

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

Lesson plan 1: What is mental wellbeing?

Lesson objectives

- To consider where normal variations in emotions and physical complaints end and health and wellbeing issues arise.
- To know there is a relationship between good physical health and mental wellbeing.

Resources needed

- PowerPoint presentation
- Slips of paper or sticky notes
- Mental Health and Wellbeing activity sheet

Information and guidance	Activity
Ask pupils to consider the term 'mental wellbeing' and what they think it means. You could use a digital collaborative whiteboard app to collate and share pupils' ideas.	Pupils can write their definition on a slip of paper or sticky note anonymously.
Share and discuss the definitions pupils have shared. Share and discuss the definitions in the PowerPoint.	Pupils could discuss in pairs or small groups.
Using the information in the PowerPoint, explain that mental health and mental wellbeing are linked but that they are not exactly the same thing. Discuss good mental health and how this may mean different things to different people. Ensure pupils are respectful of each other's contributions.	Encourage pupils to respond to the question, to the class.
Ask pupils to consider what mental health and wellbeing – and good mental wellbeing – means to them.	Pupils illustrate and annotate their personal responses on the Mental Health and Wellbeing activity sheet .

Suggestions for further activities

As this is the start of the unit on mental health and wellbeing, you could encourage students to anonymously write down any questions they have or particular information they are hoping to gain whilst learning about this topic. When you review what students have written, you can see whether these points will be covered over the upcoming sessions or whether you might need to include extra specific content. If any student raises something of concern, you may want to compile a list of reliable sources where more information can be found on the subject and hand it out to all students.