

My Inner Strength: Understanding Mental Health

Learning objective: To identify strategies for maintaining positive mental health and understand the importance of sharing feelings.

Use this writing frame to explore your thoughts and feelings. Max the monkey says: 'Think of your mental health like a puzzle—sometimes we need to look at the pieces to see the whole picture.' Use the word bank to help you express yourself clearly.

Just like we take care of our bodies to stay healthy, it is equally important to look after our minds by acknowledging how we feel each day.

Word bank: resilience · well-being · mindfulness · supportive · perspective · nevertheless · furthermore · consequently · overwhelmed · tranquil · valuable

1. Defining Well-being: How would you describe what 'mental health' means to someone who has never heard the term before? Start with: Mental health is... (2 marks)

2. Recognising Emotions: Describe a time you felt a strong emotion, such as excitement or worry. What physical sensations did you notice? Start with: When I felt [emotion], my body... (2 marks)

3. Coping Strategies: Explain why it is helpful to have a 'toolbox' of activities to improve your mood when you are feeling low. Start with: Having a toolbox of strategies is beneficial because... (3 marks)

4. Seeking Support: Justify why talking to a trusted adult or friend is an act of bravery rather than weakness. Start with: Sharing my feelings is a courageous act because... (3 marks)

5. Empathy for Others: Compare and contrast how you might support a friend who is feeling sad versus how you might support yourself. Start with: To support a friend, I would..., whereas for myself, I... (4 marks)

6. Future Outlook: What might happen if we all took five minutes every day to practise mindfulness or gratitude? Start with: If everyone prioritised their mental well-being daily, I believe... (4 marks)

Extension challenge: Imagine you are writing a letter to a younger student explaining the 'Zones of Regulation'. Explain why it is okay to feel different emotions, but why it is important to find ways to return to a 'ready to learn' state. Use at least three words from the word bank in your response.