

Health and wellbeing

Lesson plan

- Starter: Feelings tree (2 minutes)
- Discussion: What can affect how you feel? (5 minutes)
- Reflection: How healthy do you feel? How happy do you feel? (3 minutes)
- Discussion/ reflection (5 minutes)
- Pair work: Design a calendar with tips on how to look after your physical and mental health (25 minutes). Students may need more time in the following session to complete this.
- Plenary: Share your best suggestion with a neighbouring group. (2 minutes)

Health and wellbeing

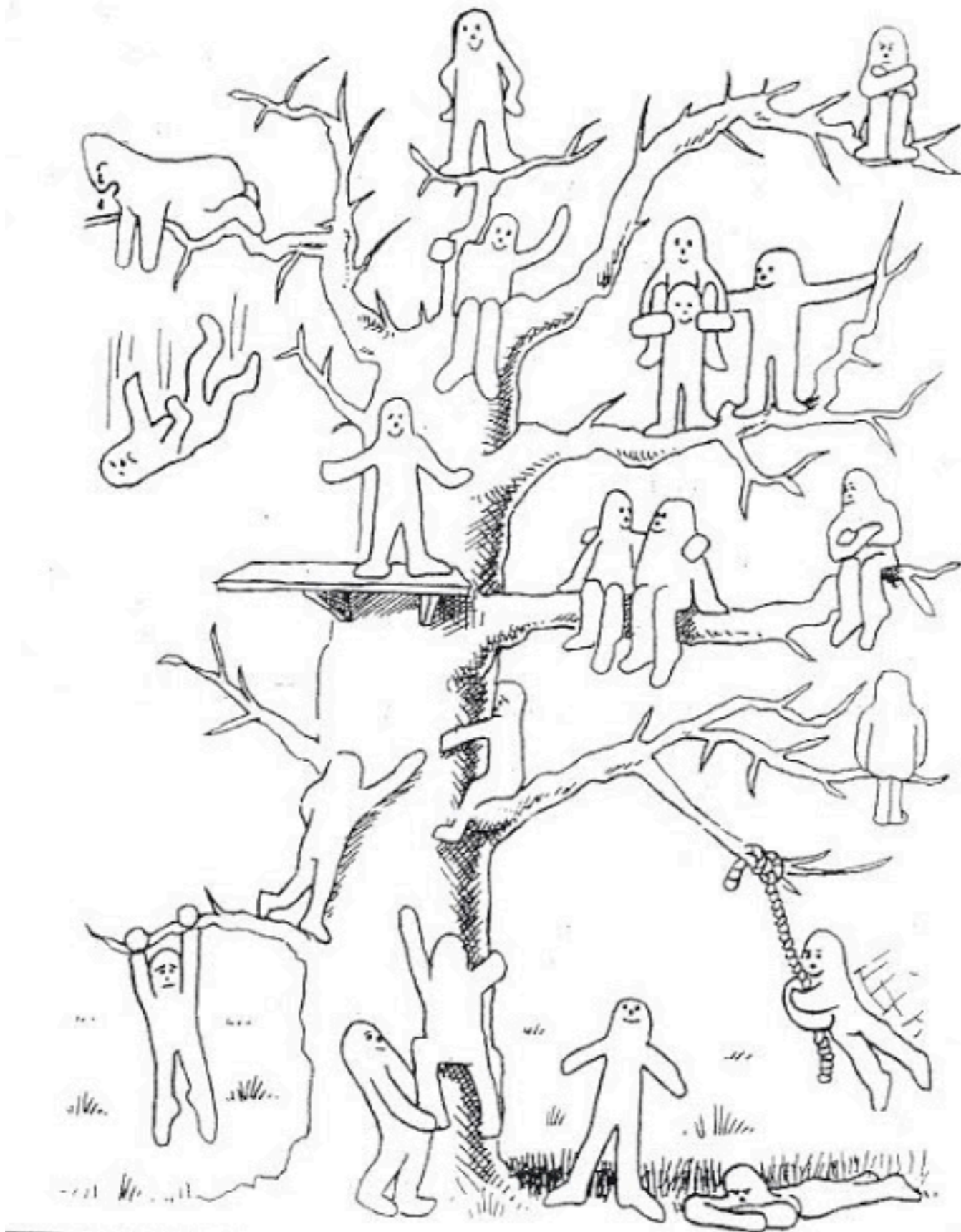
Learning objectives:

- To consider what influences how you feel.
- To come up with ideas about how to look after both your mental and physical health as well as the health of others.



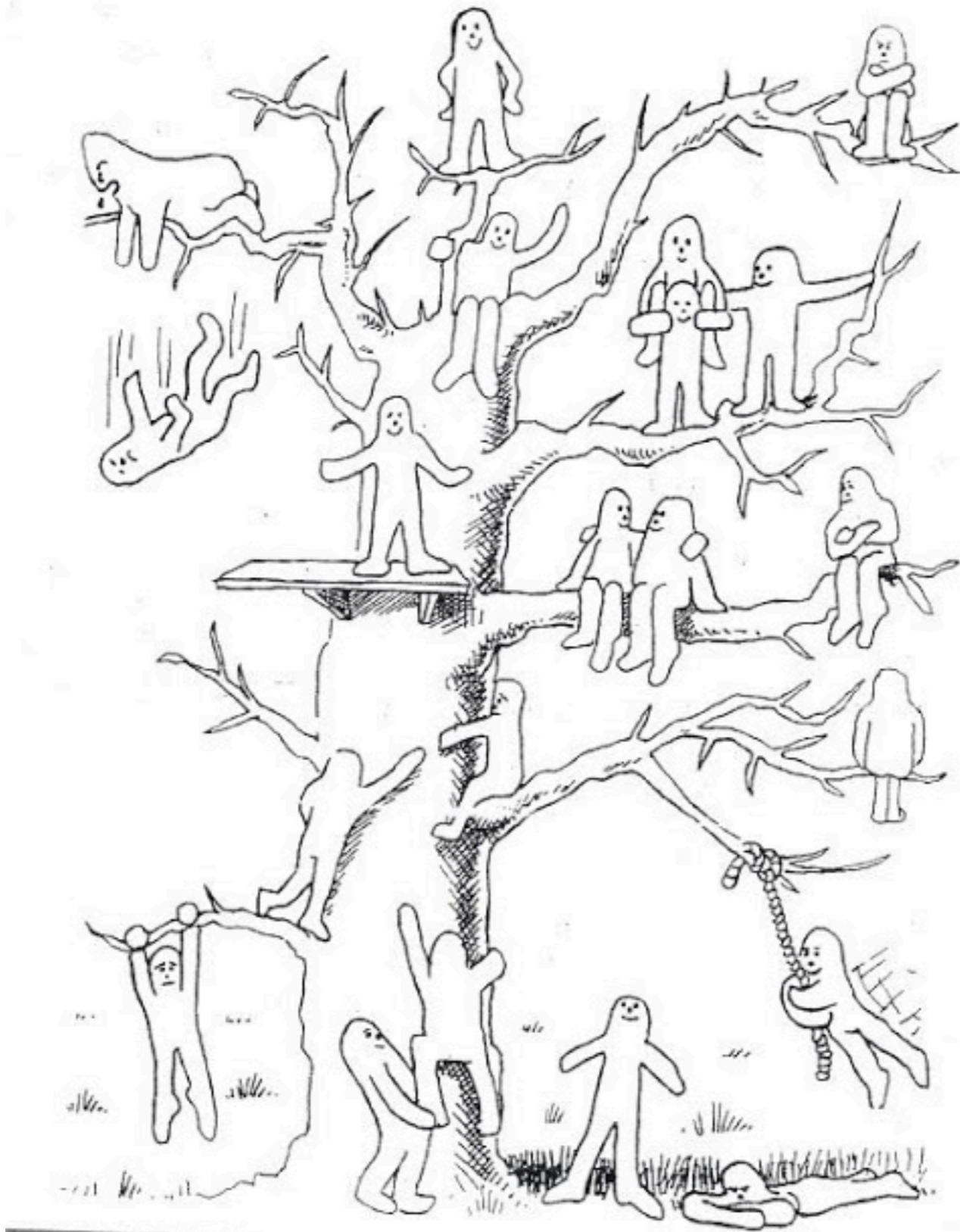
The feelings tree:

Look at the image and decide which of the people best represents how you feel right now.



Discussion

What influences how you feel?

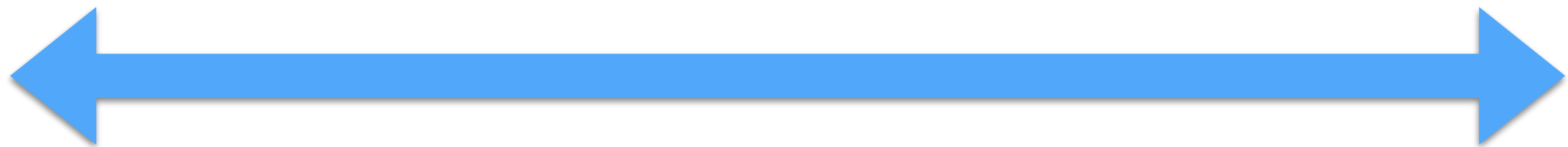


Where would you put yourself on these scales?

How healthy do you feel?

Healthy

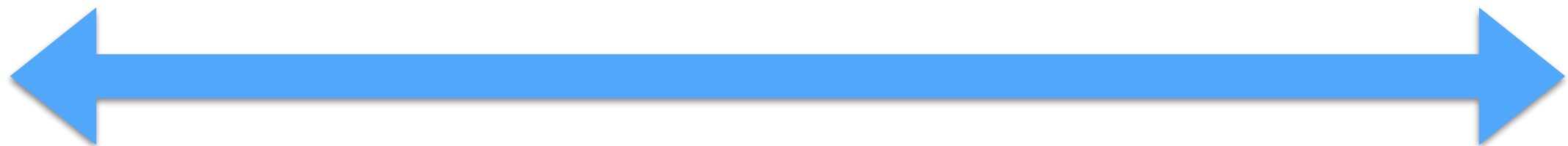
Unhealthy



How happy do you feel?

Happy

Sad



Discussion/ Reflection

- Do you think it's easy to look after your health and wellbeing?
- Who is responsible for looking after our health and wellbeing?
- Do you think you are responsible for looking after other people's health and wellbeing?

- What things can negatively affect our physical health?
- What things can negatively affect our mental health?

In the next activity you'll be thinking about some ways in which we can positively influence our physical and mental health.

Task: Pair work

- Create your own 'Health and Wellbeing' calendar.
- Come up with suggestions for small things you can do to help your physical and mental health as well as that of others.
 - For the first day give a piece of advice to help with our physical health (e.g. try to drink more water)
 - the next day give suggestion to help with our mental health (e.g. focus on doing one thing at a time to avoid getting stressed)
 - the following day a suggestion to help someone else's mental health (e.g. say something positive to your neighbour)
 - Repeat this throughout your calendar, giving one piece of advice for each day.

See the following slides for ideas

#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?

30 days of gratitude

#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily are you grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?

Text prompts courtesy of www.TextMyJournal.com

Random acts of kindness calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Give a compliment to a friend.	2 Tape change to a vending machine.	3 Make a card for a soldier.	4 Take coffee to your teacher.	5 Pick up litter.
6 Send a paper hug to someone you love.	7 Tell silly jokes to make someone laugh.	8 Give someone a hug coupon.	9 Donate a book to the library or hospital.	10 Leave a happy note for someone to find.	11 Do yard work for a neighbor.	12 Donate toys to your favorite charity.
13 Candy cane bomb a parking lot.	14 Call a faraway friend or relative to say hello.	15 Make a thank you for your librarian.	16 Do a chore for someone in your family.	17 Donate food to your local food pantry.	18 Leave a popcorn surprise in a DVD rental machine.	19 Smile at everyone you see today.
20 Take supplies to the animal shelter.	21 Pay for a stranger's coffee.	22 Give treats to the mail carrier.	23 Feed the birds.	24 Take cookies to the fire station.	25	26

Plenary: Sharing is caring

- Share a couple of your suggestions from your calendar with your neighbouring group