



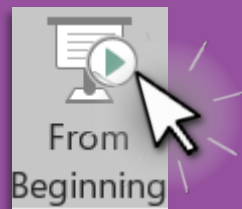
**Parents: read  
our helpful  
guidance before  
you get started**

**Before you  
start**

**Mental health and emotional wellbeing  
KS3**

**Home-learning lesson 1:  
Promoting emotional wellbeing**

**To start, play this slideshow from  
beginning**





# Home learning lesson 1a: Emotional wellbeing



## **We are learning:**

- ✓ ways to promote good emotional health
- ✓ to build resilience and how to deal with disappointments and setbacks



## **We will be able to:**

- ✓ explain the factors that affect emotional wellbeing
- ✓ identify ways to promote emotional wellbeing and build resilience
- ✓ Work out how to learn from disappointments and setbacks

Create an A-Z list of things that can affect mental health and emotional wellbeing (either positively or negatively)



A is for active lifestyles

B is for bullying

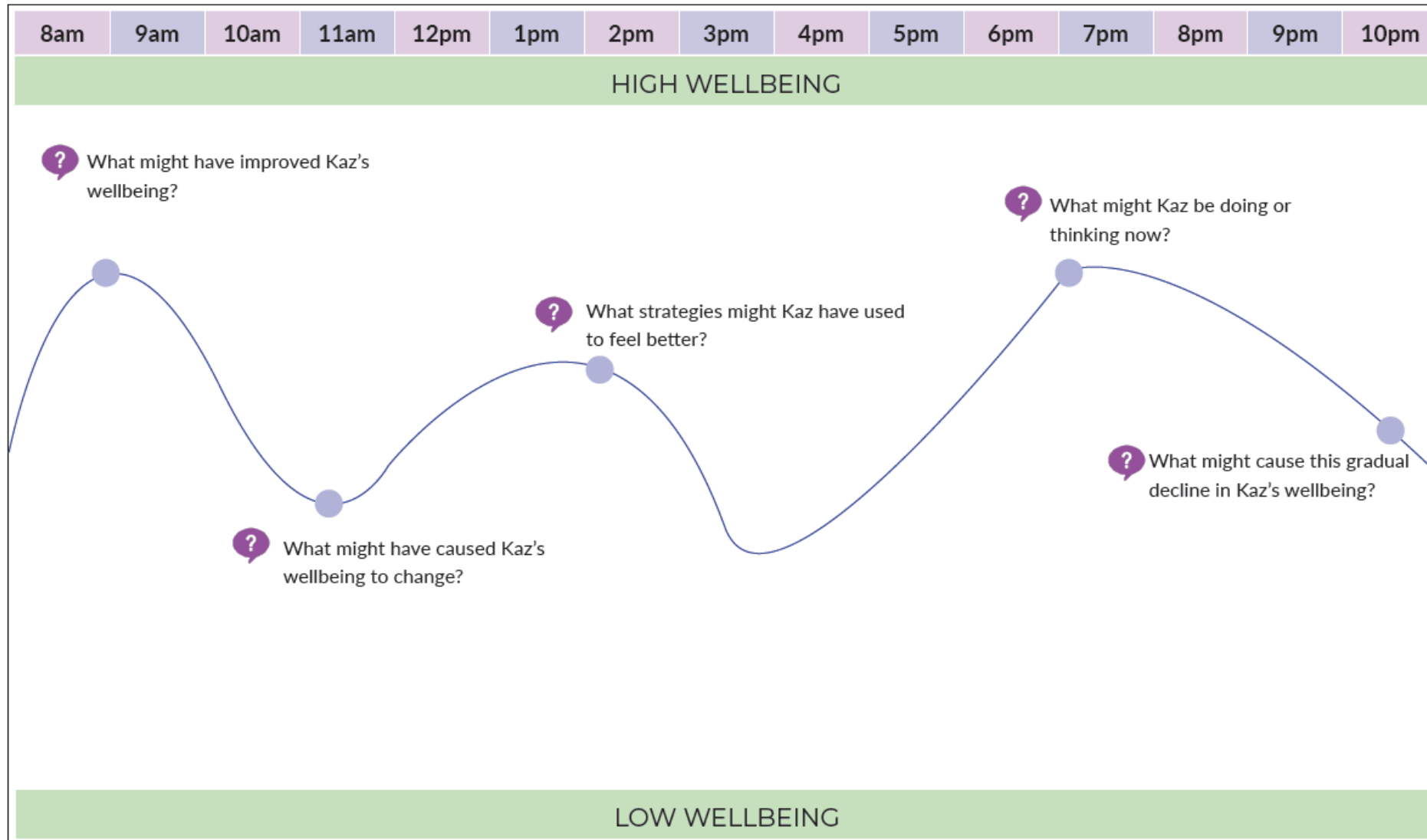
C is for...



How many letters can you come up with an idea for?

# The chart shows how Kaz is feeling at different points in the day

Make notes on the questions below:



Stuck?

Click here  
for ideas

8am 9am 10am 11am 12pm 1pm 2pm 3pm 4pm 5pm 6pm 7pm 8pm 9pm 10pm

HIGH WELLBEING

? What might have improved Kaz's wellbeing?

Kaz might be spending some time outside

? What might Kaz be doing or thinking now?

Kaz might have had a difficult lesson

? What strategies might Kaz have used to feel better?

Kaz might be gradually feeling more tired

Kaz might have eaten a healthy breakfast

? What might have caused Kaz's wellbeing to change?

Kaz might have taken part in a favourite hobby over lunch

? What might cause this gradual decline in Kaz's wellbeing?

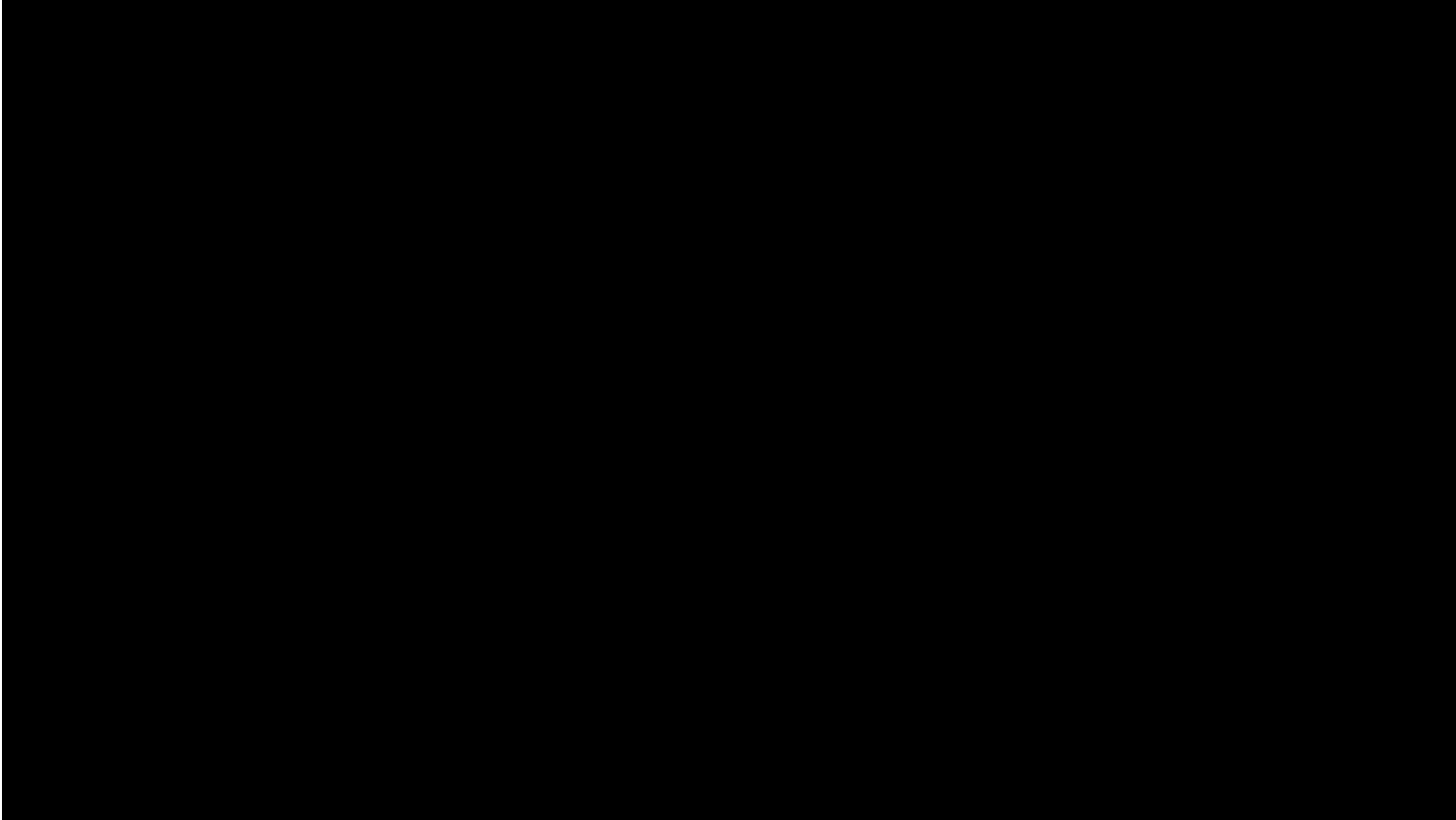
Here are some possible reasons for how Kaz was feeling. Did you think of any others?

LOW WELLBEING

# Key points about wellbeing

- **It is normal for people to have times when they are happy and times when they are not so happy throughout the day or over several days.**
- **A key element of having positive emotional wellbeing is knowing how to bounce back from setbacks, or lift your mood again when things are difficult.**
- **Sometimes it can be hard to lift your mood and this is when a person might need to ask for help.**

# Watch the clip of Michael Jordan talking about failure



Michael Jordan is a famous USA basketball player who many consider to have been the greatest basketball player of all time.

Michael Jordan says:

*“I’ve failed over and over again in my life – this is why I succeed.”*

What does he mean by this?





# Home learning lesson 1b: **Building Resilience**

# What is the meaning of resilience?

**Write your own definition of the word resilience.**

**Are there any words that you think are similar in meaning?**

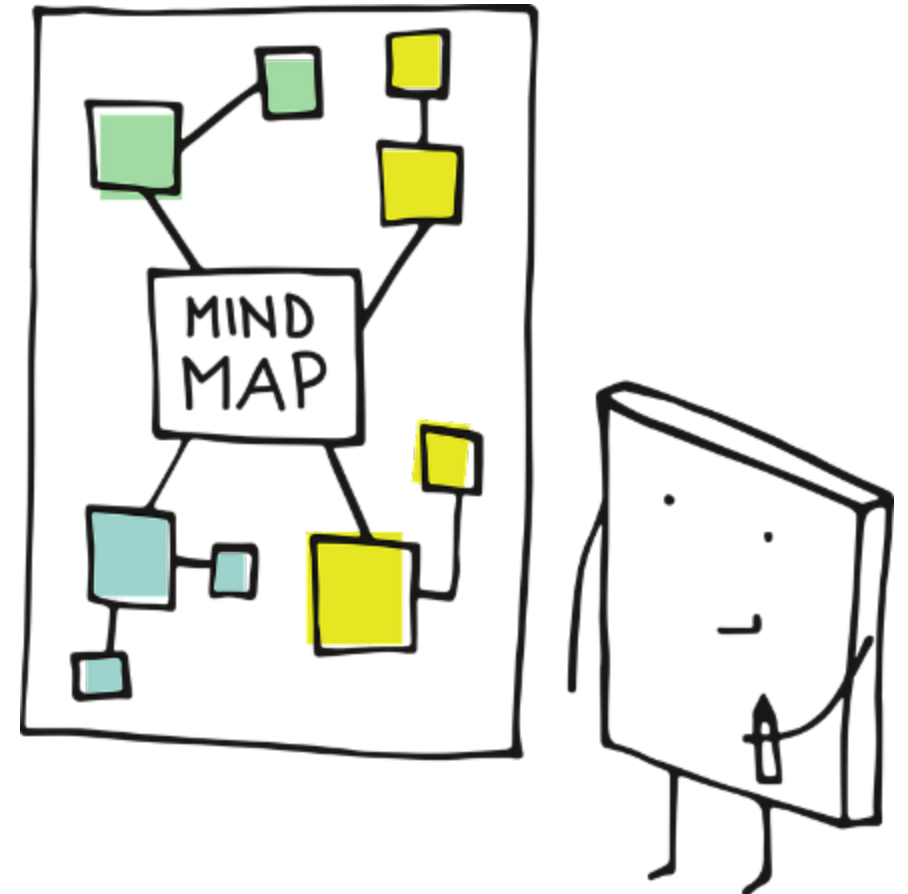
[Click here for a definition](#)

# Create a mind map of ways people can help themselves to become more resilient in their daily lives

**Stuck?**

[Click here for ideas](#)

If you want to challenge yourself, choose three items on your mind map that you think would be easiest for a person to do if they wanted to become more resilient.



# Key points about building resilience

Not over-thinking things

Working towards a goal

Keeping a positive attitude

Enjoying change as a normal part of life

Helping others where possible

## Ways to build resilience

Enjoying new challenges

Staying connected with friends and family

Focussing on what has gone well.

Taking care of themselves physically and emotionally

Stop thinking of problems as things that cannot be overcome

# Things that support resilience

## Techniques to support emotional wellbeing:

- Journaling (writing about experiences, feelings and reflections on a regular basis)
- Meditation

## Techniques to support physical health *and* emotional wellbeing:

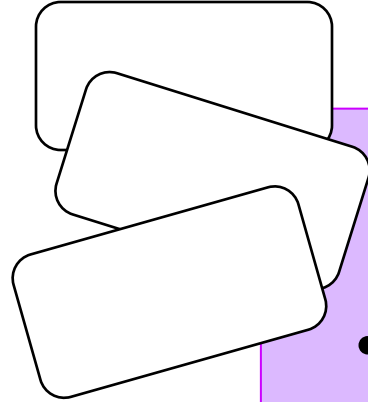
- Healthy sleep routines
- Regular exercise
- Maintaining a healthy, balanced diet

# Managing disappointments and setbacks

*What day-to-day situations might cause disappointment or be seen as a setback?*

## Suggestions:

- Not getting a particular mark on a test
- Being let down by a friend
- Seeing a negative comment on social media
- Struggling with a new skill



- Sort the cards from *Resource 1* into piles:
- **Strategies to help *prevent* disappointments and setbacks**  
(ie. What could be done beforehand to help stop them happening as often?)
  - **Strategies to help *manage* disappointments and setbacks**  
(ie. What could be done in the moment to deal with the situation more positively?)

*Tip: If you are unable to print this, choose one colour for each 'pile' and change the colour of the font or background of the card.*

# Ways to help when things are not going well

- Activities such as journaling, listing positive qualities and experiences, or helping others, can be regular habits which support a positive way of thinking.
- Asking questions such as ‘how will this event be affecting my life in a week/month/year’s time?’ can help keep things in perspective.
- Changing the way we think about disappointments and setbacks to create a more positive take on an event.
- Trying to change things that make us unhappy.

# Unhelpful strategies

While we have looked at helpful strategies, there are some strategies that would be unhelpful and/or risky, such as:

- Using drugs, including alcohol, to manage feelings
- Shouting at or bullying others to make them feel bad.
- Ignoring things and hoping they go away. This often makes things worse.




# Revisit your A-Z from the start of the lesson.

A is for active lifestyles ✓

B is for bullying

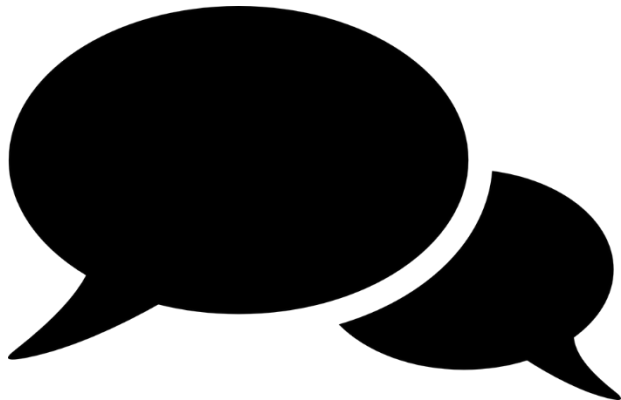
C is for **consideration of how failures help us to learn** ✓

✓ Tick things which can have a positive impact on mental health

 Add new ideas and try to change negatives to positives where possible e.g instead of bullying you could be kind to others

# Further support

If you have questions or concerns about emotional wellbeing or mental health, you can always speak to your parent or carer, or contact a teacher in school for more advice and support.



There are lots of places to get advice about emotional wellbeing, or to discuss feelings.

**ChildLine:**

[www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111

**Young Minds:**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Samaritans:**

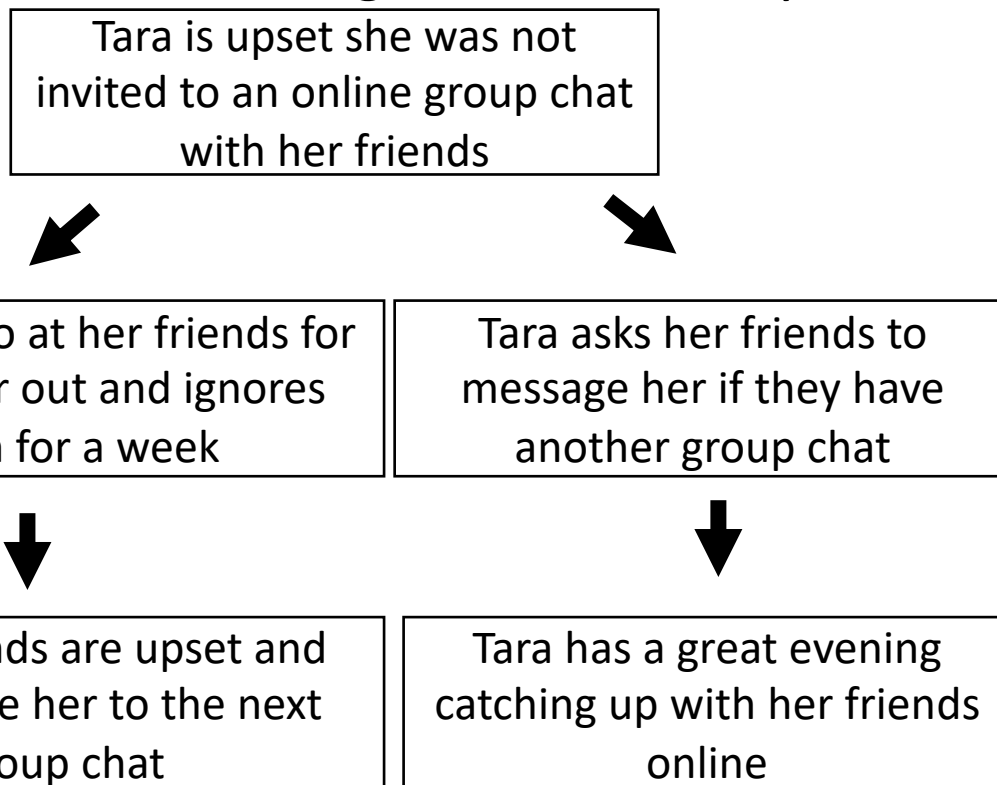
[www.samaritans.org](http://www.samaritans.org) Phone: 116 123

# More activities

## Decision tree



Create a decision tree to illustrate consequences of acting in different ways.



Ideas:

Paul is annoyed that his friends went to the skatepark without him.

Sarah is worried about her brother who is starting to become friendly with some known troublemakers.

David has exams coming up at school that he feels unprepared for.

Or you can come up with your own situation to create your decision tree about.



# Storylines

• List characters or storylines from well-known programmes, films or recent news items that illustrate the following concepts:

- keeping going when things are tough
- having the confidence to do what they think is right
- bouncing back from setbacks
- seeing mistakes as opportunities to learn
- adapting if a person does not succeed first time

