

My Mental Wellbeing Diary

Age Range:

11-14, Years 7-9,
KS3

Topics Covered:

Mental Wellbeing

Time:

30 minutes

Equipment needed:

Copies of the worksheet

An exercise to explore how someone can plan their week to maintain or improve their mental wellbeing.

Introduction

This exercise uses creative thinking to explore how someone can plan their week to help maintain or improve their mental wellbeing using the 5 Ways to Wellbeing model.

Exercise

Explain to the young people that often people know that they need to look after their physical health, however they sometimes forget to look after their emotional health and mental wellbeing.

There are 5 great tips that people can use to help them maintain and improve their mental wellbeing.

They are called the **5 Ways to Wellbeing**:

Connect – Talk with family, see friends and share.

Be active – Walk, cycle, run around and keep well.

Learn – Read for fun, teach yourself something new or rediscover old interests and grow.

Take notice – Be curious, look around you, listen, rest and be aware of what you eat.

Give – Do something nice for a friend or family member. Thank someone and look out for others.

Hand out the worksheet supplied.

Explain to the young people that you want them to fill in their sheets by planning an activity for each Way to Wellbeing for each day of the week. There are some suggested examples on the worksheet below. Once the group have completed their sheets, ask them to share their ideas.

Suggested additional work: Ask the young people to think of an obstacle that might stop them from doing the activity and a way to overcome that obstacle.

Summary

Explain to the young people that looking after your mental wellbeing is really important and can help with your education, physical health and your relationships with others. Explore with the young people who someone can talk to if they are not feeling happy, you could include services like Young Minds and Childline.

Learning Outcomes:

- Children have an increased understanding of the importance of good emotional health and mental wellbeing.
- Children have an increased ability to identify a range of effective strategies for looking after their own mental wellbeing.
- Children have increased knowledge of relevant and appropriate services that can support children on mental wellbeing.

This supports key concepts for PSHE education in personal wellbeing including:

- Personal identities
- Healthy lifestyles

My Mental Wellbeing Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Connect							
Be Active							
Learn							
Take Notice							
Give							

5 Ways to Wellbeing	Examples
Connect – Talk with family, see friends and share.	<ul style="list-style-type: none"> • Quality time with the people you live with. • Plan to see your friends.
Be active – Walk, cycle, run around and keep well.	<ul style="list-style-type: none"> • Could be a class you already do, sports or a dance class. • Plan to have some time in the garden.
Learn – Read for fun, teach yourself something new or rediscover old interests and grow.	<ul style="list-style-type: none"> • Do a creative activity (art project). • Research and learn something new.
Take notice – Be curious, look around you, listen, rest and be aware of what you eat.	<ul style="list-style-type: none"> • Plan a day out to a place you haven't been to before • Have some time away from phones/tablets/computers • Teach an adult you live with how to make a healthy dinner. • Write down what helps you rest, your environment and who is around you.
Give – Do something nice for a friend or family member. Thank someone and look out for others.	<ul style="list-style-type: none"> • Visit a family member that may enjoy having your company for a while. • Cheer up a friend. • Help the adults you live with by doing some jobs. • Do some volunteer work.