

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

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Mental Health and Wellbeing

LESSON PLAN

Slide	Subject	Description	Timing
1	Introduction	Register pupils	2 min
1	Introduction to Mental Health	'What do you think being mentally healthy means?' As the students suggest ideas write them on the whiteboard.	5 min
2	Introduction to Mental Health	Show Bright Futures definition slide 2 Show the bullet points talk around them and relate to the points made by the class earlier - refer to them when giving the bright futures definition. Make positive links.	5 min
3 & 4	Activity	Get into pairs or groups and discuss reasons that being mentally healthy is important. Take feedback from the class and positively relate to the WHO statement and slide 4	5 mins

Powerpoint Example

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A silhouette of a person with their arms raised, reaching towards three birds flying in a sky filled with soft, colorful clouds. The scene is set against a warm sunset or sunrise background with tall grass in the foreground.

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Mental Health and Wellbeing

Mental Health

Bright Futures Definition: A child who is mentally healthy is able to

Develop psychologically, emotionally, creatively, intellectually and spiritually

Initiate, develop and sustain mutually satisfying personal relationships

Use and enjoy solitude

Become aware of others and empathise with them

Play and learn

Develop a sense of right and wrong

Resolve problems and setbacks and learn from them.



Why Mental Health is important

The World Health Organisation states that

“Mental Health is an integral component of health through which a person realises his or her own cognitive, affective and relational abilities.

With a balanced mental disposition, you are more effective in coping with the stresses of life, can work productively and fruitfully, and are able to make a positive contribution to your community.”



Mental Health for Life

Mental Health problems, disorders or mental illness affect the possibility of reaching goals.



Teachers Worksheets and Guides

NEUROHEADWAY

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Teacher Evaluation Assessments

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. Did any student lose interest at any point?