

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

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LESSON PLAN

Mental Health & Mental Illness

Slide	Subject	Description	Timing
1	Introduction	Briefly explain what the class is about and hand out the question worksheets. Tell the students it is anonymous (ie. do not write your name on) and that all answers are confidential.	5 min
2	Understanding	Students to fill in forms and hold onto them for later in the lesson. 'This form is part of us learning to understand about Mental Health & Mental Illness. Our answers will come in later.'	10 min
3	Discussion & Stigma	"What comes to mind when you first hear the words 'Mental Health'? Discuss and ask the further question.. "What about Mental Illness?" "Does anybody know what a 'stigma' is?" What are the 'stigmas you can think of when these conditions are mentioned?'	10 min

Powerpoint Example

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**Looking At Mental Health And
Mental Illness**

Understanding Mental Health And Mental Illness



So....What Is Mental Health?

- Who are 'Mentally-well people'?
- What are Mental Disorders in Adolescence?
- What is the link between the Brain and Mental Illness?



Mental Health Is....

- Having successful mental activity!
- This includes productive daily activities and maintaining satisfactory relationships with others.



Teachers Worksheets and Guides

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Teacher Evaluation Assessments

MENTAL HEALTH & MENTAL ILLNESS

1. How challenged by the work did the pupils appear to be?
2. Did pupils ask any questions?
3. Were those questions covered in the materials?
4. Did the pupils engage enthusiastically in the activities?
- 5.