Year Four

Lesson 4

Lesson length: 60 minutes

Unit title: Understanding and appreciating positive relationships

Lesson title: Mental well-being and my family



Learning Objectives

To understand that people may experience and recover from mental ill health in the same way as physical ill health

To know how to seek support if they need help or advice about their own or someone else's mental health

Relationships and Health Education

Learning Outcomes

Mental wellbeing

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- where and how to seek support (including the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)
- it is common for people to experience mental ill health. For many people who do, the problem can be resolved if the right support is made available, especially if accessed early enough

Being safe

- how to ask for advice and help for themselves or others, and to keep on trying until they are heard
- where to get advice, for example family, school or other sources

Suggested Activities

Activity Ask pupils if a member of their family has ever been ill or injured. Elicit examples of illnesses. Are these all physical illnesses/injuries?

Explain that mental wellbeing is a normal part of daily life, in the same way as physical health. What is good mental health? (Recap learning from year three). Do they know of any mental ill health conditions?

Acknowledge pupils' suggestions, and share examples of common mental health issues.

- Stress when someone feels overwhelmed by pressures or problems.
- **Anxiety** when someone feels overwhelmed by worry
- **Depression** when someone has an overwhelming feeling of sadness that will not go away.

Support understanding of these, using ChildLine resources (links below).

Consider some of the things that a family might experience that could put family members at risk of mental ill health; for example exams, a parent losing their job, bullying.

Explain that it is common for people to experience mental ill health, and that both adults and children can experience mental ill health. Just like when people have physical illnesses, they can get help from a GP and most people get better, the same thing is true of mental ill health.

What should you do if you feel overwhelmed (clarify overwhelmed) by your emotions, or they are worried about someone else's mental wellbeing?

Reassure pupils that they can always speak to a trusted adult about themselves and their emotions or if they are worried about someone else.

Activity Pupils to design a poster, promoting the message of children talking to a trusted adult about worries about their mental well-being.

Debrief Explain that ChildLine is also a way of seeking support, or speaking to someone about worries.

Watch the video which explains how you can contact ChildLine. https://www.childline.org.uk/get-support/

Unicef Articles

Article: 3, 4, 5, 6, 12, 13, 14, 15, 16, 17, 18, 19, 24, 25, 36.

Resources

https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/

https://www.childline.org.uk/toolbox/videos/managing-stress-anxiety/

https://www.childline.org.uk/getinvolved/real-life-stories/gracedepression/

Key vocabulary

Physical health Mental health Overwhelming Stress Anxiety Depression Trusted adult