

Introduction to Good Mental Health (PSHE)
'TOOLBOX'

Key Stage:
 3,4 or 5

	Assembly	15min assembly toolbox for good mental health
	Classroom Lesson	1 hr expanding the toolbox

This lesson would make an excellent launch into your series of PSHE statutory mental health awareness lessons. The lesson uses visual imagery to remember strategies for good mental health, looking at why good mental health is important, discovering the affects of anxiety and depression on the brain, looking at recent celebrities that have stepped down to preserve their mental health, issues that affect teens today ie, exam stress etc and how students use their influence to improve outcomes for themselves and others.

<p>Learning Objectives Students learn:</p> <ul style="list-style-type: none"> • Visual memory prompts for strategies regarding maintaining good mental health • Reasons why maintain good mental health is vital • Using their understanding to help others 	<p>Learning Outcomes By the end of the lesson, students will be able to:</p> <ul style="list-style-type: none"> • Recite from memory the tools needed to remain mentally healthy • Have a clearer understanding of why mental health is important • Understand the affects that anxiety and depression have on the body • Analyse how life changes can be beneficial using real life stories from well-known celebrities • How they can identify current issues and help others around them 
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Activity	Description	Outcome
First impressions of the topic		Test baseline assumptions
Present visual illusions	Pictures that appear to be one thing but are really another	Consider how our perceptions of why we need mental health awareness can be wrong
Memory Challenge	Show items from a toolbox of strategies for good mental health	Memory aid for future use in helping themselves and others with mental health issues
Brain box	Show a short video of what happens in the brain when stress, anxiety and depression start to affect our brains and bodies.	Know how the strategies link to our bodies working better when dealing with trauma or stress
Guess the celebrity	Examples of those who have recently stepped down in the public eye to preserve their mental health	Understanding that known and admired celebrities are taking mental health issues seriously and are taking steps now to change their lives for the better.
Looking at Teen Issues	Exploring what teens face today. Examples given, explored and discussed together. Signposting.	Knowing that every issue has a solution, that students can play a vital role and that there is support and help available for all
Guess the Celebrity – Solutions	Looking back at the famous faces – what did each celebrity aim to achieve? What solutions did they find helped?	Role models face can face the same challenges. In order to succeed, to reach their goals they have to reach for the “Toolbox”
Memory Challenge	Test to see if the students have remembered the visuals to help them recall everything in the mental health toolbox	Students should be left with an ability to instantly recall the contents of the good mental health tool box of strategies