

Activity: What is mental health? For 11-16 year olds

Resilience Focus Area: **Emotions & Behaviours**

Learning Outcomes

* Young people to be able to define what mental health is and identify what stresses them out and ways to cope



Time	Activity	Method	Resources needed
5 mins	Definition of mental health	<p>Slide 1</p> <p>What is mental health? – in pairs come up with a definition of what is mental health</p> <p>Ask pairs to feedback their definitions</p> <p>Share the below definition on Slide 1</p> <p>‘A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.’ https://www.yourdictionary.com/mental-health</p>	Use accompanying Powerpoint
5 mins	Everyone’s mental health is on a sliding scale	<p>Slide 2</p> <p>We are all on a scale with our Mental wellbeing - Illustrate that a mental illness diagnosis does not mean someone always has poor mental wellbeing and that wellbeing is not a fixed state mental health exists on a continuum, just like physical health</p> <p>- Share with the group that even if someone has a diagnosis (or identifies as having a specific mental health problem) if they are receiving appropriate treatment and support they can remain well. Recovery is possible.</p> <p>Equally, even without a formal mental health problem/ diagnosis, someone can still be struggling. Not seeking appropriate support from professionals and/or loved ones can lead to a person becoming more unwell.</p>	Powerpoint

Time	Activity	Method	Resources needed
10 mins	Who does mental health affect? Celebrity mental health quiz	<p>Slide 3-9</p> <p>In pairs/teams complete the celebrity mental health quiz, read out the descriptions of the celebrities and the first team to guess who it is gets a point, once they have guessed show the photo on the powerpoint and ask pupils what is the celebrities mental health issue, answers are on the separate sheet</p> <p>Choose a celebrity and ask pupils to say what might stress that celebrity out to cause mental health issues, for example David Beckham has the pressure to perform at football, Zoella might feel pressure to look a certain way.</p> <p>What pressure do you feel in your life? Are there any similarities to these celebrities stresses?</p>	<p>Need buzzers Stressball for winner Celebrity mental health powerpoint</p>
10mins	Diamond 9 Activity	<p>Give out diamond 9 set (below) to each pupil and ask them to create a diamond shape by ranking the things they feel put stress on them emotionally. Start with the most stressful at the top of the diamond to least stressful at the base. Suggest pupils fill in one or two of their own blank diamond 9 if they want to. Have a discussion around what were different pupils top 3 stressors.</p> <p>To stay emotionally healthy you need to find ways to release pressure build up. Recognize your potential triggers and have your 'go to' coping techniques ready to use. This may sound simple but when we feel stressed, anxious or low we forget the most basic things how to take care of ourselves.</p>	Diamond 9 sets cut out



To access more resources, information and advice visit:

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Time	Activity	Method	Resources needed
10 mins	BINGO	Coping skills bingo – hand out bingo sheets Play bingo the first pupil to get 5 in a row wins! Discuss the coping strategies as you read them out.	BINGO Self care sheets and pens
5 mins	END	Ask pupils what did you learn today? What self care can you try this week?	



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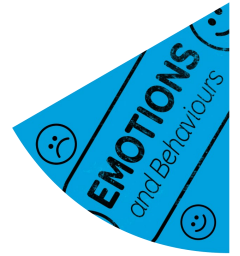
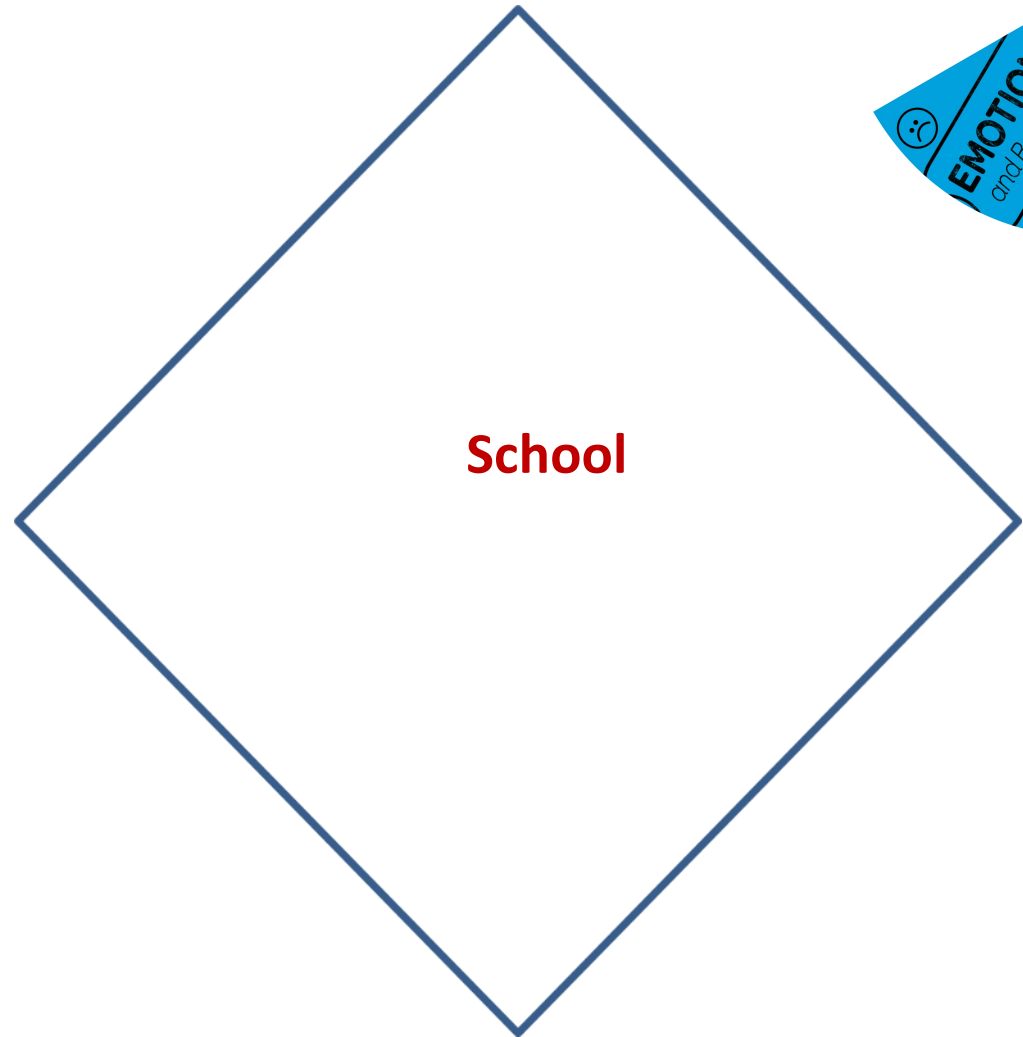
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Diamond 9 Activity

Below is an example of a completed diamond 9

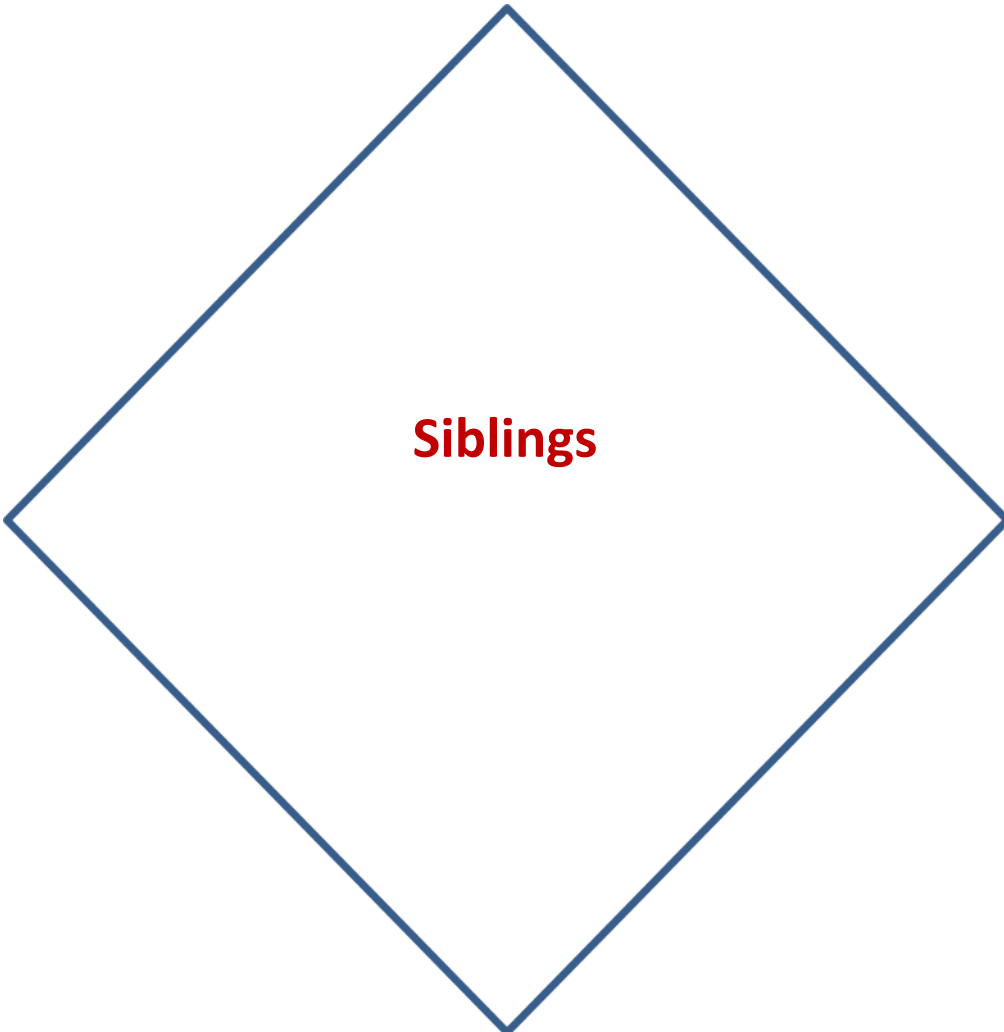
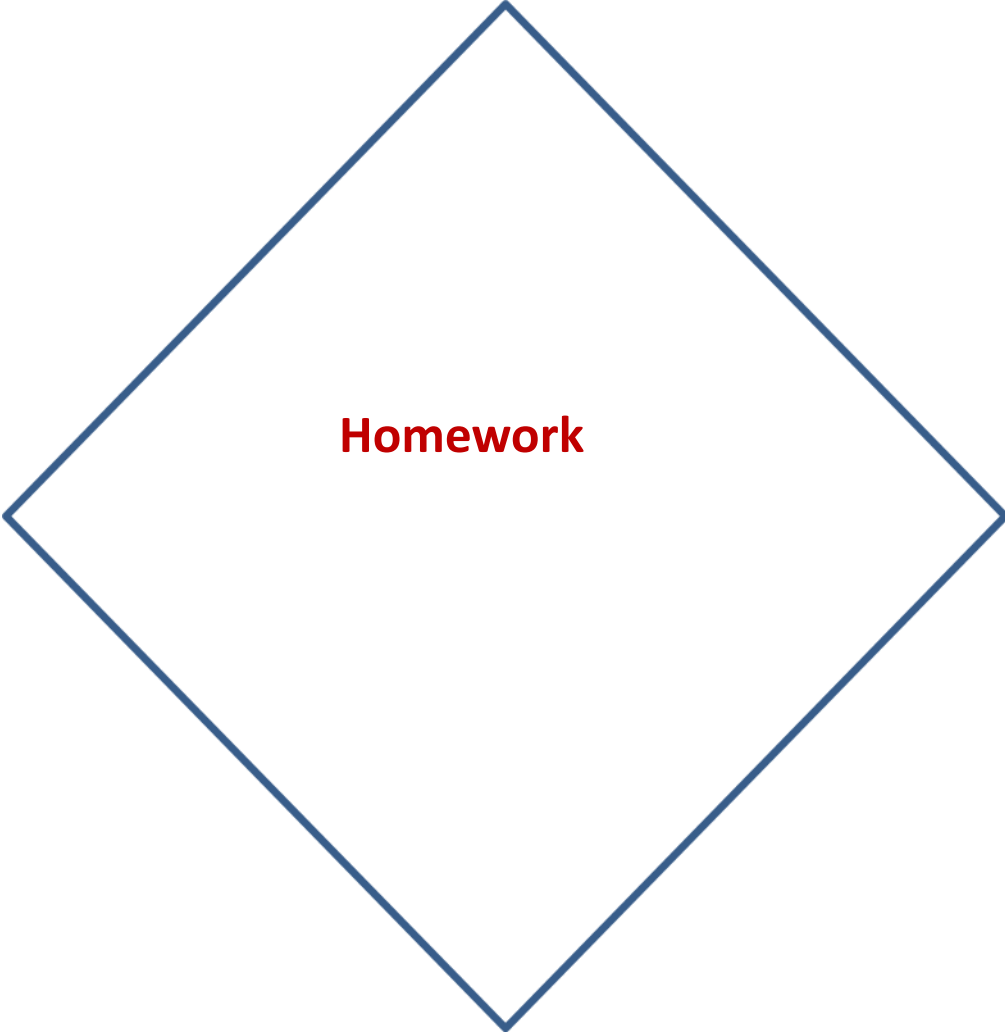


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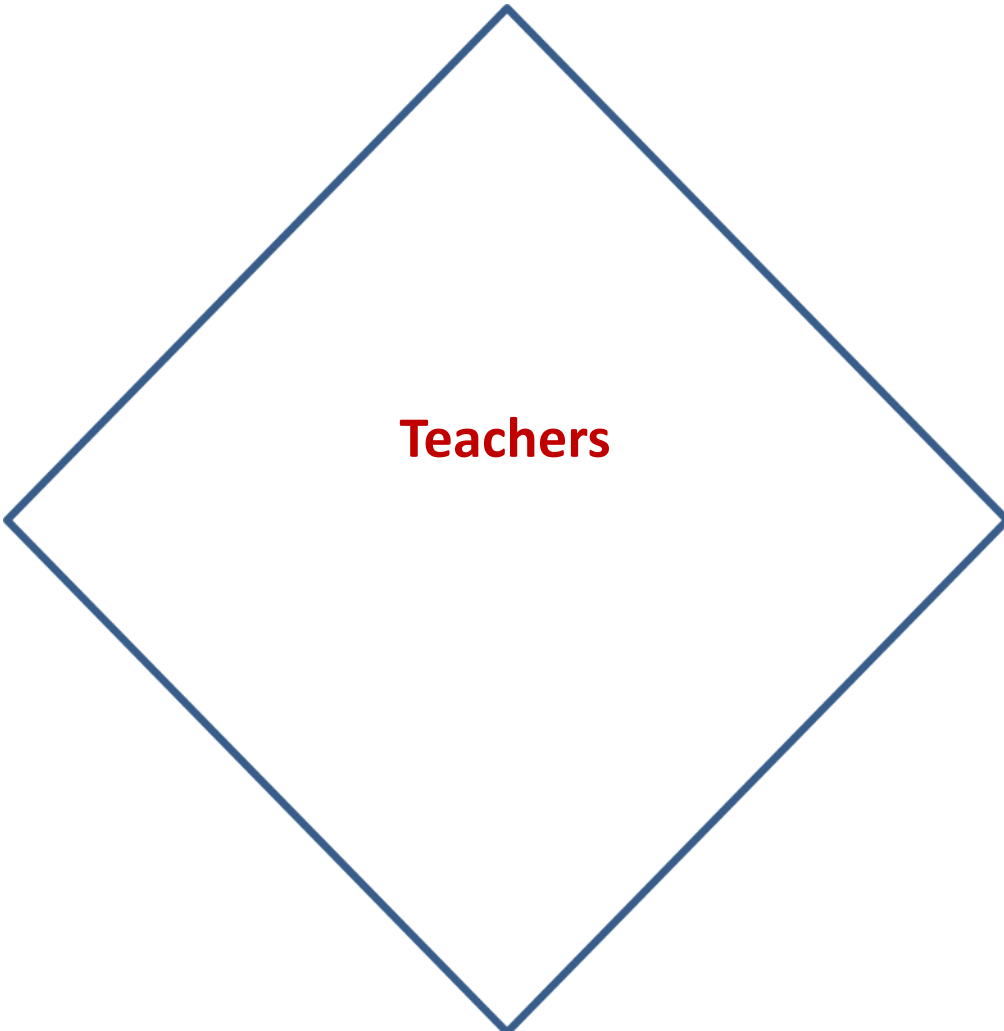
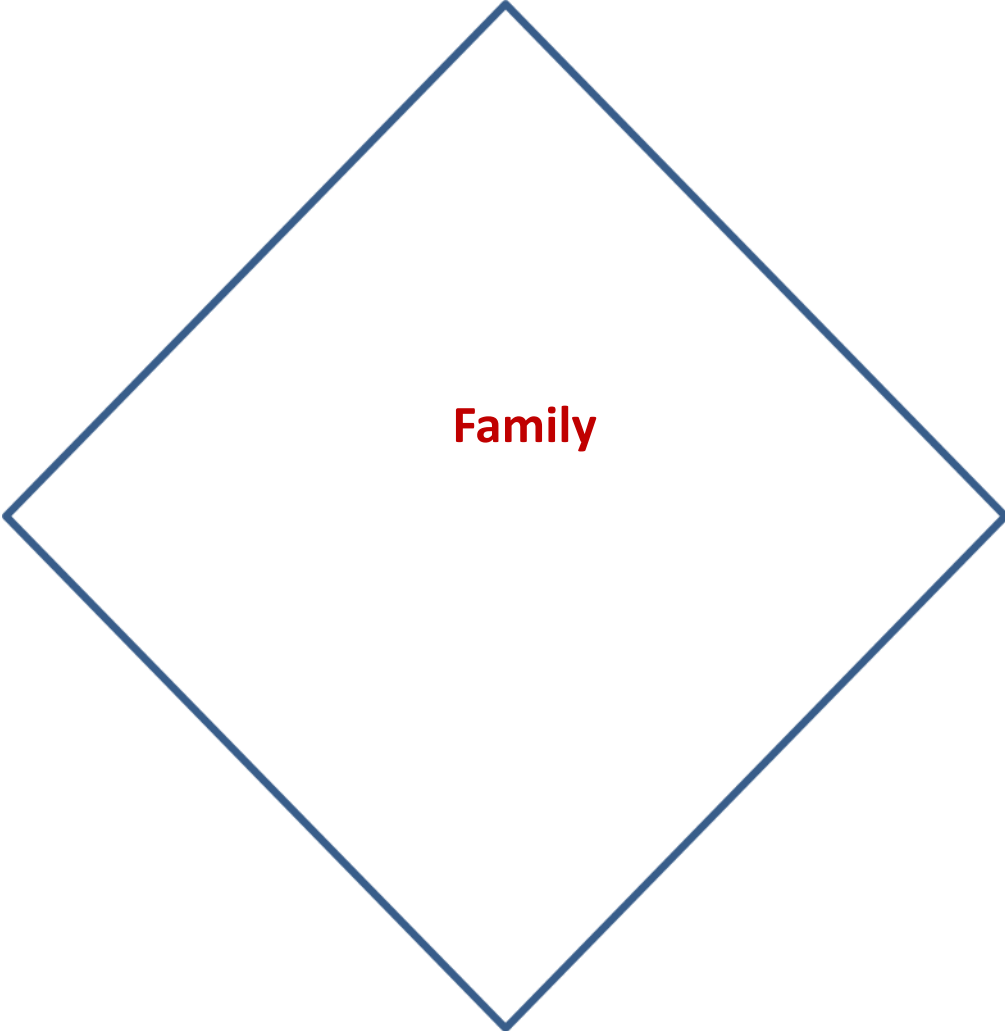




Being the Best I can



Being Perfect





Social Media



Being Popular

Blank ones that pupils can add their own stressors

