

PSHE Teacher Lesson Plan

Topic: Understanding Mental Health

Age Group: Key Stage 2 (Ages 7-11)

Duration: 60 minutes

Learning Objectives:

- Understand what mental health is and recognize its importance.
- Identify common mental health conditions and their symptoms.
- Learn ways to support mental well-being and where to seek help.

Materials:

- Video lesson script on mental health.
- PowerPoint presentation (optional).
- Activity sheets: Mental Health Awareness Quiz, Coping Strategies Worksheet.
- Visual aids: Infographics on mental health statistics and symptoms.
- Handouts: Student handout on mental health.

Lesson Outline:

- 1. Introduction (10 minutes)**
 - Begin with a brief discussion on what mental health means and why it's important.
 - Introduce the topic with the video lesson script on mental health.
- 2. Presentation of Information (20 minutes)**
 - Use the video lesson script to discuss the prevalence of mental health issues.
 - Highlight key statistics:
 - Serious mental ill health affects 2 people per 1,000.
 - Severe depressive illness affects 30 people per 1,000.
 - Mild to moderate depressive illness and anxiety states affect 100 to 150 people per 1,000.
 - PTSD affects 30 people per 1,000.
 - Discuss the impact of modern-day living on mental health, including factors like child poverty, food banks, and the cost of living.
- 3. Identifying Mental Health Issues (15 minutes)**
 - Discuss common mental health disorders:

- Anxiety Disorders
 - Major Depressive Disorder (MDD)
 - Bipolar Disorder
 - Schizophrenia
 - Attention Deficit Hyperactivity Disorder (ADHD)
 - Post-Traumatic Stress Disorder (PTSD)
 - Eating Disorders
 - Obsessive-Compulsive Disorder (OCD)
 - Use infographics to show symptoms of these conditions.
4. **Support and Prevention Strategies (10 minutes)**
- Discuss ways to support mental well-being:
 - Prioritize self-care with activities that bring joy and relaxation.
 - Maintain a healthy lifestyle with exercise, diet, and sleep.
 - Manage stress with techniques like deep breathing and mindfulness.
 - Establish a support system with friends, family, or support groups.
 - Practice good boundaries and time management.
5. **Activity: Mental Health Awareness Quiz (5 minutes)**
- Hand out the Mental Health Awareness Quiz to students.
 - Allow students to complete the quiz, then review the answers together.
6. **Conclusion and Reflection (5 minutes)**
- Recap the key points about mental health.
 - Encourage students to talk to a trusted adult if they or someone they know is struggling.
 - Provide resources like the Samaritans for additional support.

Assessment:

- Participation in discussions and activities.
- Completion of the Mental Health Awareness Quiz.
- Engagement in reflective discussions.