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| **Date:**  | **Age group:** 5-11 |
| **Lesson objective:**To understand what mental health is.To know what can be done to keep a healthy mind. |
| **Resources needed:**-mental health powerpoint/information -paper-pens/pencils |
| **Description of lesson:*** When we talk about keeping healthy, what do you do to keep a healthy body?
* Introduce the term mental health to students. Do they know what this means?
* Explain that keeping a healthy mind is just as important as keeping our bodies healthy.
* Read and discuss powerpoint – what can we do to keep a healthy mind?
* Children then draw around hand print and write an idea of what they can do to keep their mind healthy on each finger. Decorate their handprint.
* Display hand prints – possibly make a display ‘high 5 to healthy minds’
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| **Outcome:*** Children to have developed a greater understanding of mental health and know things that they can do to help support them
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| **Next steps/follow-on activity:*** Take part in some activities to support good mental health
* Develop understanding of different feelings and strategies to go with each one
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