



# **WEEK ONE**

## **SESSION PLAN AND WORKSHEETS**

# Week 1 session plan:

## What is mental health?



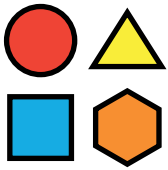
### Aim:

Understanding mental health and wellbeing and identifying who we can talk to if we need support.



### Time:

1hr 30mins



### Resources needed:

- Treasure Chest
- Group Agreement
- Name Badges
- Pens / Paper
- All Week 1 worksheets
- Whiteboard or flipchart



### Add-on resources:

- Infini-Tree and Leaves (hand out Leaves with booklet if using)
- Parked cars



### What to do:

*5 Minutes*

**Introduction:** Introduce workshop and explain the learning outcomes and reason for the treasure chest – Open Treasure Chest





## What to do (continued):

*10 Minutes*

**Icebreaker:** Mental health Scavenger Hunt or Happiness Circle

Hand out booklets and name badges. As you are handing out booklet/name badges, ask the person to share a fun fact about themselves. Facilitator(s) can also share a fun fact about themselves.

*10 Minutes (5 minutes for group – 5 to discuss)*

**Group Agreement:** Explain Group Agreement, if it's a larger group split them into smaller teams and ask them to think about what they think are important rules of support, this can be written on preprinted balloons and shared with the group then added to the Group Agreement poster.

*10 Minutes*

**Group Conversation – What is Mental Health?:** Allow group to put their hands up and facilitator can write comments on whiteboard/flipchart.

**Explanation:** “We all have mental health, just as we have physical health. Being mentally healthy means that:

- We feel good about ourselves
- We can make and keep positive relationships with others
- We feel better able to manage our feelings and emotions rather than feeling overwhelmed by them
- We feel hopeful about the future
- Good mental health helps us to cope with life's ups and downs”.



## What to do (continued):

*5 Minutes*

### Video (can be swapped for other relevant story or video):

Anna Freud – We all have mental health: <https://www.youtube.com/watch?v=DxIDKZHW3-E>

*15 Minutes*

**Group Conversation:** In smaller groups – ask them to have a conversation about the things that might impact our mental health – positively or negatively.

‘Mental health and wellbeing are part of a scale or ‘spectrum’ just as physical health and illness are. Many things can lead us to move up and down the spectrum at different times of our life’.

*10 Minutes*

**Worksheet - Who can you speak to?:** Explain that the aim of the worksheet is to identify people that we can speak to if we are struggling with mental health or wellbeing. They can design the people however they like, can add names if they want, as long as they can identify who the people are.

“If you’re not feeling very good, worried sad or upset, do you have people that you feel you can go and speak to?

It’s important to talk about how we are feeling, sometimes with family or friends or other trusted people.

We would speak to someone if we had a sore belly and it’s just as important to speak to someone if you are feeling upset. Just as its good to speak to someone if you’re feeling excited about something.

When we talk about things that we are worried about, or we let someone know that we are feeling sad or upset we



## What to do (continued):



can squash those worries or get support for how we are feeling. But without speaking about it and keeping our worries to ourselves we might end up feeling worse and it can sometimes feel quite lonely".

*15 Minutes*

**Worksheet – Individuali-tree:** Explain the worksheet –

"We are creating a tree full of the things that make us feel good and that we enjoy doing. Sometimes we can stop doing the things we enjoy when we aren't feeling good. We can use this worksheet as a prompt or reminder of the things we enjoy.

Everyone enjoys different things, which is why it is called an 'individuali-tree': it is individual to you and what makes you feel good.

It could be things that you do daily, weekly or every now and then".

Encourage the group to make these worksheets their own, using words or drawings.

*10 Minutes*

### End of session:

- Collect Feedback faces if needed
- Close treasure chest
- Reminder to take home weekly learning information slip
- Reminder of next week's topic





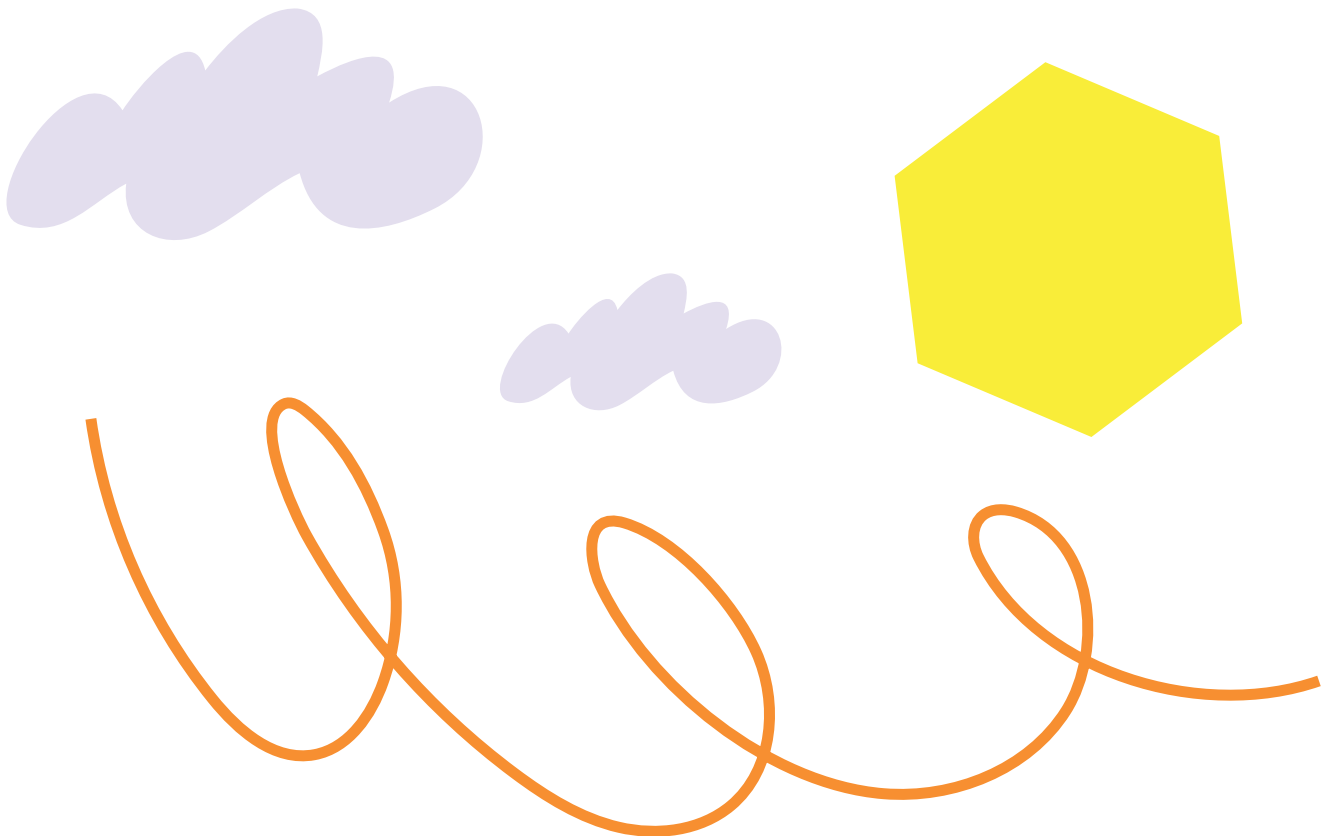
## Add-on activity

**Infini-tree:** Ask group to write something that relaxes/calms or makes them happy on the leaves for them to be added to the class Infini-tree – explain that it is for the class to share the things that help them which might give others new things to try.



## Learning points

- To be more aware of mental health and wellbeing – Positive and Negative.
- Be more aware of who you can speak to if you are struggling with your mental health and wellbeing





## Aberlour Angus Primary Years Wellbeing Service



**My name is:**

.....

# What are we going to discuss?

## Week 1: What is Mental Health?

Understanding mental health and wellbeing and identifying who we can talk to if we need support.

## Week 2: Self-Esteem

Understanding what self-esteem is and promoting a positive self-image for ourselves and others.

## Week 3: Anxiety

Understanding anxiety, recognising physical and emotional effects of anxiety and identifying coping skills.

## Week 4: Relationships

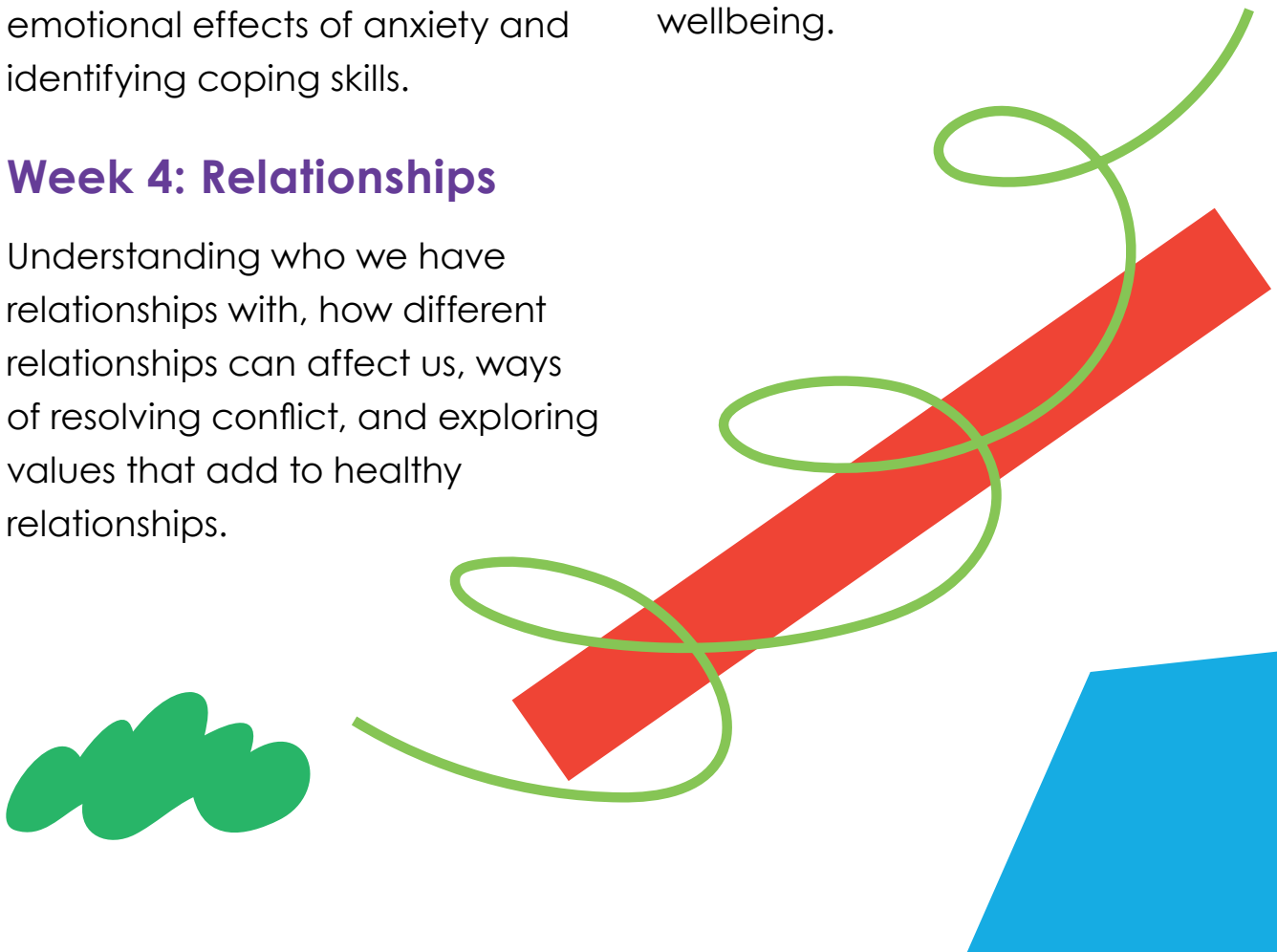
Understanding who we have relationships with, how different relationships can affect us, ways of resolving conflict, and exploring values that add to healthy relationships.

## Week 5: Relaxation/Self-Care

Understanding the importance of relaxation and self-care, and the benefits of building them into our daily, weekly and monthly routine.

## Week 6: Identifying Feelings

Understanding different feelings we experience, how we express these and promoting positive changes that you would like to see around mental health and wellbeing.





## What would you like to learn?

### Week 2

- What self-esteem is and the importance of having a positive self-image.
- Promoting positivity in myself and other.

### Week 4

- Different relationships I have, how these affect me.
- Discussing strategies for resolving conflict and values I bring that contribute to healthy relationships.

### Week 6

- Different feelings I experience and how I can express them.
- Sharing positive changes, I would like to see around mental health and wellbeing.

### Week 1

- What mental health is and why it is important.
- Identifying who I can talk to if I have any concerns.

### Week 3

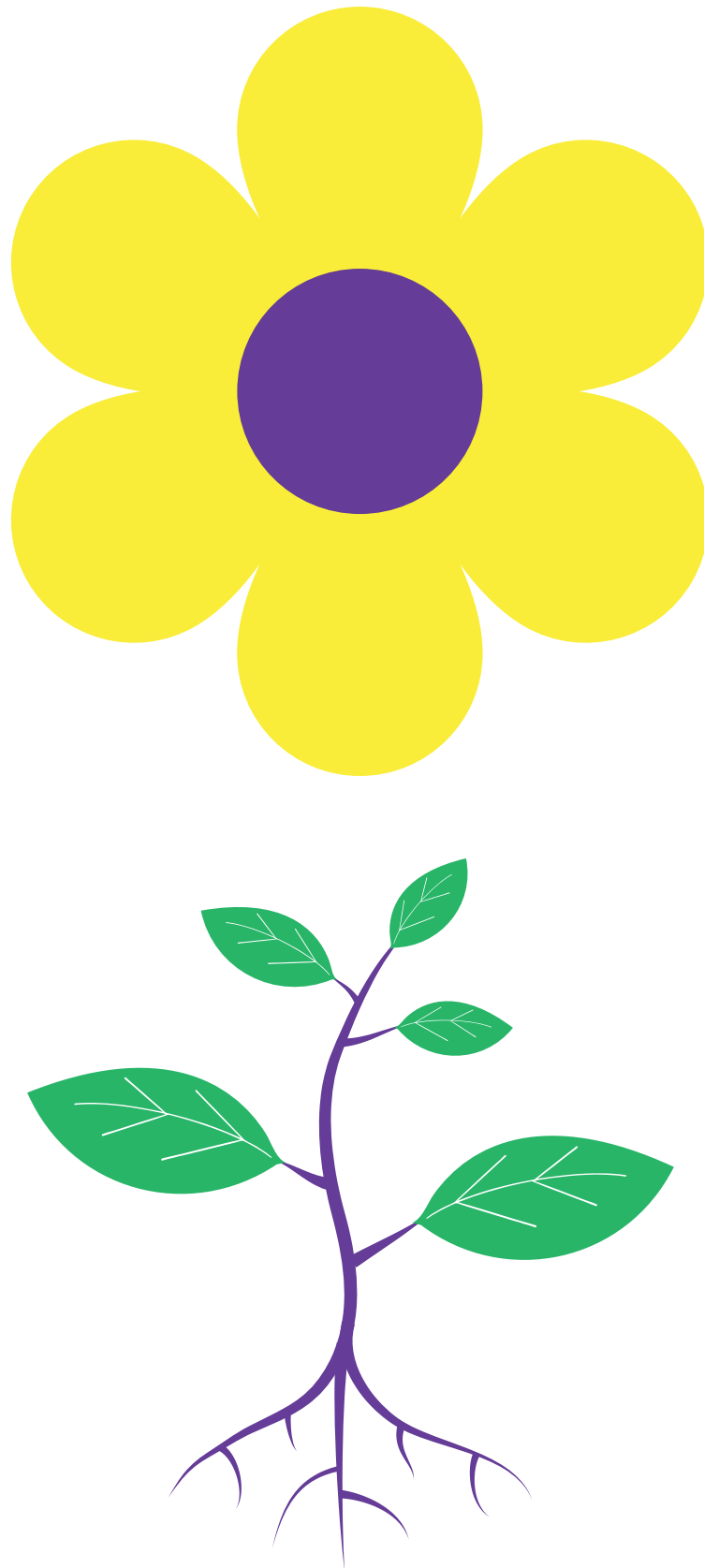
- What anxiety is and the effects it has on our body and emotions.
- Discussing coping skills, I can use when I feel anxious.

### Week 5

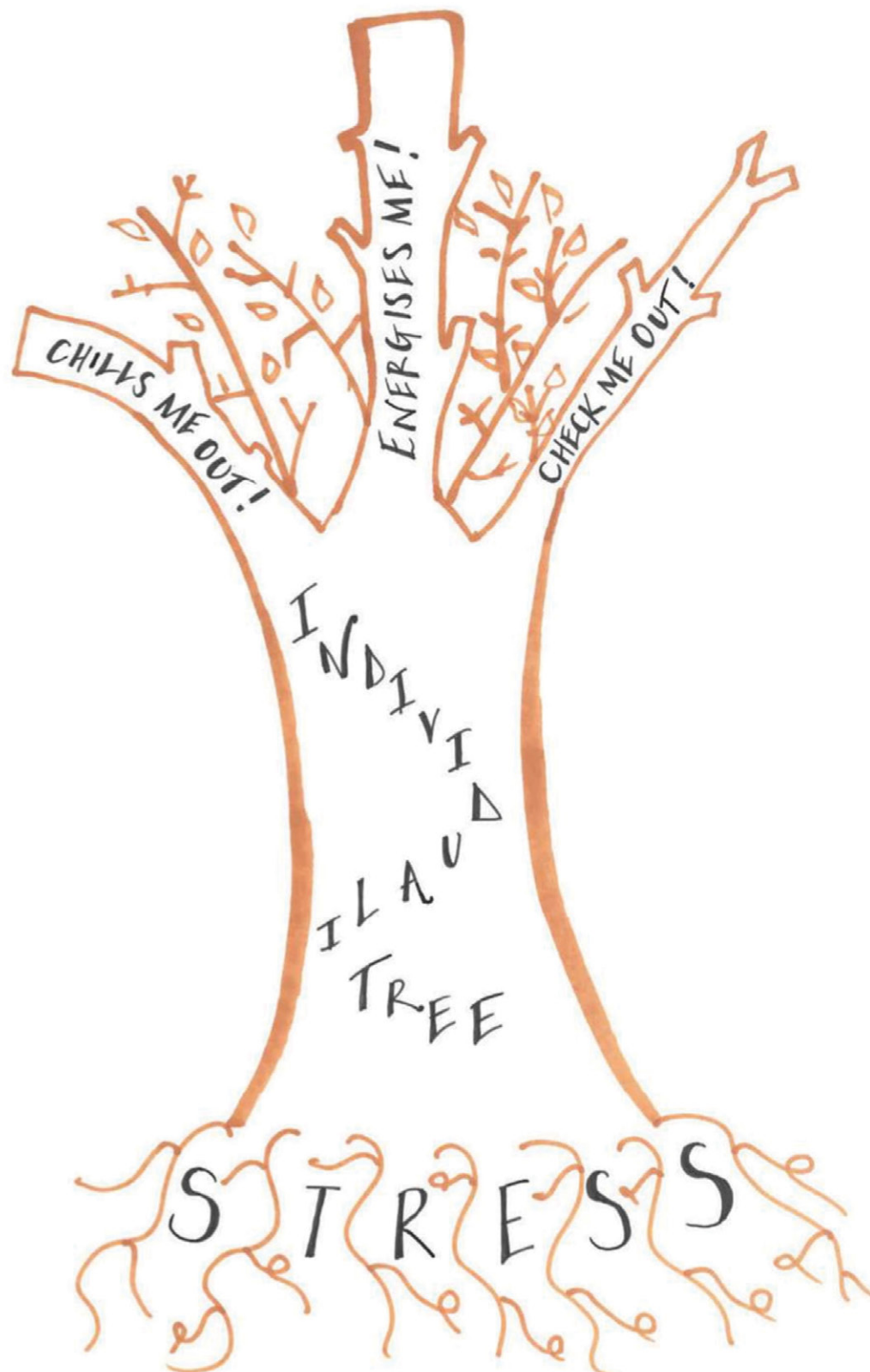
- The importance of relaxation and self-care and their benefits.
- Identifying my relaxation destination (safe place in my mind) and practices I can bring into my daily, weekly and monthly routine.

## What have I learned

# Plant / Seed – skills learned



# Individuali-tree



# Who can I speak to?

Who are the most important people in my life I talk to and trust? You are the person in the middle.

