

LO. I am learning to explain
what mental illness is.

L.O. I am beginning to explain what a mental illness is.

At the beginning...

Explain what mental illness means to you.

Ground rules

- * Respect each other.
- * Listen to others.
- * Our discussions stay in the classroom.
- * It's ok to share, but also ok not to.
- * It's ok to ask.
- * Understand others (we all have different opinions, feelings and experiences).

Can you think of any others?

On your whiteboard write down one word which describes how you think she is feeling.

Draw a the emoji that matches the way you think she is feeling.



Happy



Sad



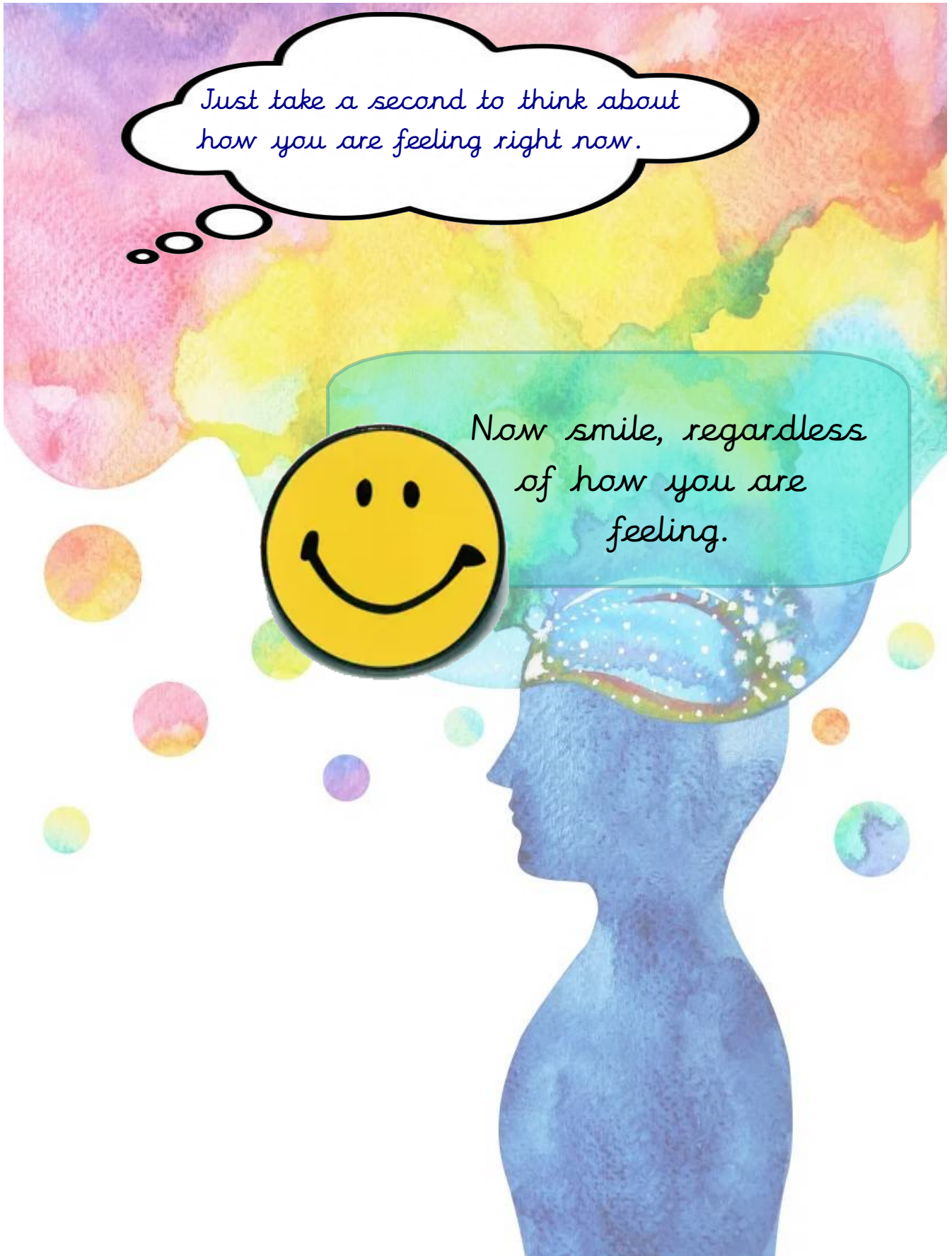
Proud



Lonely



What makes you think this?



*Just take a second to think about
how you are feeling right now.*

*Now smile, regardless
of how you are
feeling.*

Task 1

Pick one question to discuss on your table. Can you explain your answers?

Just because someone is smiling on the outside, does it mean they are really happy?



How do we really know how she is feeling if we don't know what her thoughts are?

Let's discuss as a class. Can you use the stem sentences to help you continue from the person before you?

I see your point, however...

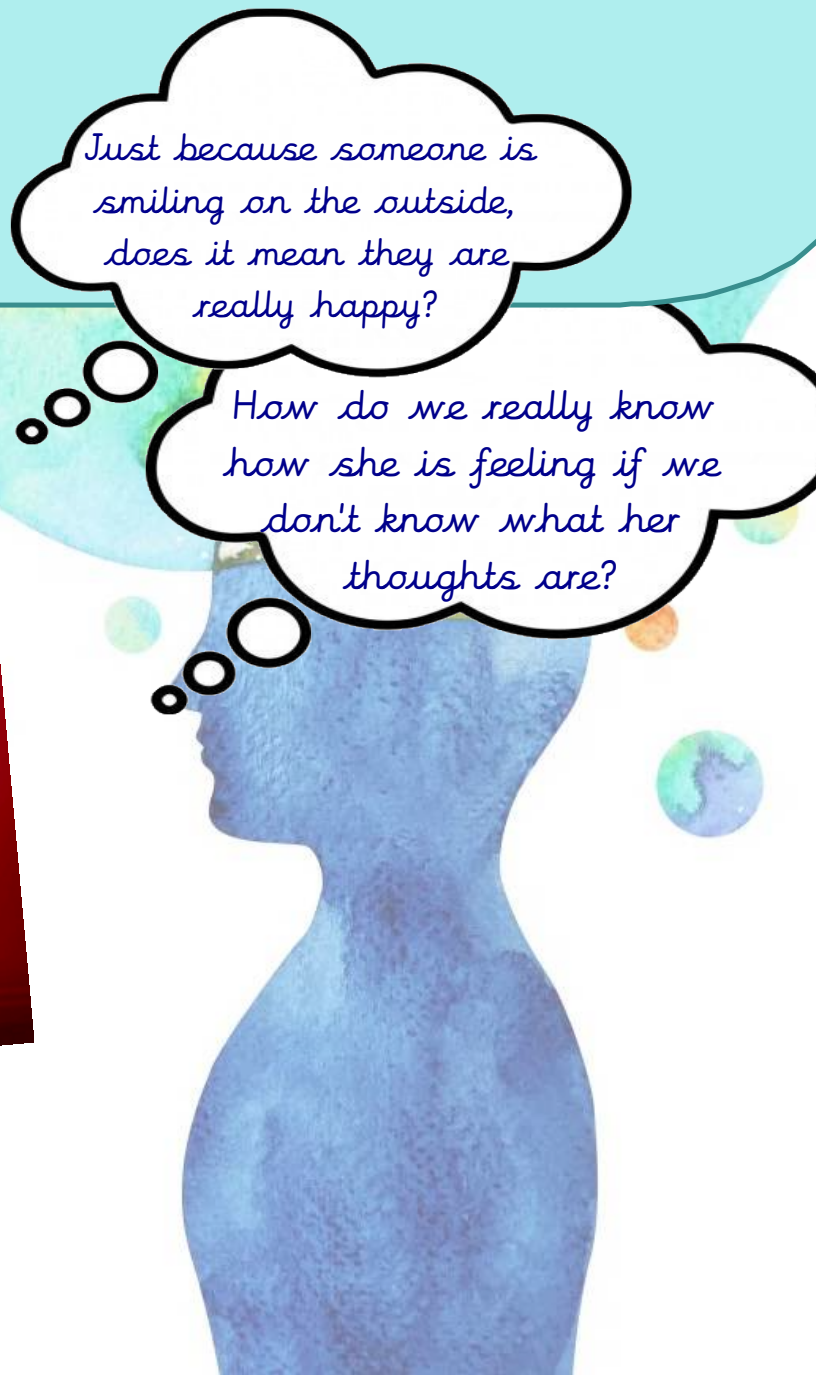
I agree with that because ...

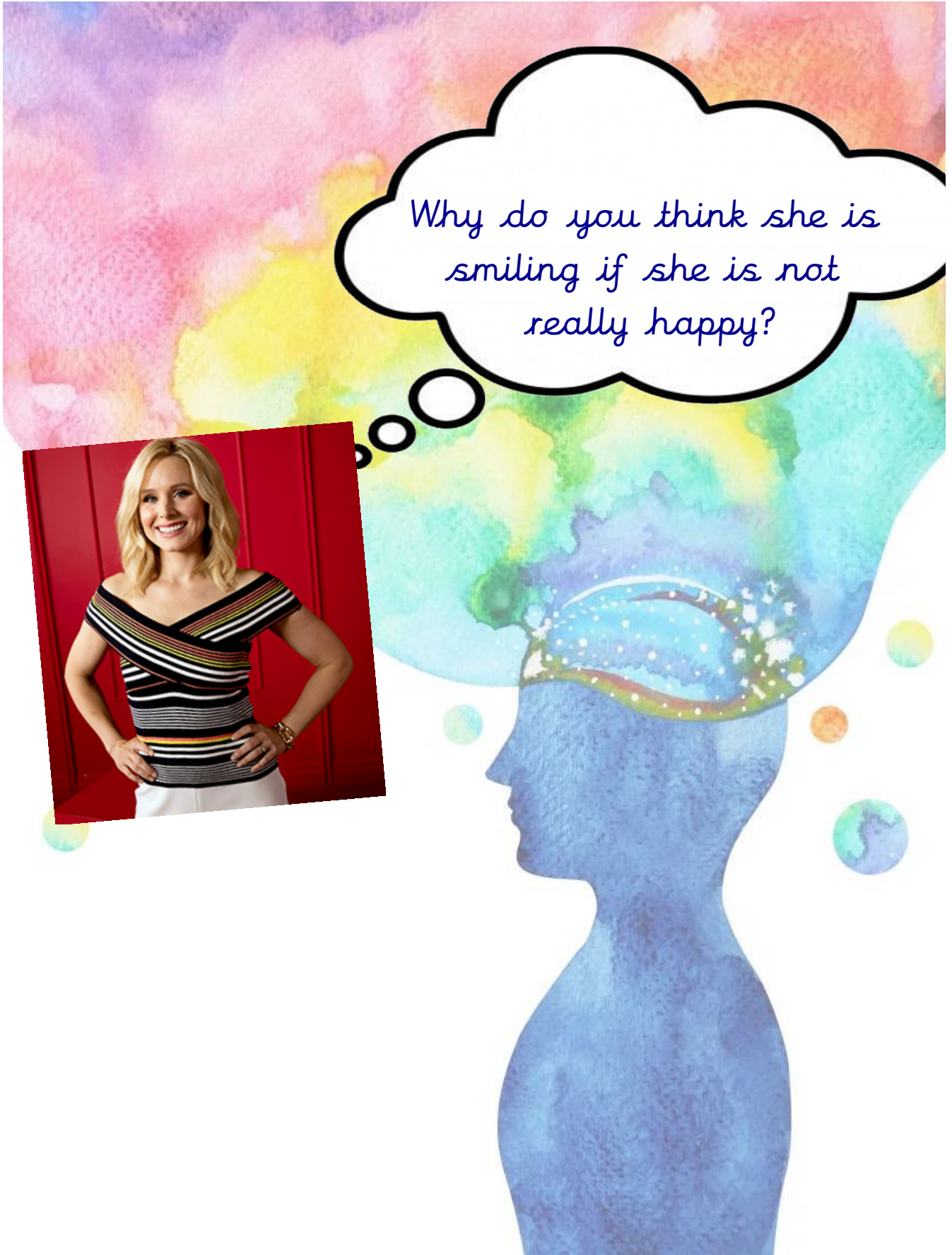
Do you think....?

In addition to that...

Just because someone is smiling on the outside, does it mean they are really happy?

How do we really know how she is feeling if we don't know what her thoughts are?





It is something we all have. It is the way we identify and manage our thoughts and feelings (both positive and negative) and our ability to recognise our potential.

What is this the definition of?

Write the letter of your answer on your whiteboard.

A) Health

B) Physical health

C) Mental health

D) Mental illness.



Task 2

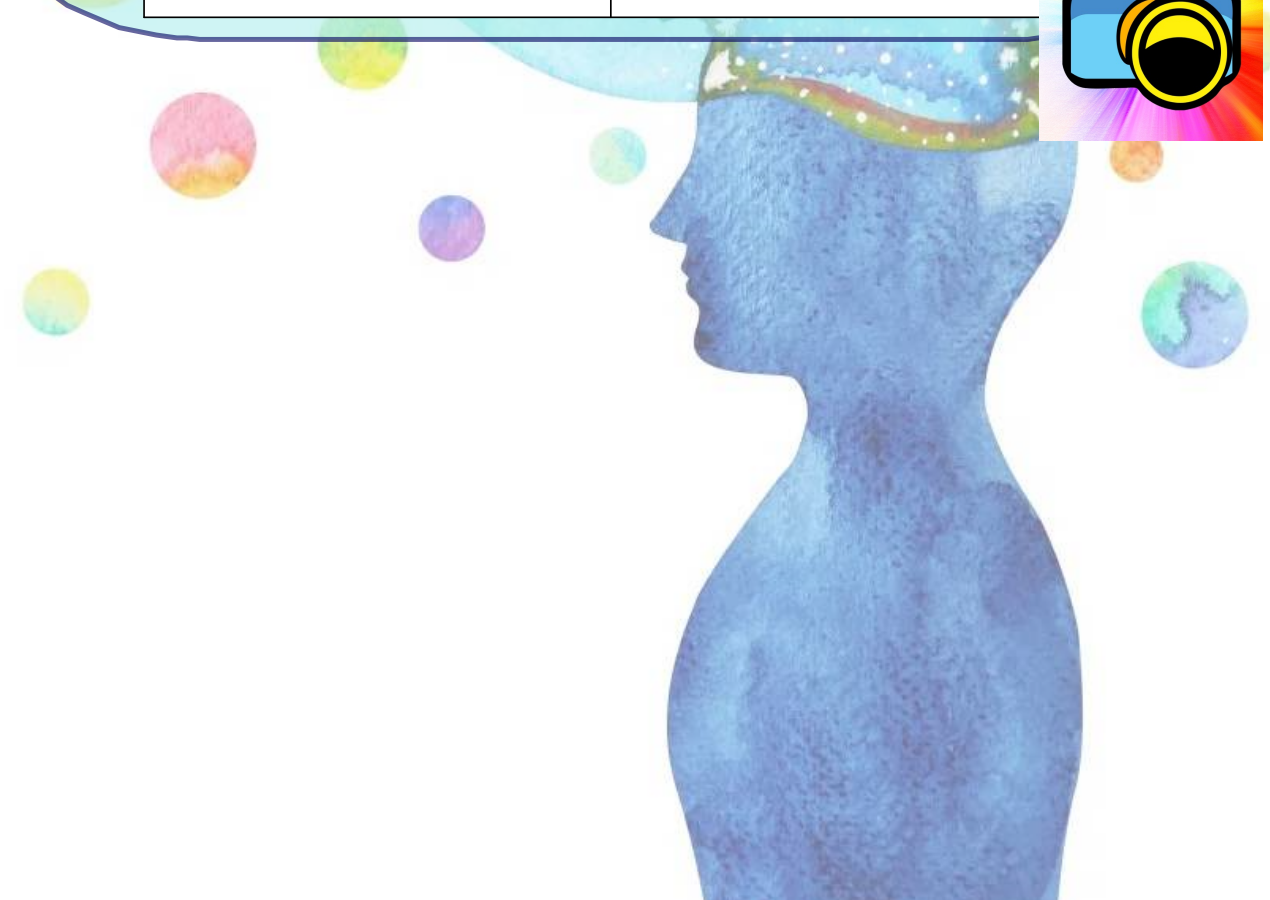
On your tables, add the symptoms to the correct column. Can you explain why you have put it there?

Have a fixed mindset and find it hard to recognise your potential.

Find it hard to manage your feelings.

Have a growth mindset and aim to fulfill your potential.

Positive mental health	Problems with mental health









What did you decide and why?

<i>Positive mental health</i>	<i>Problems with mental health</i>
<i>Able to manage your feelings.</i>	<i>Have a fixed mindset and find it hard to recognise your potential.</i>
<i>Resilient.</i>	<i>Possibly has a mental illness.</i>
<i>Have a growth mindset and aim to fulfill your potential.</i>	<i>Find it hard to recognise how you are feeling.</i>
<i>Able to form and maintain positive relationships with people.</i>	<i>Find it hard to manage your emotions.</i>
<i>Able to cope with change and uncertainty.</i>	<i>Can find it harder to form and maintain positive relationships with others.</i>



Attachments

-  Todd's story - dperession
-  Depression
-  Anxiety
-  Yoga
-  CBT
-  Get talking