

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Lesson objectives	Introduction	Main activity	Reflection	Success criteria
What are mental health and illness? LO: To understand what mental health and illness are.	Explain to children that they will be learning about mental illness and considering how people with mental illness are treated by others. Watch animation. Ask children about their experience of physical illness, and draw links to mental illness as a disorder of the brain.	Watch and discuss animation. Ask children if the animation contained anything they found interesting or surprising. Go through PowerPoint slides that explain mental illness and the brain. Encourage class discussion around the questions included in the PowerPoint slides (experiences of illness, experiences of talking about problems).	The key concern is that children come to appreciate the equivalence of mental illness and physical illness. They should come to understand that mental illness is a medical issue that can be treated by medical professionals, who might use talk therapy as well as medication to help people feel better.	I understand that mental health and illness are similar to physical health and illness. I understand that mental illness is a dysfunction of the brain that can be caused by many different things. I can identify some specific types of mental disorders. I understand that there is a lot we don't know about mental illness, but that researchers are trying to find out more about it all the time.
What is stigma? LO: To understand the concept of mental illness stigma and how it affects people's lives.	Explain the concepts of attitudes and stigma. Consider how stigma affects people with mental illness. Identify common stigmatising terms and myths about mental illness.	Go through remaining PowerPoint slides exploring attitudes to mental illness and stigma. Ask children to recall words and phrases they've heard associated with mental illness, and consider whether they are positive or negative in tone. Ask children to recall media depictions of mental illness they've encountered, and reflect on their implications. Encourage	Children should reflect on potentially stigmatising representations of mental illness they have encountered previously. The lesson will flag common pejorative terms and myths about mental illness, to equip children to identify and challenge stigmatising representations they may encounter in the future. Children should be encouraged to challenge stigma in their own lives.	I understand the importance of attitudes to mental illness. I understand what stigma is and why it is a bad thing. I can identify particular words and ideas that are stigmatising. I can challenge common myths about mental illness.

		participation in the True/False quiz in the PowerPoint slides. Complete the imagined contact exercise at the end of the slides, encouraging children to write/draw their ideas and have a class discussion afterwards.	The imagined contact exercise should help children to realise they can have enjoyable interactions with people with mental health problems, and prepare them for any real-life encounters they might have in the future.	
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Power point Example

NEUROHEADWAY

Neuroscience Into Education

Health & Illness

- What does it mean to be *healthy*?
- When we are healthy, we feel good. We can laugh, eat, run, and play with our friends.
- Sometimes we get *ill*. This means we feel sick or sore in a part of our body. We might have to go to the doctor, take medicine and stay in bed until we get better.

Health & Illness

- Mostly when we get sick, we feel bad in places like our tummy or throat.
- But sometimes, people can become unwell in their brain.
- When a person's brain is not working properly, this is known as mental illness or mental disorder.

THE BRAIN

- The brain is a grey squishy organ that lies inside our head. It is the part of the body where our mind lives.
- The brain is where we:
 - Think thoughts
 - Feel emotions
 - Remember things that have happened to us
 - Understand what is going on around us
- When the brain is not working properly, this can affect the way the person thinks, feels, remembers and understands things

Teachers Evaluation and Handouts

LANGUAGE

Sometimes people use unkind words to describe people with mental illness

They might call them things like 'crazy', 'mad', 'weird', 'lunatics' or 'nutters'

We should never use words like these because they make people with mental illness feel even worse

Attitudes

An 'attitude' is our feelings towards a person, place or thing.

What is your attitude to chocolate?

What is your attitude to cauliflower?

