

MR HEALTHY; LESSON PLAN



LESSON;	Real wealth is mental health!
AGE;	KS2
AIMS;	Examine emotions, feelings and their importance to maintaining well being.
OBJECTIVES;	1) Name 8 negative & positive emotions, 2) explain the difference between emotions and feelings, 3) and define the terms well being, mental ill-health and resilience. 4) Appreciate the 3 steps to attain resilience, 5) name 6 avenues for expressing emotions 6) and identify 4 key mindful coping strategies.
FOCUS;	Positive well being.

TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.00, 1 mins	The toast "To mental health, it's real wealth" , taste your talent!	3	Plastic cups, Fresh fruit juice
09.01, 1 min	The twist, memory exercise "resilience"	3,4	
09.02, 4 mins	Screen 1; Show me your feelings, memory exercise & hit the bin	1	Screen, pen, challenge sheet, paper bin
09.06, 2 mins	Screen 2; Emotions and feelings! (Q & A)	1	Projector, screen, prizes
09.08, 3 mins	Krazy Kitchen science (Attraction)	1	Plate, salt, pepper, balloon.
09.11, 2 mins	Screen 3; Why do emotions become feelings? (Q & A)	1,2	Projector, screen, prizes
09.13, 8 mins	Flying Feelings, What makes you;	1,2	A4 paper, pen
09.21, 2 mins	Screen 4; What is wealth, well being and mental ill-health? (Q & A)	3	Projector, screen, prizes
09.23, 4 mins	Screen 5; The big chill! Mindful meditation? (Q & A)	1,2,3	Projector, screen, prizes
09.27, 2 mins	Screen 6; Resilient steps 1, Know your emotions (Q & A)	4,5	Projector, screen, prizes
09.29, 5 mins	Positive or negative game	1,2,3	Cards
09.34, 2 mins	Screen 7; Resilient steps 2, Take action (Q & A)	4,5	Projector, screen, prizes
09.36, 6 mins	Lets go bananas; Art Competition	5,6	Sheets, crayons

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TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.42, 2 mins	Screen 8; Resilient steps 3, Talk (Q & A)	4,6	Projector, screen, prizes
09.44, 6 mins	The Banana Bunch	6	Banana's, markers
09.50, 2 mins	Screen 9; Balance your mind	3	Projector, screen, prizes
09.52, 6 mins	True or False (reinforcement)	1,2,3,4,5,6	Cards, 3 chairs, markers, questions
09.58, 1 mins	The twist "resilience" memory exercise	3,4	
	Don't google, parents, visit the web, get cooking, walk on the wild side, Question time with George, please clean name badges!		
	Extension Exercises;		
5 mins	Save the Coach (revision)	1,2,3,4,5,6	Projector, screen, prizes, questions
8 mins	Eyes down! Coping skills Bingo	6	Screen, Bingo cards, pens
6 mins	Lets go mental! The mental maize	6	Game cards, pens