Session plan
Emotional wellbeing 1A4

Outcome	Recognise the early signs of poor mental health
Resources	• Emojis resource sheet • Signs of mental health sort cards
Learning context	Independent, group work
Curriculum areas	PSHE
PSHE skills	Personal wellbeing, Living independently

Starter	Time allocated
Give students the emoji resource sheet. Ask them to fill in what they think each face represents and what that might feel like. Find many more emojis at: **https://getemoji.com/**	15 minutes
Discuss what students have written and ask them what signs they used to decide on their answers.	5 minutes
Main lesson	Time allocated
Discuss the traits or symptoms listed on the signs of mental health sort cards.	10 minutes
In groups, students sort the traits into positive and negative signs of mental health.	20 minutes
Discuss what groups have done and get students to explain why they put each trait where they did.	10 minutes
Independent challenge	
• Create a simple checklist of things to assess a person's mental health.	
• Create a checking system to assess a person's level of mental wellbeing.	
Challenge wrap up	Time allocated
Students review their own mental health against their checklist, completed in the independent challenge.	15 minutes
Students review their checklist – is it useful? What are the caveats and difficulties with its use?	5 minutes

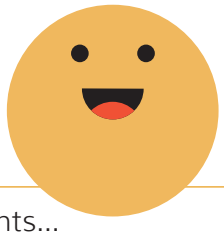
Ideas

The sort cards are presented with negative signs on the left and positive signs on the right; they will need cutting up before giving to students.

This is not a comprehensive list of signs of emotional wellbeing and it needs to be highlighted that there can be other reasons for some of the negative signs. Similarly many people cope with poor mental health through purposely exuding things thought to be positive traits. For more information: **https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/#.XIJr8yj7SUk**

Emojis

Name:	Date:
PSHE Short Course: Module 1 Emotional wellbeing	**Challenge: 1A4**



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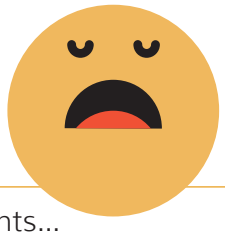

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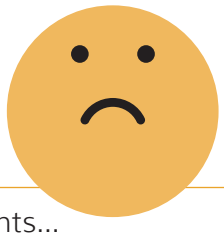

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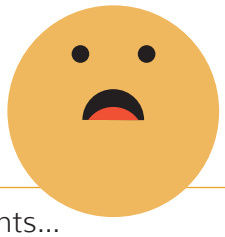

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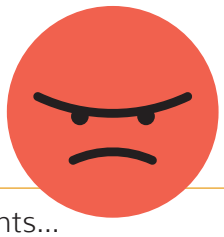

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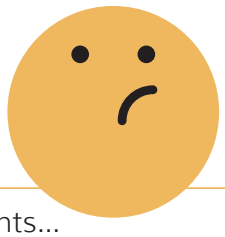

This represents...

It feels like...

Signs of mental health sort cards

PSHE Short Course: Module 1 Emotional wellbeing **Challenge: 1A4**

Rapid mood swings	Has self-belief
Hearing or seeing things others can't	Appears confident
Consistently low mood	Lack of care in personal appearance or responsibilities
Increased use of drugs or alcohol	Has strong and well maintained relationships with others
Lack of care in personal appearance or responsibilities	Engages with social activity
Drop in work performance	Has high self esteem
Disturbed sleep	Lives and works productively
Withdrawing from social activities	Flexible and adaptable in times of change
More irritable and aggressive	Expresses a range of emotions
Losing interest in things previously enjoyed	Copes well with everyday difficulties
Eating more or less than usual	Not easily irritated by minor difficulties
Difficulty concentrating	Manages well in uncertainty
Doing things that don't make sense to others	Spends time with family and friends