

Good Thinking: An Introduction to Mental Health and Wellbeing for Secondary School Pupils

Lesson plan 9: Recognising when our mental wellbeing is suffering

Lesson objectives

- To be able to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- To recognise what makes them feel lonely.
- To have an awareness of more serious mental conditions.

Resources needed

- PowerPoint presentation
- Spotting the Signs activity sheet

Information and guidance	Activity
Explain that the first step to supporting our mental wellbeing and addressing mental health challenges is recognising signs or symptoms in ourselves and others that may indicate an issue.	Ask student if they can name any signs or symptoms that might indicate a person is having difficulties with their mental health or wellbeing.
Explain that it can be difficult to notice when a person is struggling with their mental health or wellbeing. Hand out the Spotting the Signs activity sheet to individuals or pairs, for them to identify 12 symptoms.	Students read the text and highlight or underline the 12 symptoms.
Use the following three slides to discuss spotting the signs that someone else might not be OK and discuss how to start and have a conversation to support them.	Students may wish to share how they'd like their friends to support them if they're not feeling OK.
Discuss how it is sometimes easier to support someone else than it is to take care of ourselves and that it is common to ignore the signs our body is sending us. Explain the importance of designating a little time to checking in with ourselves and seeing how we're feeling, then follow the body scan instructions on the following slide.	Students participate in the body scan technique, following the instructions as they are read out to them.

Suggestions for further activities

You may wish to hand out copies of the Good Thinking **Looking Out for Your Friends** guide to students to look through or have some copies available, or on display, in school.

The Good Thinking site has several 'How to' guides that are worth mentioning to students.