



PURE MENTAL LESSON PLAN 3

3 of 3, 40-60 minute lesson plan for 11-13 year olds following a performance of 'Pure Mental'

Each of the 3 sessions are made up of the same structure, The 5 Steps to Wellness. Each session will have different activities but always with these steps in mind. This will act as a kind of revision for the young person, will provide continuity between sessions and allow for development of topics for any that choose to complete all 3 sessions. There will be a short 'circle time' (a time when pupils are likely sat in a circle, and only when they are passed a certain object can they speak) provided in each session to start open conversations about mental health, these may be in different 'steps' within each session.

STEP 1 CONNECT

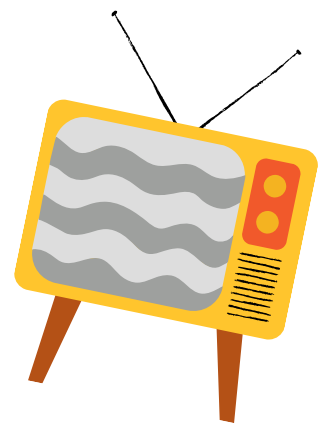
'Connect with the people around you, it's good to talk!'

Remind pupils of the first step to wellness - connecting! Encourage young people to support each other, remind them about being a good team member & being mindful of others feelings. Talk to pupils about being present in real life, about getting away from screens & the value of having conversations with people face to face.

TV Advert - Ask pupils to get into groups. Pupils must create an exciting advert for the hottest new accessory/activity - going outside and speaking to people face to face! Encourage pupils to give this brand new accessory a catchy name, a jingle, maybe some fun 'did you know' facts & lots of over-acting! Make sure everyone is relaxed and doesn't feel pressure to make the best performance. This should be fun! Allow groups around 10-15 minutes to rehearse and perform these to the class.

If the class or anyone in the class is very reluctant to perform in anyway some pupils may decide to 'direct' their group's adverts,

This activity can be expanded or shortened as necessary, depending on the preference of the teacher and pupils, it is vital that the young people consider the positive effects of socialising in real life, not just on social media.



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STEP 2 BE ACTIVE

The second step to wellness is being active, remind pupils that you don't need to be an athlete, just choose something active that you enjoy doing! Explain that they will all complete a ten minute circuit, taking it at their own pace, if there are any moves that they don't like, they can swap them for something they can do. This circuit has been specifically designed for completing in a classroom, standing behind desks. If this isn't possible feel free to choose a lower impact activity such as a ten minute mile, the class is asked to walk quietly around the school grounds for ten minutes under the guidance of the teacher.

Circuit - Repeat each exercise for 45 seconds then follow with 15 seconds of rest. Complete 1 round of the five moves. Use a timer & play some music.

1. Boogie

Don't forget that even having a little dance by yourself is also a great form of exercise, wave your hands-on the air, pick your favourite dance moves & enjoy having a boogie!

2. Static hopscotch

Everyone remembers playing hopscotch as a child, this exercise is almost the same, you hop on one foot, jump on two, switch feet, the only difference is that you must do this on the spot behind your desk.

3. High Knees on the spot

Stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace.

4. Walk on spot

A gentle walk on the spot, not all activity must be fast-paced.

5. Climb the rope

The same as high knees but you must bring your arms above your head & pull them down as if climbing a rope.



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STEP 3 TAKE NOTICE

'Be aware of the world around you & your feelings' concentrate on what you're doing right now'

The third step to wellness is taking notice, this is about having an awareness of how you feel & being aware of the world around you. Some of the pupils might have heard of the term 'mindfulness', it is defined as 'the quality or state of being conscious or aware of something'. The following activity is all about giving your mind a break from worries, stresses or even just constant thoughts.

Dingbats - puzzles in which a common word or saying is hidden in an arrangement of symbols. Advice pupils to see how many answers they can find in 5/10 minutes depending on the length of your lesson. ***The Dingbats hand-out is at the end of this lesson plan.***

Here are the answers (left to right on the hand-out)...

TWO BLACK EYES, LEMONADE, FAT CHANCE, FIRST AID, EARRINGS, THREE LITTLE PIGS, DOUBLE CREAM, TOUCAN, GROWING OLD, CHICKEN LITTLE, TOP SECRET, I UNDERSTAND,



STEP 4 KEEP LEARNING

'If you keep learning through life you will have greater satisfaction & optimism, improved well-being & higher ability to cope with stress'

'One of the most important ways you can improve your mental health is by giving back to your community.'

The fourth step to wellness is to 'keep learning' and this could be learning a new skill, a new sport, an instrument, a new language or even new facts together. The fifth step to wellness is to 'give', as in giving back to your community.



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Circle Time - Use your preferred format of 'circle time'. Pupils sit in a circle (if possible) & nominate an object as the talking stick/ball/teddy/pen. Pupils must only speak when they are holding this object. Pupils are asked to share what they have learnt about giving back to their community by carrying out their random sticky notes of kindness. Did they learn anything about themselves? Did they learn anything new about friends or family when they were kind to them? Did their kind acts allow them to learn anything new e.g. how to clean dishes etc.?

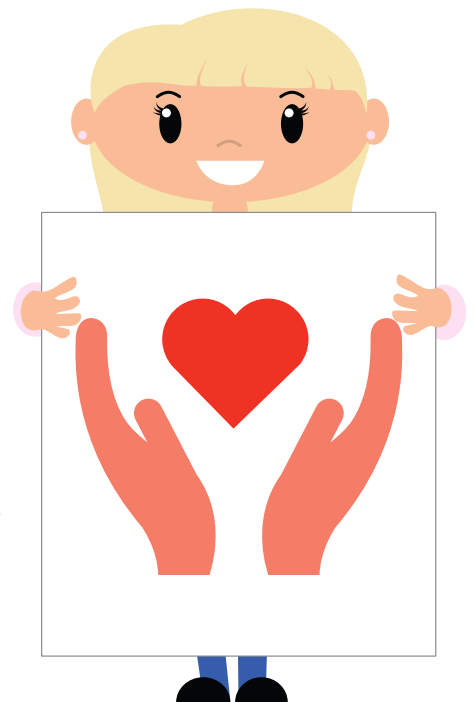
If time allows, or you would like to offer a homework based on the 3 sessions, use the following task based on the previous weeks



STEP 5 **GIVE**

'One of the most important ways you can improve your mental health is by giving back to your community.'

Random Acts of Kindness Poster - Pupils should have completed their random sticky notes of kindness challenge and should have at least ten acts that they completed in the last week. They should allow themselves a chance to feel pride at this & create their very own Random Acts of 'insert name here' Kindness. They can draw pictures of them completing their kind acts, they can write out a description in bubble writing, whatever they wish. Ask pupils to add how the kind acts made them feel and how they think their kind acts affected others.



You have completed the three 'Pure Mental' lesson plans. We hope you have enjoyed working on these activities and that it has opened up interesting conversations surrounding young people's mental health. We would love to hear your feedback, so please do get in touch!



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PURE
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DINGBATS



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12. _____



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