

Positive Mental Health & Well-Being



Name _____

In the following booklet you will be focusing on aspects of the New Curriculum for Wales and RSE whilst expanding cross curricular and integral skills.

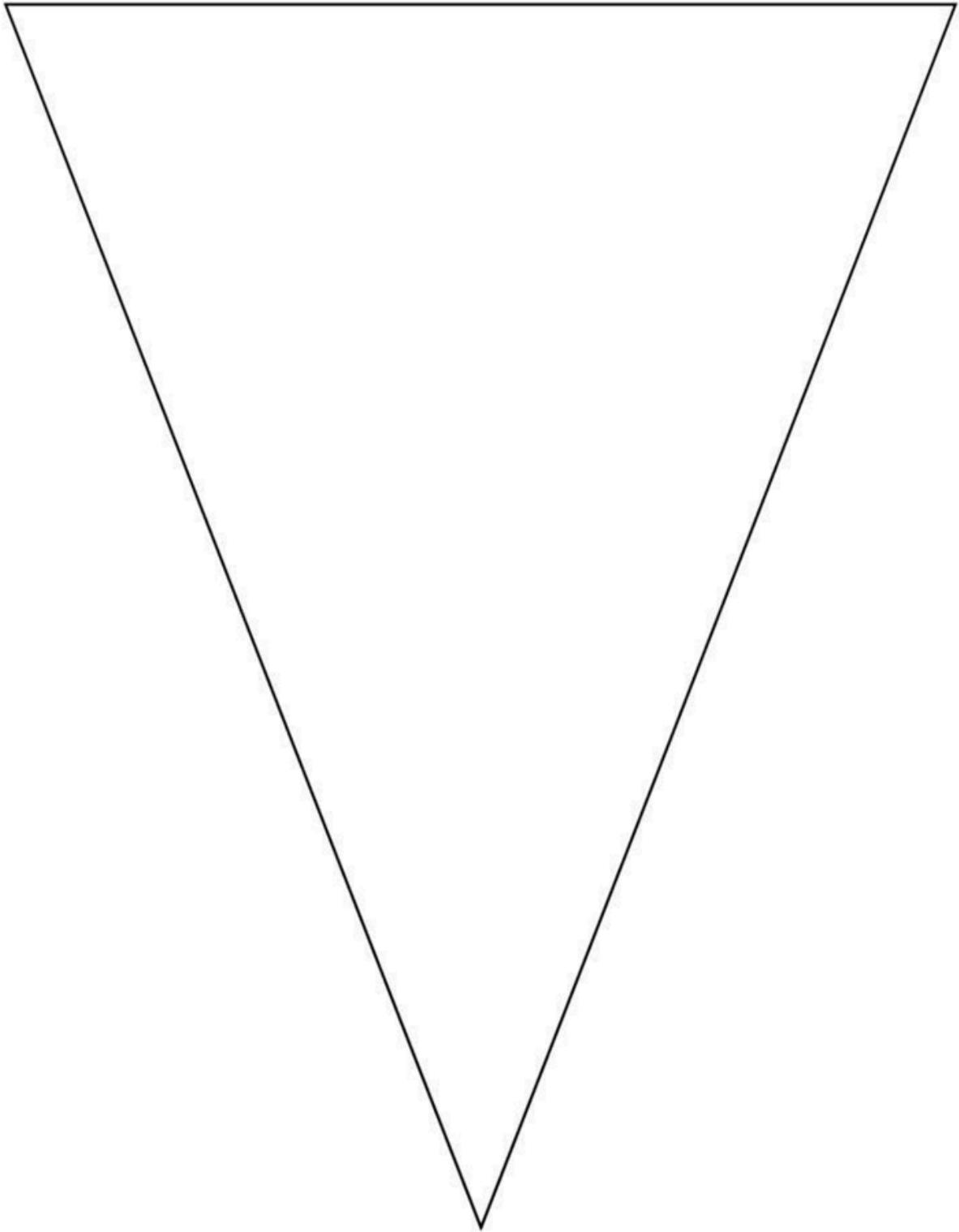
New Curriculum links Purposes		RSE (Relationship Sexual Education)		PSE Framework Links		Cross curricular/integral skills	
Ambitious, capable learners ready to learn throughout their lives.	😊	Relationships	😊	Active Citizenship – develop respect for themselves and others	😊	Literacy	😊
Enterprising, creative contributors, ready to play a full part in life and work.		Values, rights, culture and sexuality		Health & Emotional Well-Being – display a responsible attitude towards keeping the mind and body safe and healthy	😊	Numeracy	
Ethical, informed citizens of Wales and the world.		Understanding gender		Health & Emotional Well-Being – develop positive attitudes towards themselves and others	😊	Digital Competence	
Healthy, confident individuals, ready to lead fulfilling lives as members of society.	😊	Violence and staying safe		Health & Emotional Well-Being – the relationship between diet, exercise, and good health and wellbeing.	😊	Creativity & Innovation	😊
		Skills for health and well-being	😊	Health & Emotional Well-Being – the range of emotions they experience and how to develop strategies for coping with negative feelings	😊	Critical Thinking & Problem Solving	😊
		Human body and development		Health & Emotional Well-Being – the benefits of accessing different sources of information, support and advice.	😊	Personal Effectiveness	😊
		Sexuality and sexual behaviour				Planning & Organisation	
		Sexual and reproductive health					



ABOUT ME

Fill in the boxes below with words and/or pictures.

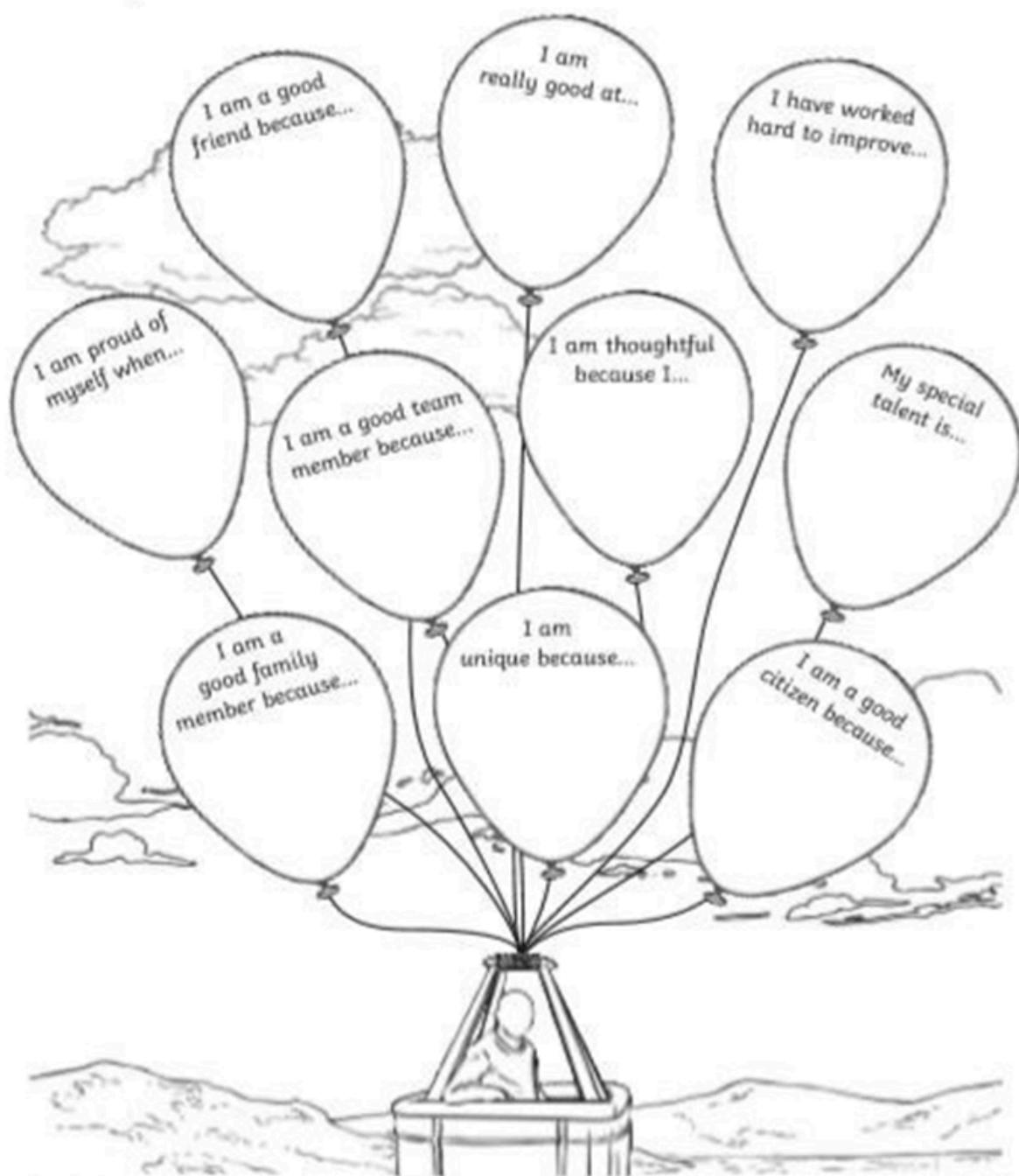
Something that makes me smile...	Something that makes me angry...	Something I have achieved...
Something that makes me happy...	Something that makes me sad...	Something I want to do when I am older...
Something I want to achieve in school...	Something that I didn't expect...	Something that needs to be changed...



Complete this banner with words and pictures which represent you as a person. You should include words that best describe you, things that you enjoy, what you love, who you love etc.

I Am an Amazing Person!

Read and finish the sentences in the balloons below.



visit [twinkl.com](https://www.twinkl.com)



KS3 Types of Friendship: What Are They?

What is a 'best friend'?



My best friend is:

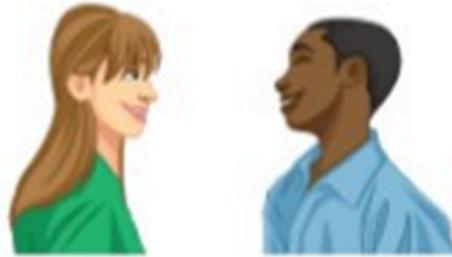
What is a 'good friend'?



An example of a good friend:

KS3 Types of Friendship: What Are They?

What is a 'friend'?



My friend is:

What is an 'online friend'?



My online friend is:

Caught in the web!



1. What types of social media/networks are you a member of?

2. Have you ever checked your privacy settings and are you aware of who can see what when they visit your profile/chat to you? Why might it be important to do this?

3. Have you ever agreed to meet someone in real life after meeting them online? Why/why not?

4. Now, as you watch the video note down key concerns/ safety issues that you see presented in the stories that unfold. Make your notes below:



[Newsround Caught In The Web - Internet Safety ~ \(9 Feb 2010\)](#)
[\(youtube.com\)](#)

Online Safety

Follow the SMART rules to help stay safe online.

Safe

S

Stay **safe** online by not sharing your personal information.



Meet

M

Do not **meet** anyone who you have only become friends with online.



Accept

A

Do not **accept** messages and friend requests from people you do not know.



Reliable

R

Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.



Tell

T

Tell an adult you trust if anything happens online that you do not like.



Be careful what you share online!

Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!



Relationships - Stressful or Not?

What does a positive relationship feel versus a negative relationship?

We have lots of different relationships in our lives. Some relationships are positives and some can be negative. We have relationships with our parents/carers, friends, brothers, sisters, grandparents and wider family.

How do you know whether a relationship is positive or negative?

Can you think about what it feels like when a relationship is positive?

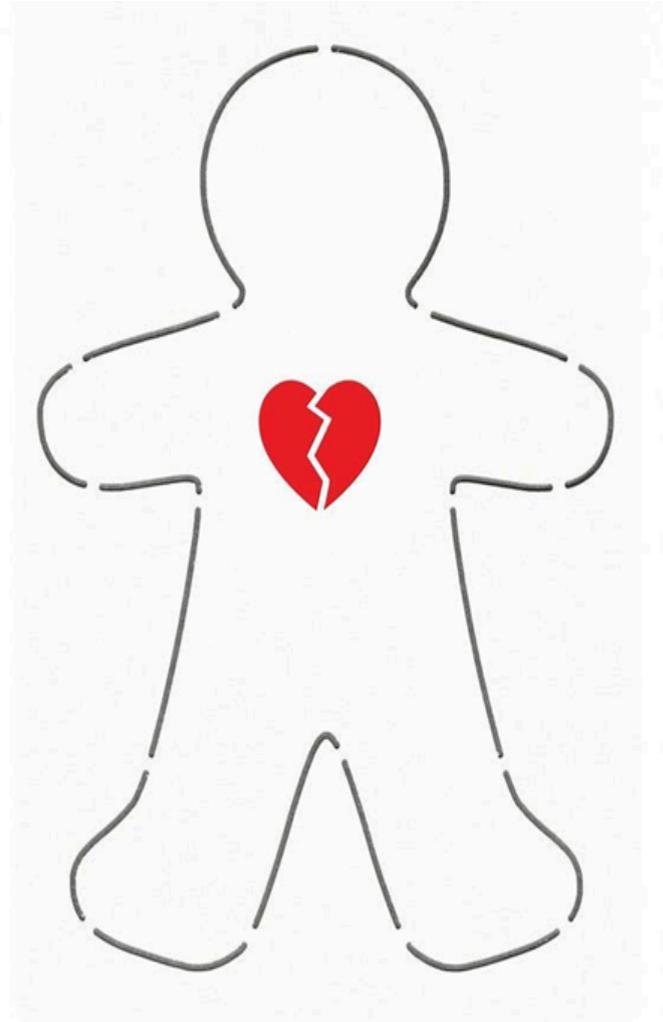
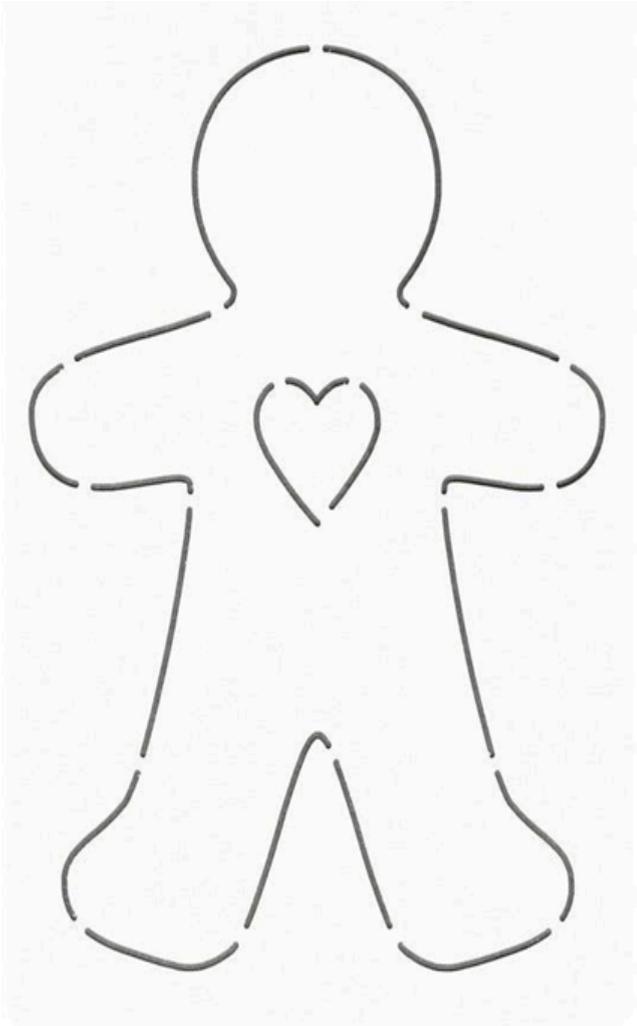
- What emotions do you feel?
- What does your body feel like?
- What might you think?

Can you then think about what it might be like to be in a negative relationship?

- What emotions do you feel?
- What does your body feel like?
- What might you think?



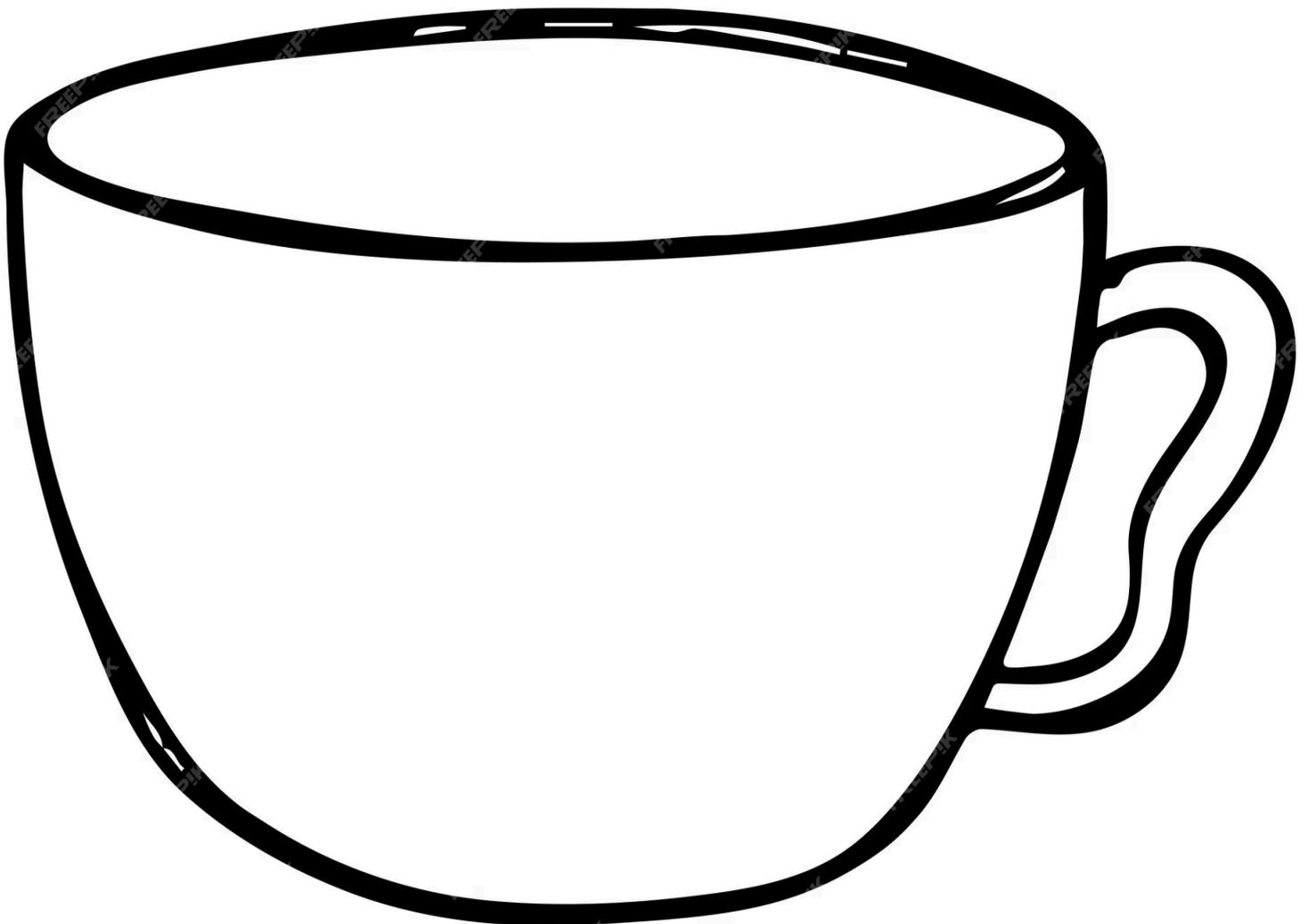
Positive Relationships



Negative Relationships

Being safe within friendships

- What would you put in your cup of friendship?



WHO ARE THE CELEBRITIES AND WHAT DO YOU KNOW OR ASSUME ABOUT THEM?



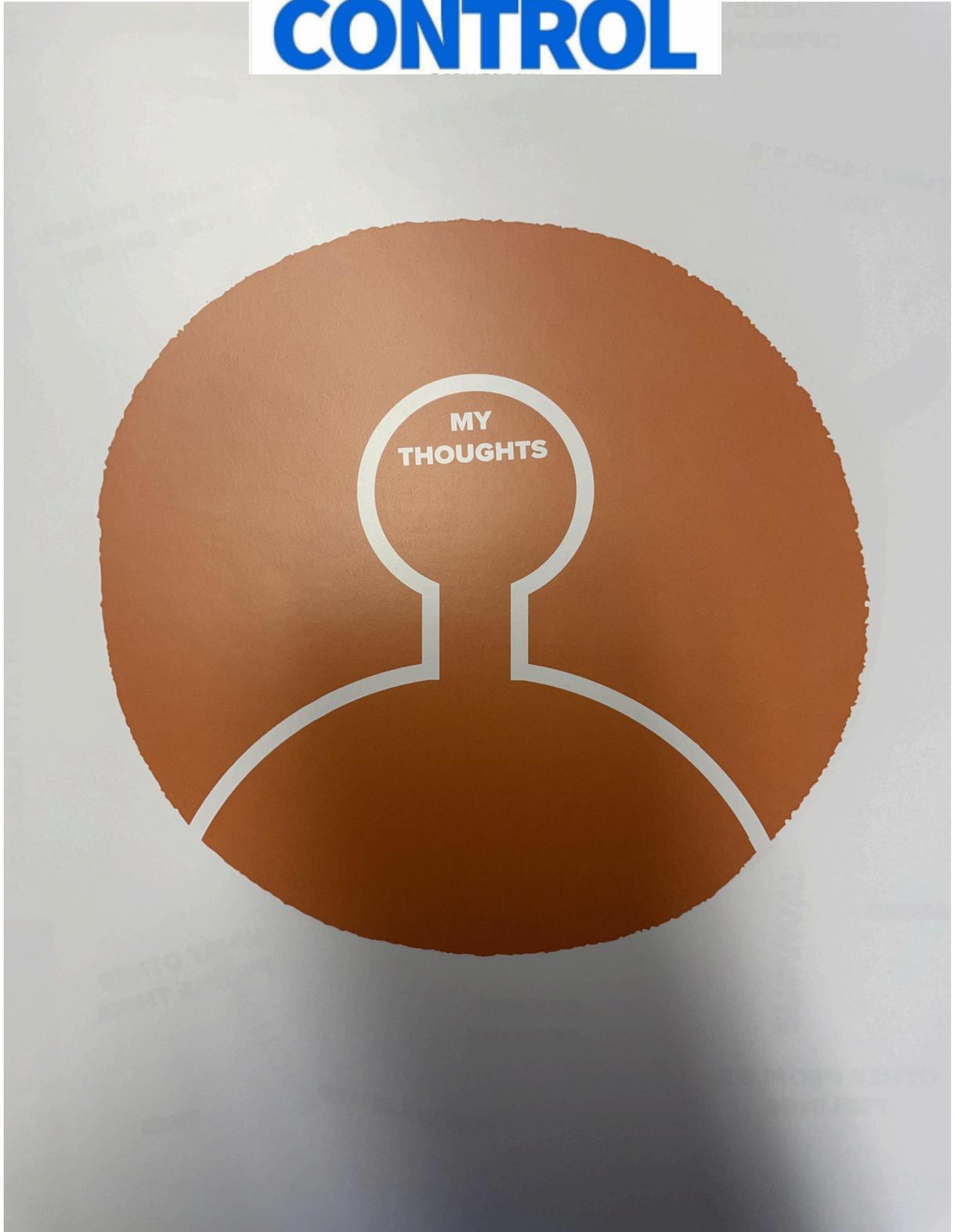
WHAT DO YOU KNOW ABOUT MENTAL HEALTH?



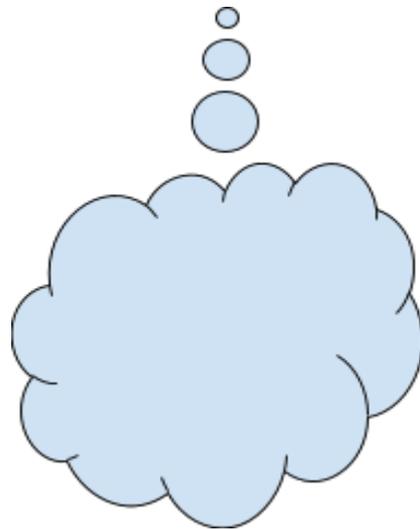
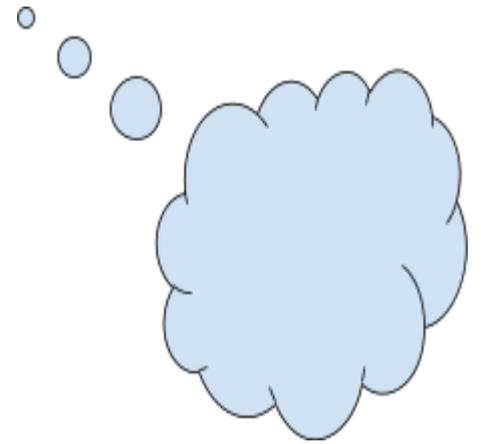
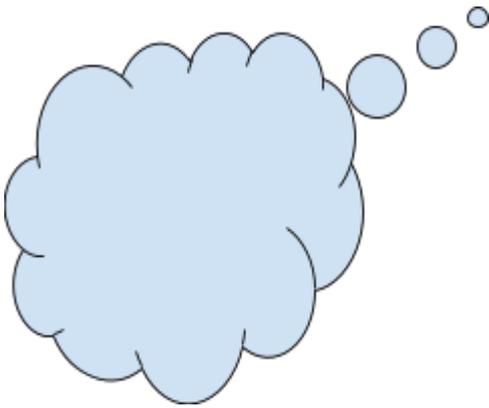
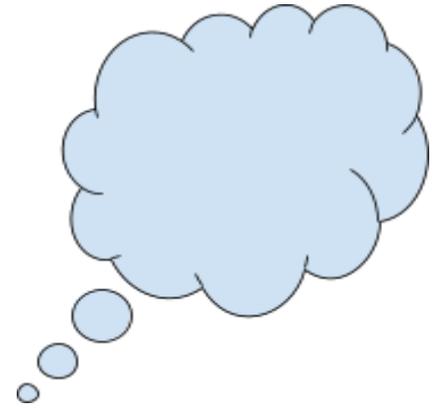
AWARENESS
WELLNESS
THERAPY
BENEFITS
RISK
RESEARCH
GRIEF
STIGMA
WORRIED
RELATIONSHIPS
TRAUMA
IQ
POSTPARTUM
CRISIS
SUICIDE
PSYCHOLOGY
SELF HARM
POST-TRAMATIC STRESS
DEPRESSION
EMOTIONS
DRUGS
COGNITIVE
ATTITUDE
TREATMENT
GENETIC
PHOBIA
ANXIETY
GRIEF
STRESS
BIPOLAR
CLINICAL
PSYCHOLOGICAL
ANEXORIA
UNHAPPY
OPTIMIST



THINGS YOU CAN **CONTROL**



My top 5 worries



Making Negative Thoughts into Positive Thoughts

Often, we think negatively about a situation or an event that has happened or is about to happen. When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts. This can lead to a one-sided view of a situation or event which is often not a true judgement.

Please complete the table below so you can see how you can change negative thoughts into positive thoughts.

Negative Thoughts	Positive Thoughts
My friends don't like me anymore because I can't go to the party on Saturday night.	
I am not good at maths because I only got 16 out of 20 correct in my test.	
I don't want to move house as I won't make any new friends and I will be lonely.	
My new school won't be as good as my current school.	

Making Negative Thoughts into Positive Thoughts

Now you have completed those examples, complete the table below with your own negative and positive thoughts.

Think what positives you can see from the situation and how you can think more positively.

The more positives you can find, the more positive you will think, as the negative thoughts will be reduced and the situation will appear more balanced.

Negative Thoughts	Positive Thoughts



FACT SHEET

DEALING WITH STRESS



What can cause stress?

Stress is when you feel overwhelmed and unable to cope. Causes of stress include:

- ▶ Difficult people
- ▶ Conflict
- ▶ Work that's too hard
- ▶ Too much work
- ▶ Not knowing what to do or where to start
- ▶ Worrying about the past
- ▶ Worrying about the future.

Signs of stress

Everyone experiences stress in his or her own way. Stress can affect you physically, mentally and how you behave:

- | | |
|---|---|
| <ul style="list-style-type: none"> ▶ Headache ▶ Stomach churning ▶ Problems sleeping, or sleeping too much ▶ Eating too much or too little ▶ Feeling irritable or moody ▶ Wobbly legs | <ul style="list-style-type: none"> ▶ Shaking hands ▶ Feeling sick ▶ Nervous habits ▶ Heart pumping ▶ Problems concentrating. |
|---|---|

Look after yourself

Helpful daily habits give you energy and build your resilience – your ability to bounce back from setbacks and overcome challenges. But also stay alert for your unique signs of stress.

Helpful daily habits	Spot the signs and respond
<ul style="list-style-type: none"> ▶ Get enough sleep ▶ Eat healthily and drink enough water ▶ Exercise ▶ Socialise ▶ Talk about your worries ▶ Make time to relax ▶ Remember the positives* ▶ Manage your time well. 	<ul style="list-style-type: none"> ▶ Look for your signs of stress ▶ Spot when you're bottling up your feelings ▶ Spot when you want to be alone ▶ Ask for help from family, friends, teachers and colleagues, or your doctor ▶ Keep up your helpful daily habits.

Technology - Stressful or Not

Technological Device	When is it used?	For how long?	Stressful 1 - 10 (1 causes no stress at all, 10 extremely stressful)

Technological Device	How I use it and who I contact?	Positive effects of using this device	Negative effects of using this device

News Headline - Damaging impact of teenagers overusing smartphones revealed

[Damaging impact of teenagers overusing smartphones revealed \(msn.com\)](#)



Just Read Exercise - What do you think?

Teenagers who have a problematic relationship with their smartphones are more likely to suffer from anxiety, depression and insomnia than those who do not, new research has found. Young people who said they had problematic smartphone use, a pattern of behaviours resembling addiction, were twice as likely to report symptoms of anxiety compared to those who did not, according to researchers at King's College London.

Problematic smartphone use refers to behaviours such as panicking when one's phone is unavailable, finding it difficult to control time spent on a phone, and using the phone to the detriment of other meaningful activities. It affects a minority of teenagers, the study found, and although it is less extreme than an addiction, researchers

believe there could soon be enough evidence for physicians to recognise it as one.

Around 44% of 13 to 16-year-olds with problematic use of their device reported symptoms of anxiety compared to 26.4% without, while around 56% of 13-16-year-olds with problematic use had symptoms of depression compared with 35.8% without.

There is a difference between screen time, which is the number of minutes spent on a phone, and problematic use of a smartphone.

Researchers found use of TIKTok and Instagram was higher among 16 to 18-year-olds with problematic smartphone use, but usage of WhatsApp, gaming and overall internet use were around the same between both groups.

Screen time was associated with anxiety or depression in older teenagers, but it also had a direct link with insomnia, the study found. Many young people say they want to spend less time on phones. Girls were more likely to say they had problematic smartphone use, with the total figure at around 19% of 16 to 18-year-olds and about 15% of 13 to 16-year-olds. Many young people said they wanted to spend less time on their phones. Nearly nine out of ten of the 13 to 16-year-olds surveyed said they had attempted at least one strategy to limit their smartphone use, including putting it on silent or turning off notifications.

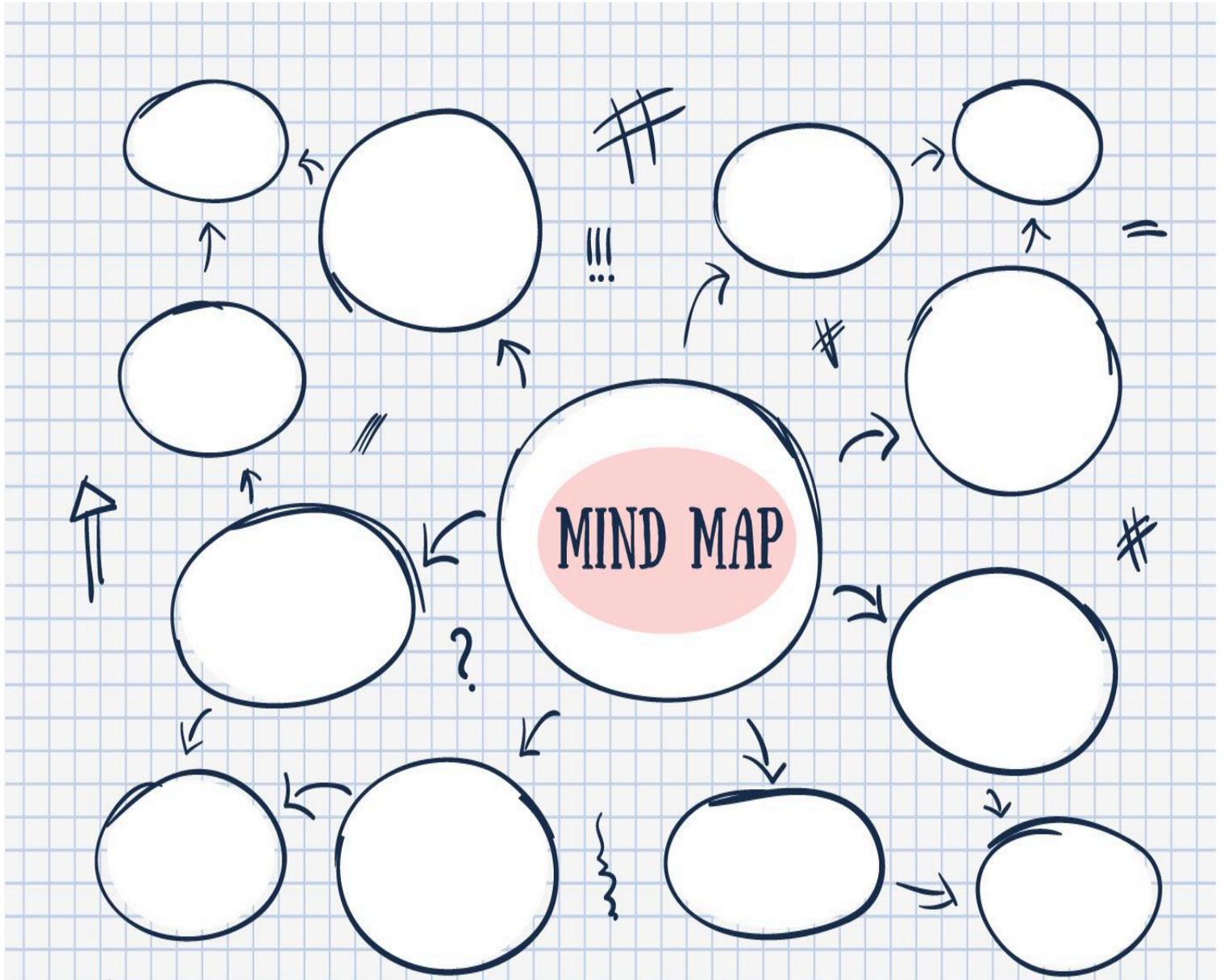
DISCUSSION TIME

'Everyone should try and sleep for at least 8 hours each night.' Do you agree?

Make sure you give both sides of the argument and at least 2 arguments per side.

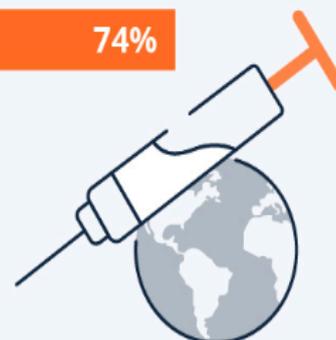
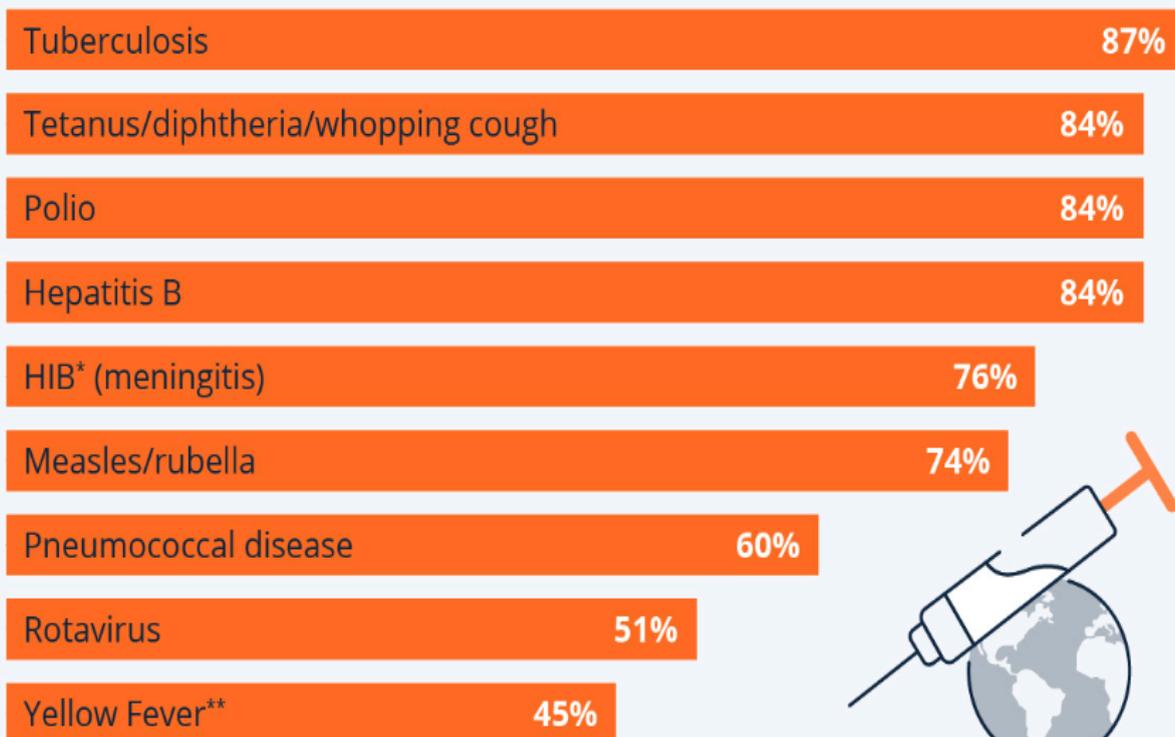


Citizenship Task - What do you think young people stress about in other parts of the world? Are there any connections?



The Most Common Immunizations Around the World

Share of one-year-olds globally who received full set of immunizations for the following diseases in 2022



* Haemophilus influenzae type b ** Share in 40 countries/territories affected

Source: WHO



Vaccines prevent deadly illnesses.

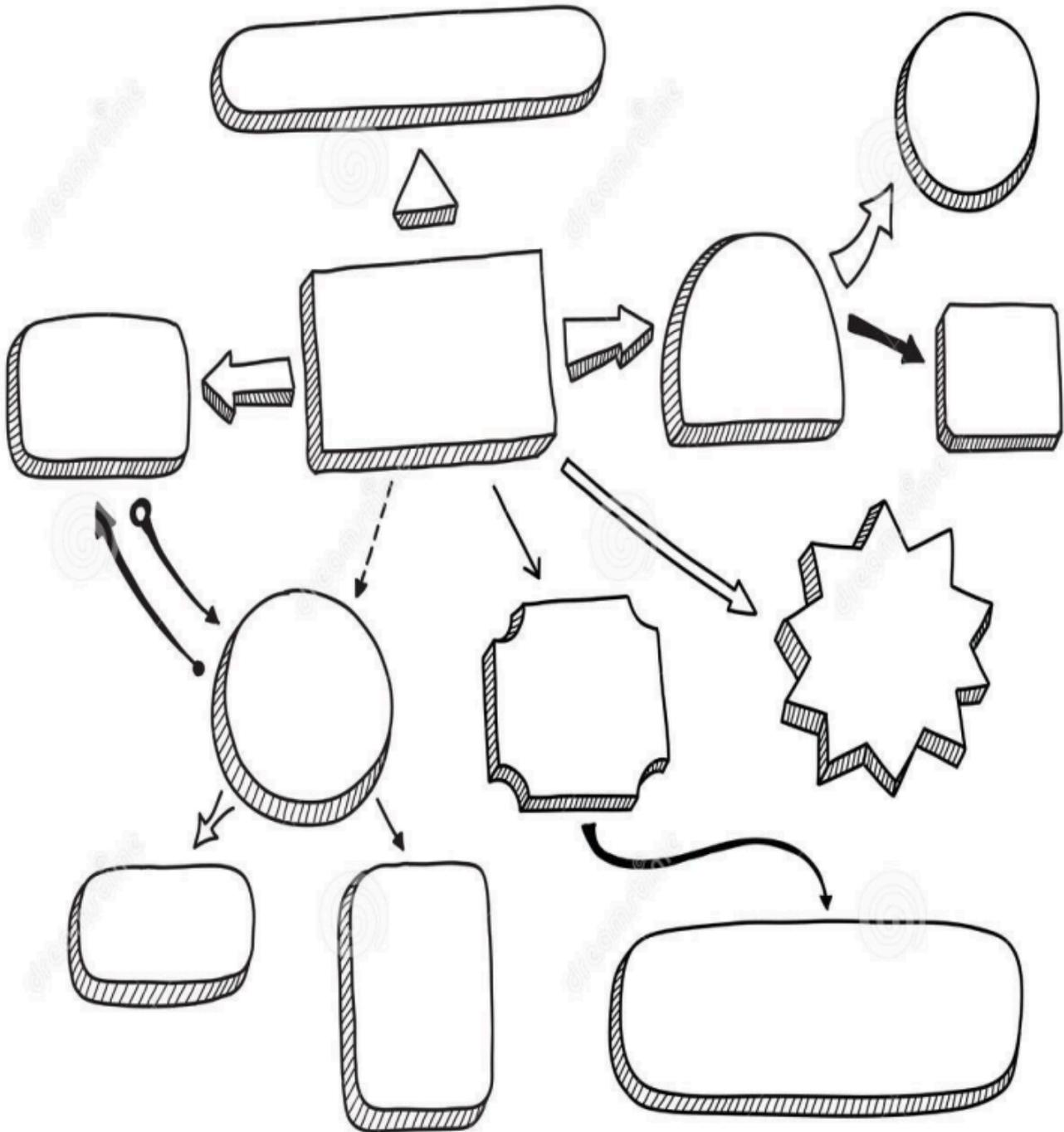
statista

Vaccination protects children from diseases like diphtheria, measles, mumps and pertussis (whooping cough). Failure to vaccinate leaves children and adults vulnerable to diseases, complications or even death.



Mental Health - Exercise

Mind map all the mental health benefits of taking part in exercise that you can think of.



Move around the classroom to find people who match the statements in the boxes below. Write their name in the appropriate box. Do not use the same person twice.

<p>...who has completed a Joe Wicks workout.</p>	<p>...who walks to school.</p>	<p>...played sports for their primary school.</p>
<p>...who takes their dog for a walk.</p>	<p>...who rides a bike.</p>	<p>...who goes swimming regularly.</p>
<p>...who has played football for a local club.</p>	<p>... who has played rugby for a local club.</p>	<p>...who says PE is their favourite subject in school.</p>



Benefits

Team Sport/Exercise	Individual Sport/Exercise



Negatives

Team Sport/Exercise	Individual Sport/Exercise

Body Image

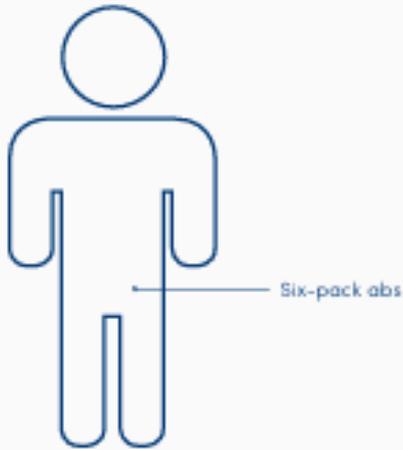
[Cost of Beauty: A Dove Film | Dove Self-Esteem Project \(youtube.com\)](#)

[Dove - Reverse Selfie](#)

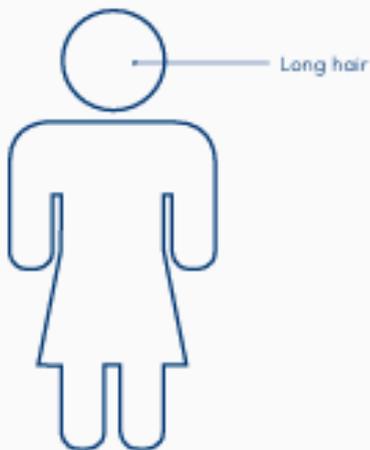
[Boys' Body Image ft Dr Ranj | Voice Box | Childline \(youtube.com\)](#)

Label the body below with as many features as you can that make up today's appearance ideals.

What are appearance ideals for males?



What are appearance ideals for females?



What can trying to match appearance ideals cost someone?

Time (e.g., late for school because of spending too much time styling hair)

Money (e.g., buying all the latest 'must-have' products)

Emotions (e.g., not feeling good enough)

X

Ways to help keep good mental health	What might this look like?	How could I apply this to my life?
Diet and Exercise		
Enhancing self-esteem (pride in who you are and what you want to achieve)		
Having balance in your life (not just spending all your time on one thing e.g. social media)		
Developing emotional resilience (not letting set-backs keep you from trying, having the ability to get over failures)		
Asking for help when you need it		

YOUNGMINDS

<https://youngminds.org.uk/>



<https://www.mind.org.uk/information-support/for-young-people/>



<https://www.time-to-change.org.uk/what-are-mental-health-problems/mental-health-help-you/other-useful-organisations>

Appendix 2 - Eisteddfod Entry

(Create a slideshow, leaflet or poster on positive mental health)

