

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

## Lesson plan 6: The way we think

### Lesson objectives

- To know about and recognise unhelpful thoughts, and how to reframe them.
- To understand what it means to be resilient.

### Resources needed

- PowerPoint presentation
- Unhelpful Thinking Styles activity sheet

Information and guidance	Activity
Explain how our feelings are closely linked to our thoughts: each one can impact the other. A person who practices positive thinking is likely to report better mental wellbeing, and vice versa.	Are students aware of any unhelpful thinking styles? They may be able to describe them or give examples, even if they're not sure how to label them.
Use the information in the PowerPoint to outline what is meant by unhelpful thinking styles or unhelpful thoughts. Hand out the <b>Unhelpful Thinking Styles activity sheets</b> .  Explain that these unhelpful thoughts are automatic, so we can't necessarily stop them from popping into our heads. But we can recognise them when they occur and address them.	Students can work alone, in pairs or in groups to match the thinking style name with its description.  Invite students to consider which of the thinking styles they recognise in themselves.
Finally, consider how comparing ourselves unfavourably with others is another unhelpful thinking style.	Students can think of a time when they have compared themselves unfavourably with others.

### Suggestions for further activities

As a follow-up lesson, you might like to use the NHS-approved 'Every Mind Matters' resource **Unhelpful thoughts** – a PowerPoint supported by an animated film that introduces students to relatable characters and real-life contexts.

Pupils could create a poster about one of the unhelpful thinking styles, including example phrases or cartoon images to depict the thinking style.