenny is a great footballer. Read these out!



Go back to the main points that were covered in the session such as sharing feelings and themes linked to worry and feeling happy and tips to support young people with wellbeing.