

Today we are focusing on...

Emotional Health and Wellbeing

You might feel your emotional health and wellbeing is ok, however we can always improve it and support others.

Getting into groups of 3's

Deciding your roles

On your table...

1) Needs to be a leader

- Going to be the person who will encourage ALL to get involved and add in ideas. They will stop arguments and allow one to speak at a time. You also need to add ideas.

2) Needs to be a scribe

- This is going to be the person who will write down ideas that are communicated by the rest of the group. Remember you will still have to add in ideas.

3) Needs to be the spokes person

- This is the person who will share the ideas with the rest of the class. Remember you will still have to add in ideas.

Learner Levels...

How can you cover all the learner levels in today's session?

Resilience

Respect

Reflectiveness

Resourcefulness

Reciprocity

A5 Worksheet

The diagram features a central oval containing the text "Beyond These Four Walls" and "Your Emotional, Health and Wellbeing". Four lines radiate from the bottom of the oval to connect it to four rectangular boxes arranged around it. The top-left box is for identifying a strategy discussed with a group. The top-right box is for identifying a helpline. The bottom-left box is for identifying a strategy shared from a different group. The bottom-right box is for an exit card where the student states one thing they will do to improve their emotional health and wellbeing.

Identify an excellent strategy you have discussed with your group.

Beyond These Four Walls
Your Emotional, Health and Wellbeing

Which helpline have you looked at?

Identify a strategy that has been shared from a different group.

Exit card
State 1 thing you are going to do to improve your emotional health and wellbeing.

Throughout the lesson you will be asked to complete the A5 worksheet.

The purpose of this worksheet is for you to leave the lesson with strategies on how to improve and develop your mental health. Now and in the future.

We completed an Emotional Health and Wellbeing survey at Tipton School

The top 6 issues students stated as having a significant impact on their mental health are:

- Academic/exam pressure
- Sleep difficulties
- Anxiety
- Low mood
- Friendship issues
- Family stress

Academic/
exam
pressure

Task One:
On your tables discuss the meaning of each
point.

Low mood

Sleep
difficulties

Task Two:
Discuss and write down

- What the positive strategies would look like
- What the negative strategies would look like when trying to deal with this situation.

(Try for at least 6 points for each)

Friendship
issues

REMEMBER YOUR ROLES!

Anxiety

Extension: When discussing each
strategy look at short term and long
term effects.

Family stress

A5 Worksheet

Identify an excellent strategy you have discussed with your group.



Which helpline have you looked at?

Identify a strategy that has been shared from a different group.

Exit card
State 1 thing you are going to do to improve your emotional health and wellbeing.

From what you have heard in the last task complete part 1 and 2 on the worksheet, try to add in as much detail as possible.

Emotional Health and Wellbeing



Find information and links on Tapton School Website –

<http://www.taptonschool.co.uk/page/?title=Emotional+Health+and%26%23160%3B+Wellbeing&pid=342>



Exit Card

Complete the final box on your worksheet – State 1 thing you are going to do to improve your emotional health and wellbeing.

Next time

Next time...
Year 7's – Purpose of Homework
Year 8's – Life after school = making the right choices
Year 9's – Life after school = making the right option
Year 10's and 11's – Life after school = employability skills