

Lesson Plan World Mental Health Day

Age group year 7 to year 11

Timing - 45 minutes to 1 hour



"Our minds, our rights"

The 10th of October is World mental Health Day, a day commemorated all around the world. In 2023 people and communities unite behind the theme 'Mental health is a universal human right' to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

Mental health is a basic human right for all, including children. Good mental health is important for children's health and wellbeing therefore, the Office of the Commissioner for Children is encouraging all schools to create awareness amongst children on how to promote good mental health and to encourage children to speak about their feelings.

The Office of the Commissioner for Children has developed a toolkit to support schools in commemorating World Mental Health Day. The toolkit consists of two videos (one for Primary and one for Middle/Secondary School) as well as a lesson plan that goes with the video.

The Office of the Commissioner for Children thanks all educators for supporting children and for providing them with the tools to ensure their wellbeing.

For more information about World Mental Health Day and to access resources developed by the World Health Organisation click [here](#)

Resources:

Video, A4/A3 Sheets, Colours/Markers, True or False Statements

Learning Outcomes:

1.	I can discuss why mental wellbeing is a normal part of daily life, in the same way as physical health.
2.	I can talk about the different type of emotions people experience in during different situations and experiences.
3.	I can explain the benefits of different activities and simple self care techniques.
4.	I can list where I can ask for help and support if I feel overwhelmed by what is happening around me.

Introduction: 15 minutes

1.	Introductory Activity - Ask each of your students to find an adjective starting with the same letter as their name to describe how they are feeling.
2.	Brainstorming Activity: What comes to mind when you hear the term Mental Health?
3.	<p>Inform your students that the 10th of October is World Mental Health Day.</p> <p>Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right!</p>

Activity 1: 15 minutes

1.	Show the <u>Video</u> for Middle/Secondary School Students
2.	Processing Questions: <ol style="list-style-type: none">1. What struck you the most about this clip?2. Why is it important to talk about mental health?3. How can mental health have an impact on physical health?4. What type of emotions is the boy feeling?5. Why is he feeling these emotions?6. What activities can help your mental wellbeing?7. Why is it important to talk about these emotions with someone you trust?

Activity 2 'True or False': 15 minutes

Provide your students with the true or false statement sheet (Annex 1) these can be discussed in pairs, in bigger groups or as a whole class. The answers can be found in Annex 2.

Discuss and clarify any misconceptions or questions students may have about mental health, stigma and coping mechanisms.

Follow-up Activity (Optional)

Mental Health Awareness - Ask your students to write a blog post or to create a poster promoting ways of maintaining good mental health and what children should do if they are experiencing difficulty. With the consent of the students, the work can be displayed in the classroom.

Annex 1

True or False

Which of the Following statements are True and which ones are false?

	True/False
Sleep can help our mind	
We should feel happy all the time	
If you are feeling upset you should talk to someone	
Physical health is different to mental health	
Exercise does not have an impact on mental health	
Asking for help is a sign of weakness	
Eating a balanced diet can positively influence mental health	
People might feel embarrassed to ask for help	
Technology may have a negative impact on our mental health	
Young people should sleep at least 8 hours a day	

Annex 2

True or False - ANSWERS

	True/False
Sleep can help our mind	True
We should feel happy all the time	False
If you are feeling upset you should talk to someone	True
Physical health is different to mental health	False
Exercise does not have an impact on mental health	False
Asking for help is a sign of weakness	False
Eating a balanced diet can positively influence mental health	True
People might feel embarrassed to ask for help	True
Technology may have a negative impact on our mental health	True
Young people should sleep at least 8 hours a day.	True