



**Parents: read
our helpful
guidance before
you get started**

**Before you
start**

Mental health and emotional wellbeing KS3

Home-learning lesson 1: Promoting emotional wellbeing

**To start, play this slideshow from
beginning**





Home learning lesson 1:

Promoting emotional wellbeing



We are learning:

- ✓ ways to promote emotional wellbeing
- ✓ to build resilience and how to reframe disappointments and setbacks



We will be able to:

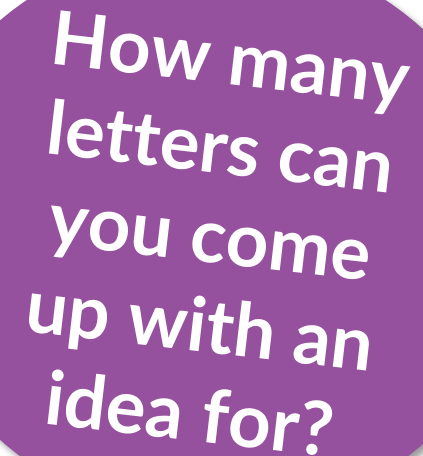
- ✓ explain the factors that affect emotional wellbeing
- ✓ identify ways to promote emotional wellbeing and build resilience
- ✓ reframe and learn from disappointments and setbacks

Create an A-Z list of factors that can affect mental health and emotional wellbeing (either positively or negatively)

A is for active lifestyles

B is for bullying

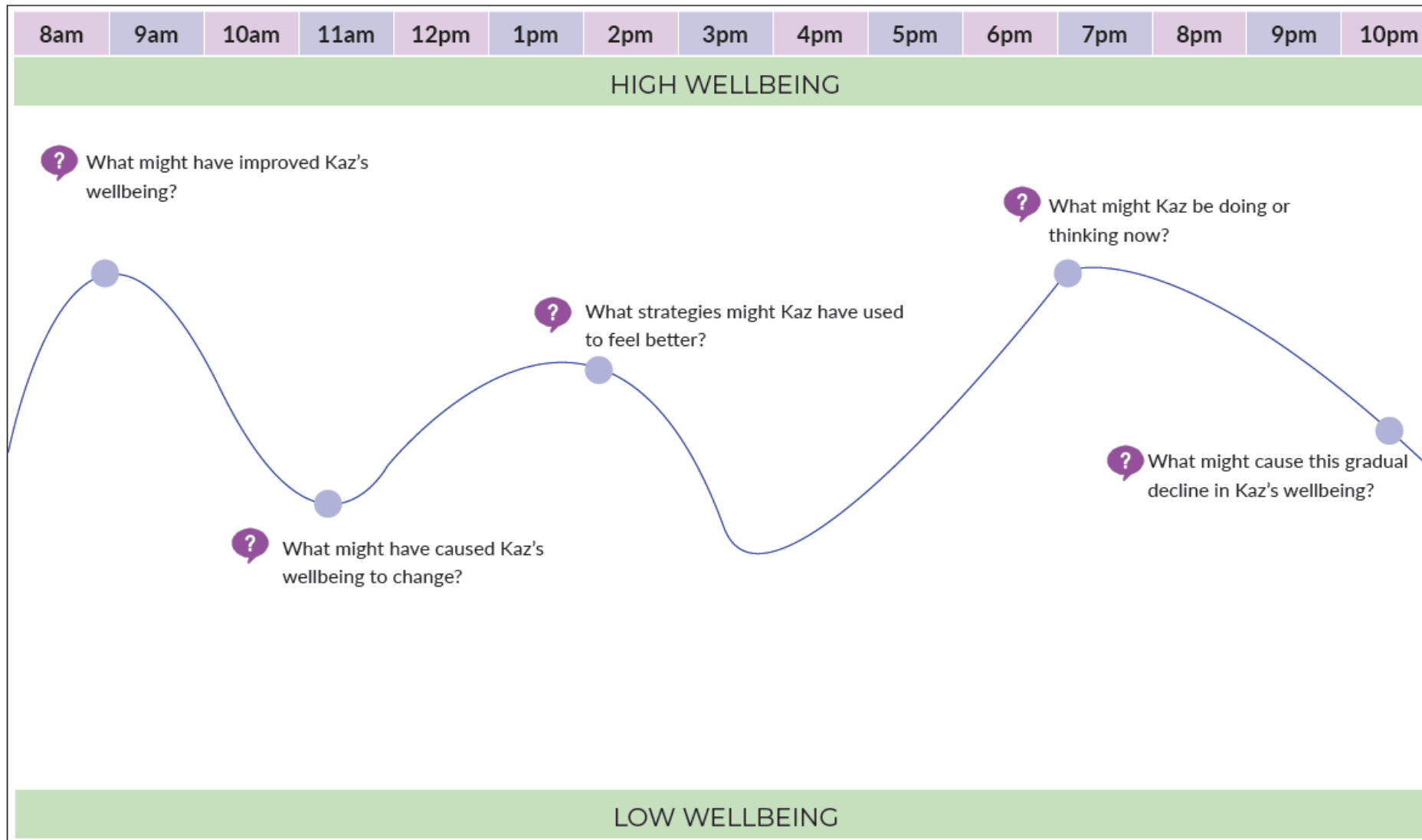
C is for...



How many letters can you come up with an idea for?

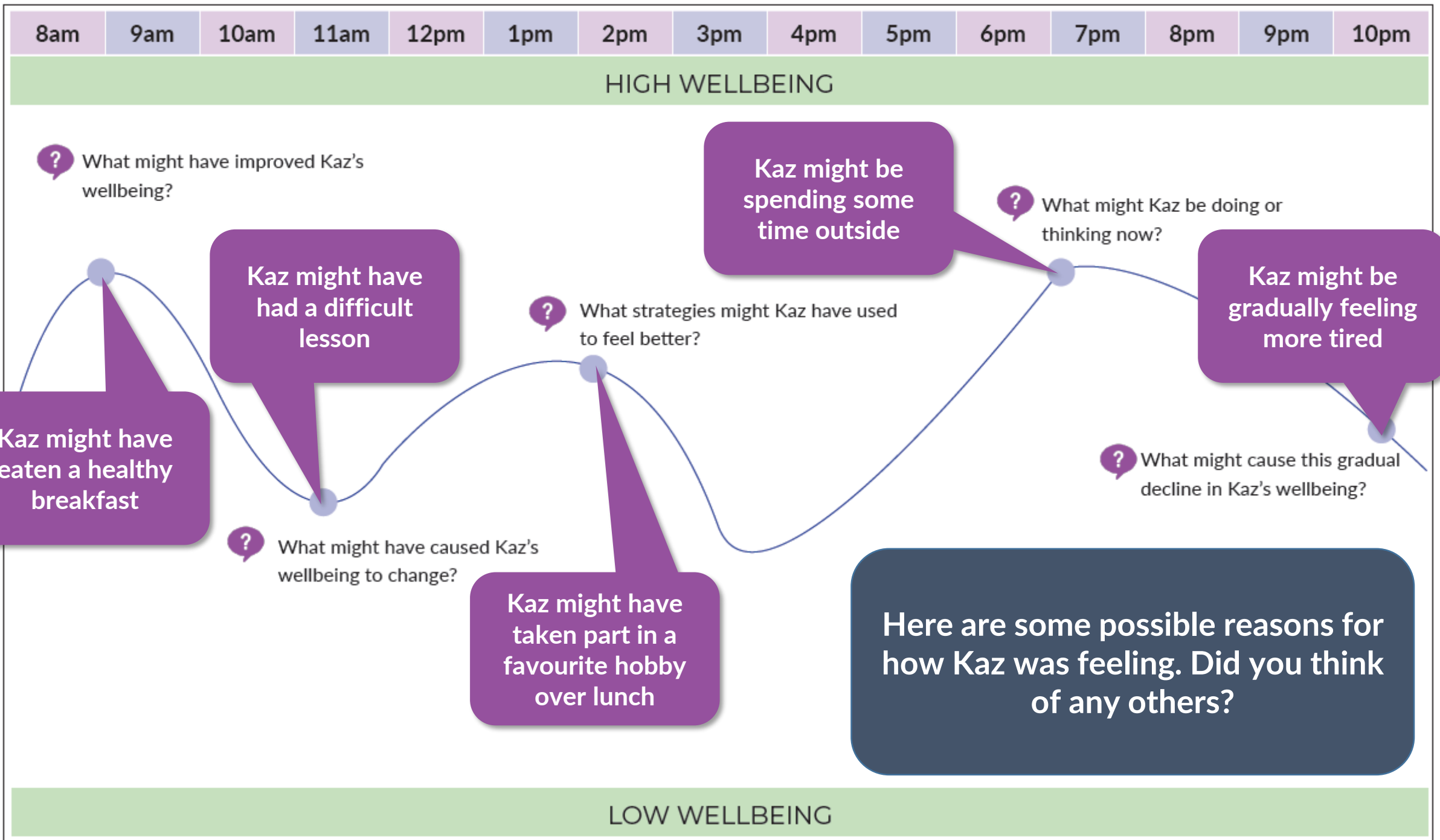
The chart shows how Kaz is feeling at different points in the day

Make notes on the questions below:



Ideas

- Getting tired
- Playing sport
- Having detention
- Time outside
- Seeing friends
- Positive thinking
- A difficult lesson
- Eating a healthy meal
- Overcoming a setback
- Having an argument
- Checking social media
- Playing a favourite game
- Being proud of an achievement



Key points about wellbeing

- It is typical and expected for emotional wellbeing to fluctuate throughout the day or over several days.
- A key element of having positive emotional wellbeing is knowing how to bounce back from setbacks, or lift mood again when things are difficult.
- Sometimes it can be hard to lift mood and this is when a person might need to ask for help.

Watch the clip of Michael Jordan talking about failure



Michael Jordan is a famous USA basketball player who many consider to have been the greatest basketball player of all time.

Michael Jordan says:

“I’ve failed over and over again in my life – this is why I succeed.”

What does he mean by this?

[Click to reveal the answer](#)

What is the meaning of resilience?

Write your own definition of the word resilience.

Now use a dictionary to check your definition.

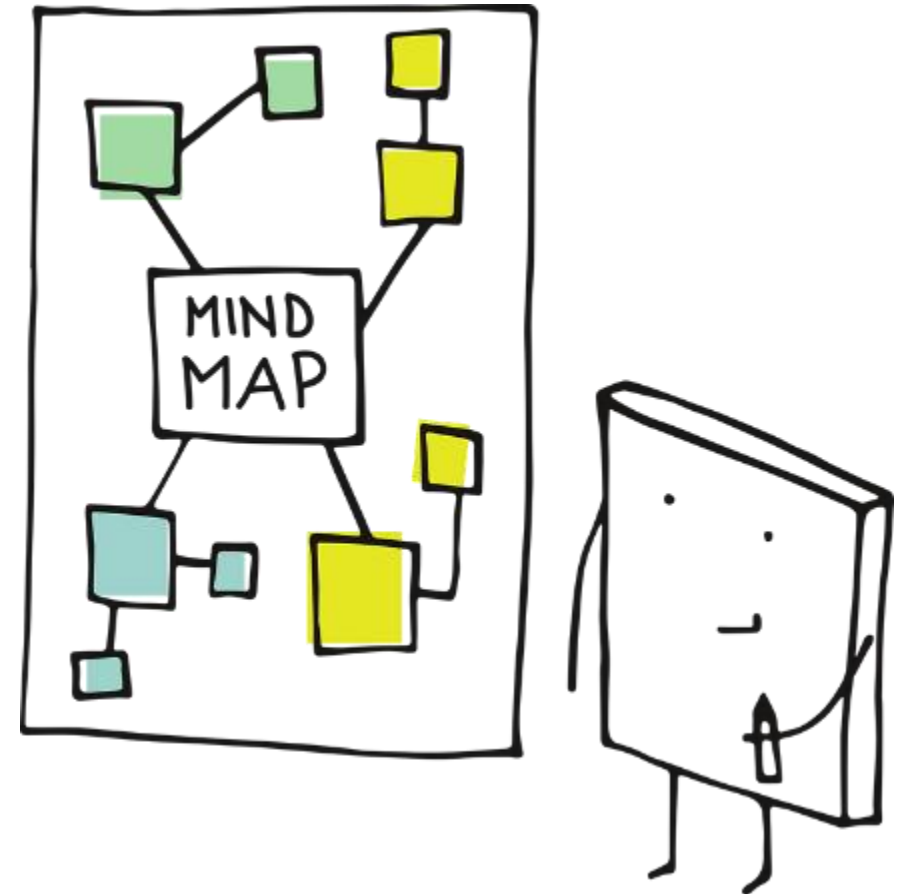
Are there any words that you think are similar in meaning?

Create a mind map of ways people can help themselves to become more resilient in their daily lives

Categories you could include in your mind map:

- Things about a person's character
- Things to do with family or friends
- Things a person can do themselves

If you want to challenge yourself, choose three items on your mind map that you think would be easiest for a person to do if they wanted to become more resilient.



Key points about building resilience

Keeping things in perspective Working towards a goal Keeping a positive outlook

Embracing change as a normal part of life

Helping others where possible

Embracing new challenges

Techniques to build resilience

Staying connected with friends and family

Focussing on what has gone well, strengths and accomplishments

Taking care of themselves physically and emotionally

Avoiding seeing disappointments and setbacks as failures or as problems that cannot be overcome

Additional techniques for supporting resilience

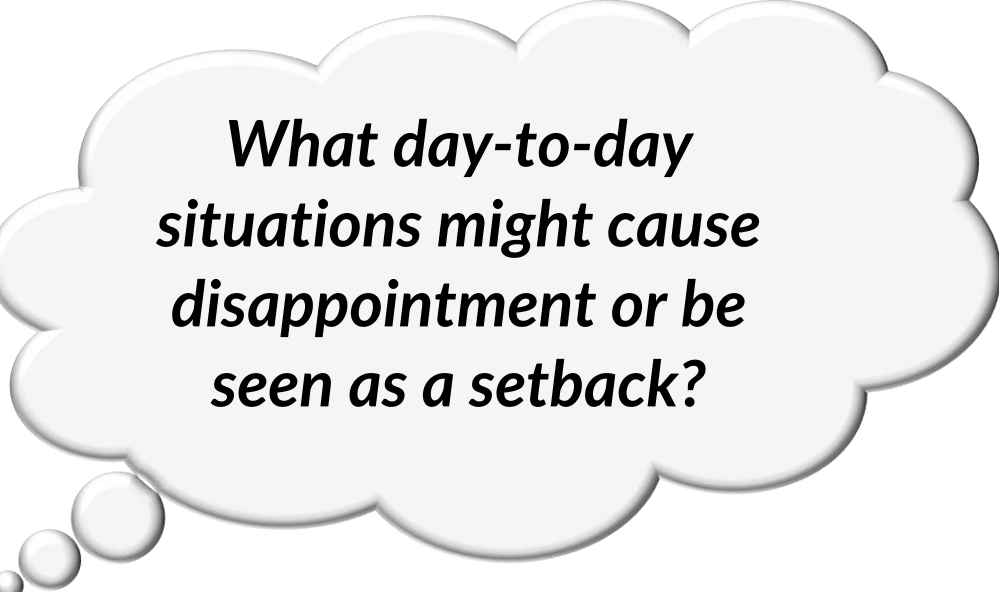
Techniques to support emotional wellbeing:

- Journaling (writing about experiences, feelings and reflections on a regular basis)
- Meditation

Techniques to support physical health *and* emotional wellbeing:

- Healthy sleep routines
- Regular exercise
- Maintaining a healthy, balanced diet

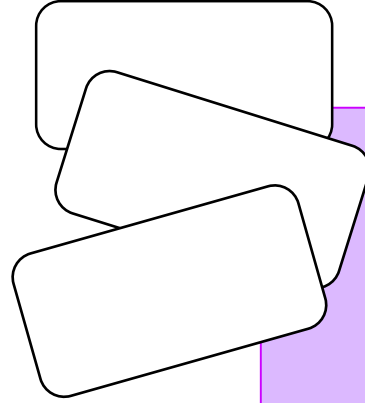
Managing disappointments and setbacks



What day-to-day situations might cause disappointment or be seen as a setback?

Suggestions:

- Not getting a particular mark on a test
- Being let down by a friend
- Seeing a negative comment on social media
- Struggling with a new skill



- Sort the cards from *Resource 1* into piles:
- **Strategies to help *prevent* disappointments and setbacks**
(ie. What could be done beforehand to help stop them happening as often?)
 - **Strategies to help *manage* disappointments and setbacks**
(ie. What could be done in the moment to deal with the situation more positively?)

Tip: If you are unable to print this, choose one colour for each 'pile' and change the colour of the font or background of the card.

Helpful strategies to reduce the impact of disappointments or setbacks

- Activities such as journaling, listing positive qualities and experiences, or practising gratitude, can be regular habits which support a positive mindset.
- Asking questions such as 'how will this event be affecting my life in a week/month/year's time?' can help keep things in perspective.
- Reframing disappointments and setbacks to create a more positive take on an event, and being proactive in resolving issues which are upsetting.

Unhelpful strategies

While we have looked at helpful strategies, there are some strategies that would be unhelpful and/or risky, such as:

- Using drugs, including alcohol, to manage feelings
- Shouting at, ganging up on and manipulating others are aggressive strategies which are likely to have unintended serious consequences.
- Ignoring issues is a passive response which can lead to difficult situations continuing unnecessarily.


Revisit your A-Z from the start of the lesson.

A is for active lifestyles ✓

B is for bullying

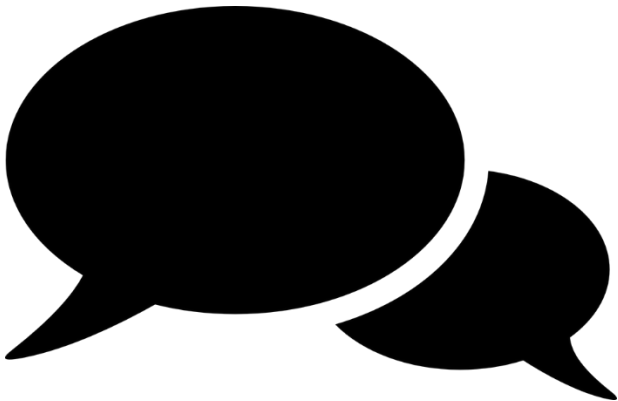
C is for **consideration of how failures help us to learn** ✓

✓ Tick things which can have a positive impact on mental health

 Add new ideas and reframe negatives where possible

Further support

If you have questions or concerns about emotional wellbeing or mental health, you can always speak to your parent or carer, or contact a teacher in school for more advice and support.



There are lots of places to get advice about emotional wellbeing, or to discuss feelings.

ChildLine:

www.childline.org.uk Phone: 0800 1111

Young Minds:

www.youngminds.org.uk

Samaritans:

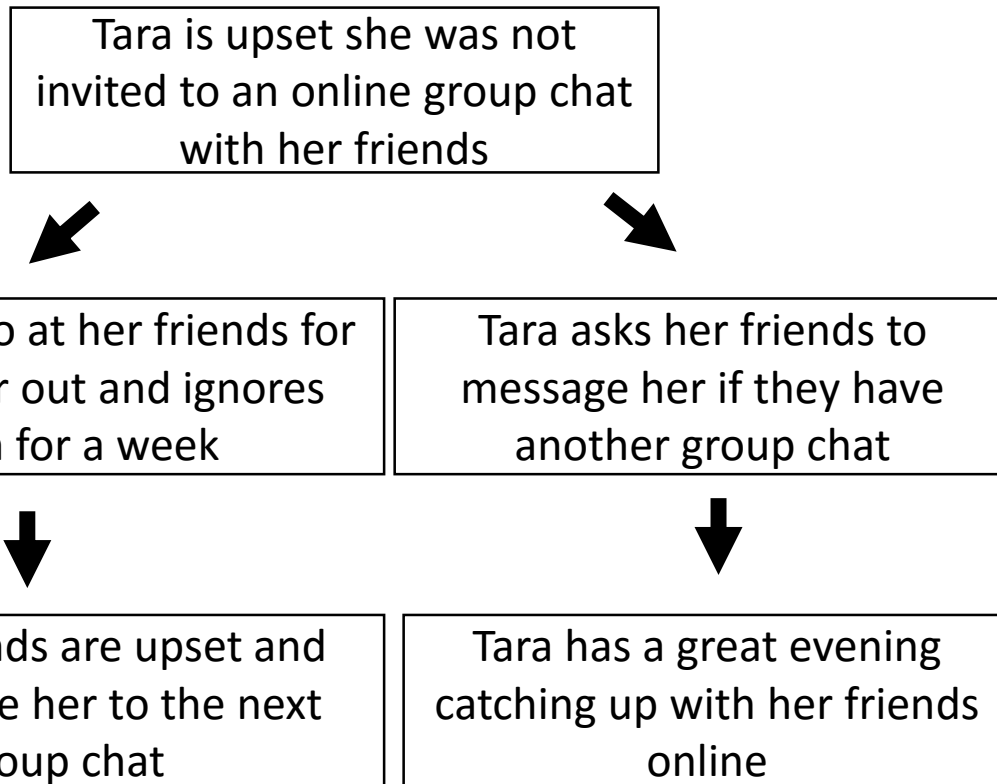
www.samaritans.org Phone: 116 123

More activities

Decision tree



Create a decision tree to illustrate consequences of acting in different ways.



Storylines

List characters or storylines from well-known programmes, films or recent news items that illustrate the following concepts:

- keeping going when things are tough
- having the confidence to do what they think is right
- bouncing back from setbacks
- seeing mistakes as opportunities to learn
- adapting if a person does not succeed first time