|  |  |
| --- | --- |
| **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’ | |
| **Outcome:**   * Children to have developed a greater understanding of mental health and know things that they can do to help support them | |
| **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 | |