|  |  |  |  |
| --- | --- | --- | --- |
| **Duration:** 40 – 50 minutes | | Resources: | |
|  | **What words/phrases do we think about when it comes to mental health?**  Use this question as a way of exploring the understanding within the group. You could use Post-it notes on different pieces of paper around the room or keep a master list of a board.  Take some time to consider what has been spoke about. Use the following slides to help clarify the understanding through the definition and then the video’s.  **Potential videos to use:**  [**https://www.youtube.com/watch?v=uPh4-DU6MDU**](https://www.youtube.com/watch?v=uPh4-DU6MDU)  [**https://www.youtube.com/watch?v=DxIDKZHW3-E**](https://www.youtube.com/watch?v=DxIDKZHW3-E)  [**https://www.youtube.com/watch?v=rkE29fpmsSI**](https://www.youtube.com/watch?v=rkE29fpmsSI)  [**https://www.youtube.com/watch?v=uIraSPjzfko**](https://www.youtube.com/watch?v=uIraSPjzfko)  [**https://www.youtube.com/watch?v=nCrjevx3-Js**](https://www.youtube.com/watch?v=nCrjevx3-Js)  **Maslow’s Hierarchy of needs – task**  Use slide 7 to explain how everyone in the room has their own triangle (their own needs). Explain how the only way we can get to the top of our triangle is if we look after the needs below that – starting with our basic needs on the first layer. You may need to give your own examples of what would go into each of your layers.  Give each person large paper to create their own triangles. Get each individual to think about what they could include in each other their own layers. *Optional – if there is time get young people to share and discuss their triangles with the wider group. These triangles should be used as a reference point moving forward for the group to consider their own needs.*  **Sleep**  Discussion slides. Consider themes within the group and any advice/techniques they might give each other.  **Healthy eating – Activity**  Use slide 10 to introduce the topic and the link to our mental health.  The group can then think about what they need to eat for a balanced diet and to support their mental health. Can use paper plates that can be added too with pictures/words relating to the topic.  **Special interests**  Discussion slide. You could create a class/group list.  **Calming techniques (Potential videos to use):**  [**https://www.youtube.com/watch?v=ZBnPlqQFPKs**](https://www.youtube.com/watch?v=ZBnPlqQFPKs)  [**https://www.youtube.com/watch?v=VZ\_wdeog5Ek**](https://www.youtube.com/watch?v=VZ_wdeog5Ek)  [**https://www.youtube.com/watch?v=w\_bmCKMrLYs**](https://www.youtube.com/watch?v=w_bmCKMrLYs)  [**https://www.youtube.com/watch?v=LhYtcadR9nw**](https://www.youtube.com/watch?v=LhYtcadR9nw)  [**https://www.youtube.com/watch?v=q3ZkuwabZyQ**](https://www.youtube.com/watch?v=q3ZkuwabZyQ)  *Videos focus on a mixture of meditation & yoga exercises for different age groups. You could read a book or do a silent art activity – anything that gets the group in a quite space, focusing on their own bodies.*  **Final questions**  Review the session and understanding. | | Slides 1 – 4  Slides 5 & 6  Slide 7  Slides 8 & 9  Slides 10 &11  Slide 12  Slide 13  Slide 14 |