Session plan
Keeping safe and healthy 2A2

Outcome	Explain current campaigns promoting happiness
Resources	• Links to online resources (see below) • Wellbeing campaigns resource sheet
Learning context	Independent, group work
Curriculum areas	PSHE, citizenship
PSHE skills	Personal wellbeing, Living independently

Starter	Time allocated
Ask students what they think happiness is. Ask them to mindmap what their idea of happiness is in their current life.	15 minutes
Share ideas about what happiness is. Encourage students to think about mental wellbeing and things that might promote this, rather than material things.	5 minutes
Main lesson	Time allocated
Introduce the concept of wellbeing in terms of mental health and feeling good about yourself. Further information can be found in the ideas section (below).	5 minutes
Introduce the Five ways to wellbeing through the film clip and presentation: • **https://youtu.be/yF7Ou43Vj6c** • **https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing** There is also the 10 keys to happiness below: • **https://www.actionforhappiness.org/10-keys**	15 minutes
Armed with this knowledge, students work in pairs to discuss their top three things to do to improve mental wellbeing. This should include three general ways to improve wellbeing, along with a suggestion of an activity or way of fitting that into your day. Students prepare a brief one minute presentation.	15 minutes
Ask a selection of students to present their ideas.	5 minutes
Independent challenge	
• Research the Five ways to wellbeing and 10 keys to happiness campaigns. Write a short article about the messages they contain.	
• Create a short film showing younger students how to apply these to their lives.	
Challenge wrap up	Time allocated
Take the opportunity to listen as a class to students reading their articles from the independent challenge.	10 minutes
Follow this up with some of the short films from the independent challenge.	10 minutes

Ideas

Further sources of information:

- **https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/#.XJCy4Cj7SUk**
- **https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm/**

Wellbeing campaigns

Name:	Date:
PSHE Short Course: Module 2 Keeping safe and healthy	**Challenge: 2A2**

These are two current campaigns that promote how to maintain emotional wellbeing.

Five ways to wellbeing

1	**Connect**	Connect with family, friends, colleagues and neighbours. Building connections will support and enrich you every day.
2	**Be active**	Go for a walk or run, step outside, play, garden, dance. Exercise makes you feel good. Find a physical activity that you enjoy and suits you.
3	**Take notice**	Be curious, catch sight of the beautiful, savour the moment, be aware of the world around you. Reflecting on your experiences will help you appreciate what matters to you.
4	**Keep learning**	Try something new, rediscover an old interest. Learning new things will make you more confident as well as being fun.
5	**Give**	Do something nice for a friend or a stranger, thank someone. Seeing your happiness linked to others can be incredibly rewarding and creates connections with people around you.

10 keys to happiness:

1	**Giving**	Do things for others
2	**Relating**	Connect with people
3	**Exercising**	Take care of your body
4	**Awareness**	Live life mindfully
5	**Trying out**	Keep learning new things
6	**Direction**	Have goals to look forward to
7	**Resilience**	Find ways to bounce back
8	**Emotions**	Look for what's good
9	**Acceptance**	Be comfortable with who you are
10	**Meaning**	Be part of something bigger