



Wellbeing Lesson Plan

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SUBJECT: PSHE/Citizenship	NOTES: See teacher Guidance Notes for the context of the lesson.
TOPIC: Mental health and Wellbeing	
LEARNING OBJECTIVES: <u>KNOWLEDGE BASED</u> ALL: Should be able to explain what wellbeing is and identify some methods of promoting personal wellbeing. MOST: Students should recognise that there are easy ways to maintain and improve wellbeing. SOME: Students should be able to explain at least two methods of maintaining and improving wellbeing, and be able to identify their own strategies for looking after their own wellbeing.	
SKILLS / PLTS / COMPETENCY BASED OBJECTIVES Students should develop their ability to express their opinions about key terms and ideas. Students should develop communication skills including speaking, listening and giving feedback. Students should be able to work in pairs and small groups effectively	
DIFFERENTIATION: This lesson can be delivered to KS3 or KS4 classes, but there will need to be consideration of the level of questioning expected and teachers will need to be aware of potential issues that could arise in relation to mental health and the different conditions that are being explored, so be aware of the pastoral needs of the class before delivering the lesson. It might be more appropriate to focus on one or two of the key terms at KS3. (See Guidance Notes).	





MAIN ACTIVITIES (CONTINUATION, LESSON CONTENT) Gather feedback from the groups by asking: -What ideas on the worksheets did you find helpful? -Were you surprised by any of the suggestions? -Were the responses similar or diverse? Wellbeing Toolkit Using the responses on the Ways to Wellbeing worksheets, each student can create their own Wellbeing Toolkit. In pairs, share one of the tools from your toolkit	7 mins 10 mins 3 mins	PPT, Wellbeing Toolkit worksheet
PLENARY Wellbeing is... As a class, create a definition for the word 'wellbeing'.	7 mins	

Dont forget to complete the feedback forms following delivery of this lesson.



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