

Balance

Resilience Portfolio



LOCATION:
On school site



DURATION:
1 day



GROUP
SIZE: 40

About the programme

This one-day programme is designed to improve young people's knowledge and understanding of mental health and emotional wellbeing. The morning session will focus on creating awareness and reducing the stigma around mental health. The afternoon session will focus on understanding the value of emotional health and using this to move forward in positive directions to feel secure in everyday life.

Both sessions highlight the link between mental health and emotional wellbeing and by developing strategies and techniques to deal with everyday ups and downs, young people can feel good about themselves and better equipped to make the most of opportunities. Following completion of the programme, young people will feel connected to their community and surroundings and have a sense of purpose and value.

Background

Mental health has never been as high on the public agenda, affecting one in three children. Research shows that almost half of all mental health illnesses begin by the age of 14 and by age 24, three-quarters of all mental health problems are already established. Common mental health illnesses such as stress, depression and anxiety have also been linked to decreased emotional wellbeing, behaviour and educational attainment.

Focus areas - Morning session

- Explore mental health.
- Perceptions of mental health and emotional wellbeing.
- Recognising and managing feelings.

Programme aims

- To understand and raise awareness of mental health.
- To explore people's perceptions of mental health.
- To recognise and understand people's feelings and emotions.

Focus areas - Afternoon session

- Managing risks to emotional health.
- Understanding our own wellbeing.
- Mental health and emotional wellbeing for a brighter future.

Programme aims

- To recognise, assess and manage potential risks to emotional health.
- To identify and create a measure of your own wellbeing and plan for improving this.
- To understand the importance of maximising and sustaining health and wellbeing.

Skills Development

Confidence
Resilience
Communication

Awareness

Curriculum Links

Health & Wellbeing
PSHE
Personal Development

Behaviours & Attitudes

Suitable for



Gatsby Benchmarks



Ofsted or Educational Priority

