

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

Lesson plan 5: The five ways to wellbeing

Lesson objectives

- To consider ways in which we can protect our mental wellbeing.
- To recognise the benefits and importance of physical exercise and spending time outdoors on mental wellbeing and happiness.
- To appreciate the value of social connections and community, hobbies and interests, and giving to others on our mental wellbeing.

Resources needed

- PowerPoint presentation
- Teachers may wish to familiarise themselves with the [3,3,3 Technique](#) before the lesson.

Information and guidance	Activity
Explain that our mental health needs looking after, just like our physical health. Certain lifestyle choices can support good mental health and wellbeing.	Ask students to suggest five things that people might do to look after their mental health and wellbeing.
Discuss the importance of connecting with others and the impact that positive relationships can have on our mental wellbeing. Share the examples of meaningful human interactions.	Students may have other examples to add to the list, or they may wish to discuss which of these examples they enjoy most or find most helpful.
Discuss the direct impact physical activity can have on our mental health and wellbeing.	Can students name a physical activity for every letter of the alphabet?
Explain that learning has been proven to be good for our mental wellbeing, too. It provides a sense of purpose and achievement.	Ask students to discuss a skill they'd like to learn. Some students may like to share their interests or hobbies that involve learning, such as playing a musical instrument.
Being present is another of the five ways to wellbeing. Help students understand what being present means, such as taking notice of their thoughts and feelings, as well as their surroundings. Introduce the '3, 3, 3' technique, a simple grounding technique many people find effective to gain control during overwhelming situations and to alleviate anxiety.	Encourage students to try out the '3, 3, 3' technique.
Explain the fifth way to support our mental health and wellbeing: giving to others. Scientific studies have shown the genuine benefits of generosity, which releases 'feel-good' chemicals in our brain, actually making us feel happier.	Students should identify a range of ways that people can show generosity towards others, including ideas that don't cost money.

Information and guidance	Activity
<p>Assign each group one of the five ways to wellbeing to focus on for their poster. You could show them the <u>Good Thinking Five Ways to Wellbeing posters</u> for inspiration. The posters the students create can be displayed in school.</p>	<p>Students work in groups to create a poster on one of the five ways to wellbeing.</p>

Suggestions for further activities
<p>You could develop the focus on connections with others and how important positive relationships are to our mental health. The NHS-approved resources <u>Positive friendships</u> and <u>One-to-one relationships</u> contain plans, presentations and films to engage students.</p> <p>The resource <u>Physical and mental wellbeing</u> explores the link between physical and mental wellbeing, and includes a short video and a quiz for students to participate in. In the resource <u>Self-care</u>, students discover and try out self-care actions which follow the five ways to wellbeing.</p>