



KS3 Mental Health - Guidance for Students Activities

The following activities can be used for home learning. You can decide if you keep the activities in line with what you are completing in school or you can set this as a mini topic to be enjoyed at home with your family.

- 1) If this activity was to be completed within school, you would develop some ground rules. Write a list of sensible ground rules to be used when discussing sensitive issues such as mental health, emotional wellbeing and personal issues (10 minutes).
- 2) Using a horizontal line, write all the activities, people or other factors and influences that make you feel happy or sad.
- 3) The World Health Organisation (WHO) define Mental Health as "not just the absence of mental disorder. It is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

Do you think this definition is suitable? Why do you think this? Does anything need to be added to this definition? Is it clear and concise enough? Write another definition for students your age for clearer understanding (5 minutes).

- 4) Read the following statement from Boris Johnson: "People may only leave home to exercise once a day, to travel to and from work where "absolutely necessary", to shop for essential items, and to fulfil any medical or care needs. Shops selling non-essential goods have been told to shut and gatherings in public of more than two people who do not live together will be prohibited." Boris Johnson, 23rd March 2020.

Create a 'Steps to Wellbeing' poster or leaflet based on the current information released by Boris Johnson regarding the situation of Coronavirus within the UK. Promote Steps to Wellbeing regardless of the difficult situation we are all currently facing (1 hour).

- 5) Using LEGS (see below) this shows the basic steps to follow when supporting anyone who might have a mental health problem. Write a scenario where someone is suffering from depression from a current situation. Write how you would respond using LEGS. (20 – 30 minutes)

L – Listen to them, ask questions but try not to criticise or judge
E – Encourage them to talk to an adult who they trust
G – Give them information about support services
S – Suggest doing things together that they enjoy doing





- 6) Think of an activity that you like to do which you think boosts your own personal mental health. Create a promotional activity to encourage people your age, who might be worried about current issues within the UK to get involved with your activity. This could be an activity that could be completed indoors or in your home surroundings due to the current situation such as yoga, gardening etc. This could be done in the form of a presentation, video, vlog, blog, etc. (2 hours +)
- 7) Choose or research a celebrity that has suffered from depression but has recovered. Using LEGS, write down the areas of support you would offer your chosen celebrity. (15-30 minutes)
- 8) Carry out research into support networks for mental health. Create a support network diagram. (30 mins)
- 9) Plenary: answer the key questions below: (30 minutes)
 - a. What is meant by mental health?
 - b. What are some signs and symptoms of depression?
 - c. What can someone do to get help prevent or get better from depression?
 - d. How do you feel the current situation (COVID-19) is affecting individuals mental health?
 - e. What might some of the reasons be for some people experiencing mental health issues in the current climate?
 - f. Who can be affected by a mental health problem?
 - g. How can someone recover from a mental health problem?
 - h. What is the best first step if you think someone has a mental health problem?
 - i. How can you look after your own mental health?

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