

Autumn Term 2 - Mental health and wellbeing

Healthy minds



Key Vocabulary

emotion	A strong feeling in the mind e.g. love, anger, hate
mood	The way someone feels
Mental health	Healthy mind
stigma	When people think there is something wrong with something about themselves, you feel shame sometimes.
discrimination	Being treated unfairly because of mental health

Questions to think about ...

What is mental health?

Can we control our emotions?

How can I cope with worrying feelings?

What are the five steps to wellbeing?

How can these steps help my mental health?

How can I help someone who may be struggling with their mental health?



What we should know and what we should be able to do:

To learn what mental health is

We will know that mental health is about emotions, moods and feelings - how we think, feel and behave • recognise that everyone has a state of mental health that changes frequently; that any one state is not necessarily permanent • know that there is help, advice and support available about mental health

To learn about what can affect mental health and some ways of dealing with this

We will be able to recognise what can affect a person's mental health • know some ways of dealing with stress and how people can get help and support • understand that anyone can be affected by mental ill health

To learn about some everyday ways to look after mental health

We will be able to explain why looking after mental health is as important as looking after physical health • understand that some things that support mental health will also support physical health

To learn about the stigma and discrimination that can surround mental health

We will be able to recognise that stigma and discrimination of people living with mental health problems can and does exist • explain the negative effect that this can have • know what can help to have a more positive effect (and therefore reduce stigma and discrimination)

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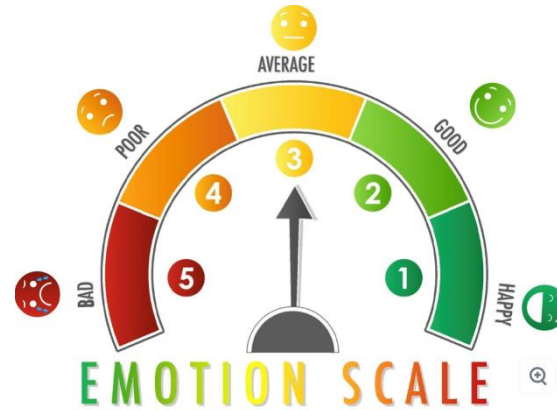
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Children's literature to support the topic

These books are really great to help us understand the issues we will cover in this unit of work, you can find some in our library

- The wise mouse, Virginia Ironside
- The illustrated mum, Jacqueline Wilson
- My mum's from planet Pluto, Gwyneth Rees
- Grandpa has changed, Pam Pollach and Mel Belviso
- Helicopter man, Elizabeth Fensham
- Finding a voice – friendship is a two-way street, Kim Hood



Useful Websites:

Always talk to someone who helps keep you safe, such as a parent, teacher or other adult you trust.

Call ChildLine: 0800 11 11 www.childline.org.uk

Young Minds www.youngminds.org.uk



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence