

Lesson 5: Mental Wellbeing

Learning Intentions

- To recognise that our feelings are individual and unique
- To develop an understanding of how concerns and worries can affect your mental health
- To know that some feelings are harder to cope with than others
- To develop new coping strategies and know how to use them in times of need

We will learn:

- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- how to recognise and talk about emotions, including having a varied vocabulary of words to use when talking about your own and others' feelings
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

We will learn:

- that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- the importance of self-respect and the importance of respecting relationships

Mental Health and Wellbeing

Have you heard these words before?

Mental Health and Wellbeing

Have you heard these words before?

Mental Health is about our feelings, our thinking, our emotions and our moods (things that we cannot see, but affect our lives in lots of ways).

Anna Freud- National Centre for Children and Families

People experience a range of different feelings and manage them everyday, but in some cases their feelings and concerns overwhelm them.

Do you know of any characters from nursery rhymes that might have had so good mental health?

We will read the new story of Humpty Dumpty.

We are going to hear a different side of the story today.

The Alternative Humpty Dumpty Story

Humpty Dumpty lived in a large community at the Kings Palace. They were all friend and they all made sure that they looked after each other and always had someone to talk to.

The King was inviting all of Nursery Land to his party. Humpty Dumpty was invited, but he couldn't come as he had fallen and hurt himself. The Head Servant came into the kitchen and said he had heard gossip that Humpty had not had an accident, but someone had pushed him off the wall! He had heard that it was one of the King's soldiers that had done it, and two other soldiers stood by and just laughed because he was different.

The King didn't know that Humpty's fall wasn't an accident and thought Humpty was being his usual careless clumsy self. He said "I don't want Humpty at my party now, as his bandages will scare all my friends away."

The servants meet Humpty and tell him what the King said. Humpty is very upset tells the servants that the soldiers pushed him off the wall, laughed and always called him 'Egg Head'. It made him feel like he wasn't wanted at the party and didn't know what to do.

Humpty explains that what really hurt him were the soldiers who stood and did nothing to help him, and just left him broken on the floor.

Talk about what the King has said and his behaviour towards Humpty. –
How might his behaviour have made Humpty feel?

Was he aware of the whole situation?

Should the servants tell Humpty that he can't come to the party? What kind of feelings might humpty experience because of this behaviour? Who could he talk to?



The New Story of Humpty Dumpty

- What were his small / big feelings?
- Identify positive and negative feelings
- What things might make him feel ok at the moment?
- What might he be worried about?
- How might Humpty feel if he has to climb a wall again?
- What could he do to deal with his feelings?

The New Story of Humpty Dumpty

- What were his small / big feelings?
- Identify positive and negative feelings
- What things might make him feel ok at the moment? (that he has lots of friends to help/ that he is beginning to feel better)
- What might he be worried about? i.e. (meeting up with the soldiers/ not going to the party/ upsetting the king)
- How might Humpty feel if he has to climb a wall again?
- What could he do to deal with his feelings?

Activity

In groups, make a story board showing how Humpty dealt with the situation.

- Identify 2 of his small / big feelings.
- What might he be worried about?
- Where should he get help?
- How could he overcome any obstacles that he may face?
- What is the best advice for Humpty and his friends?

- Definition
- Mental Health is about our feelings, our thinking our emotions and our moods (things that we cannot see) but affect our lives in lots of ways.

Let's feedback the advice they gave to Humpty.

If a person is feeling low or upset, there are different things that they could do to help.

What are some of these things?

If a person is feeling low or upset, there are different things that they could do to help.

What are some of these things?

- Speak to a trusted adults
- Write them a letter
- Talk to a friend
- Call ChildLine/NSPCC