



# AGES 5-7 MENTAL HEALTH SKILLS PROGRAMME

## Week: 1

60 minutes in total approx. per week, recommended to be split into 2 x 30 minutes sessions

### Learning Objectives:

1. What mental health is and why it's important
2. Small and BIG feelings
3. Who you can talk to if you are not feeling good

### Materials Needed in addition to PPT:

#### PRINT:

1. Signposting Poster x1 for class display
2. Small and BIG Feelings Poster x1 for display
3. Display banners for class display
4. OPTIONAL worksheet: Who I Can Talk to In School & Out (or ch'n can make own poster)

Differentiation: By support and outcome

Homework:

### Activities and Main Teaching Points:

1. Introduce L.O.s on PPT.
2. Elicit any prior knowledge about what mental health is and why it's important.
3. Watch video (6 minutes approx.) about what mental health is (how we think and how we feel, i.e. our thoughts and our feelings), why it's important (because sometimes we may not feel good and our thoughts might feel hard to handle, so it's important we learn ways to look after our mental health), and what can help if we aren't feeling so good (talking to someone we trust). Video link: [https://www.youtube.com/watch?v=oz1S66\\_pYTW&t=3s](https://www.youtube.com/watch?v=oz1S66_pYTW&t=3s)
4. Continue with PPT: recap of what mental health is and why it's important.
5. Talk about physical health (e.g. P.E. and sports) and that mental health is just as important as physical health. Could also mention that physical and mental health are linked.
6. Name some feelings using the pictures on the PPT to help as prompts, e.g. sad, happy, scared, angry.
7. Ask children: How are you feeling right now? ("I feel...")
8. Introduce the word "emotion" as another word for a feeling.
9. Introduce small and BIG feelings, and difference between them, using waves picture & explanation in PPT.
10. Tell ch'n they'll be learning some skills in the next few weeks to help them handle their feelings/emotions more easily and help look after their mental health.
11. Read and discuss why we need all our feelings and emotions, including anger and fear (to keep us safe).
12. Look at and discuss GIF image: "Feelings and emotions are not bad or good. It's okay to feel our feelings."
13. Together complete class Signposting poster of adults in school who ch'n can talk to if they're not feeling good.
14. Ch'n make a poster of people they can talk to in school and out if they're not feeling good (either using sheet provided or on blank paper).
15. Tell ch'n that you'll be asking them how they feel at different times, so they can practise noticing their feelings, because naming our emotions is an important skill for looking after our mental health.
16. Tell ch'n about the class mental health and feelings/emotions display board which you'll be adding to.
17. Plenary: What did you learn about mental health this week? Can you name 1 person you could talk to in school and 1 person out of school, if you're not feeling so good?

Teacher Evaluation of this week's learning, and any follow-up needed:



Got questions? Post in the Online Community Forum for advice from us!

