



PURE MENTAL LESSON PLAN 2

2 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. Explain that famous celebrities, cartoons, characters & even superheroes know the importance of talking about their mental health & how they are feeling.

Guess Who? - Split pupils into teams of 5/6, 1 member from each team will be given a celebrity/famous character to act as, along with a statement this character has made about mental health. The rest of their team must guess the character before the time runs out (teacher to decide on whether this is after 1 minute or 30 seconds. The ONLY thing each player can say is the character's statement however they can make other noises & act out silent clues. Complete as many as time allows, allowing 10-15 minutes for this task.

1. "Happiness isn't about getting what you want all the time. It's about loving what you have and being grateful for it."

Mickey Mouse.

2. "I found that with depression, one of the most important things you could realise is that you're not alone. You're not the first to go through it; you're not going to be the last to go through it."

The Rock (Actor plays Maui in Moana)

3. "We just need to be kinder to ourselves. If we treated ourselves the way we treat our best friend, can you imagine how much better off we would be?"

Meghan Markle (Actress & married to Prince Harry)

4. "I've been searching for ways to heal myself, and I've found that kindness is the best way."

Lady Gaga



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5. "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."
Albus Dumbledore (Harry Potter)
6. "Ohana means family. Family means nobody gets left behind."
Lilo & stitch
7. "For me, depression is not sadness. It's not having a bad day and needing a hug. It gave me a complete and utter sense of isolation and loneliness."
Kristen Bell (actress who plays Anna in Frozen)
8. "As long as we are together; it doesn't matter to me."
Marty from Madagascar
9. "Sometimes we have to go deep inside ourselves to solve our problems."
Patrick Star (Spongebob Squarepants)
10. "A little consideration, a little thought for others, makes all the difference."
Eeyore (Winnie-the-Pooh)
11. "Just keep swimming!"
Dory (Finding Nemo)
12. "I'm always terrified that something's going to happen. And I'm not going to be able to do this anymore and it's all going to end in one day. Part of the fear comes from loving this so much and not wanting to lose it."
Taylor Swift
13. "I just try to acknowledge that the scrutiny is stressful, and that anyone would find it stressful. So I've got to try to let it go, and try to be myself, and focus on important things, like picking up dog poop."
Jennifer Lawrence (Actress who plays Katniss Everdeen in Hunger Games)
14. "Fairy tales can come true. You gotta make them happen, it all depends on you."
Tiana (Princess and the Frog)
15. "Our fate lives within us, you only have to be brave enough to see it."
Merida (Brave)
16. "Friend something better than chocolate ice cream... maybe friend somebody you give up the last cookie for."
Cookie Monster (Muppets)



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17. "Now that I was famous, I was afraid I would never find somebody again to love me for me. I was afraid of making new friends. Then one day my mom said: 'Why do you think a person wouldn't love you? Don't you know how smart and sweet and beautiful you are?' That's when I decided I only have two choices: I can give up, or I can go on."

Beyonce

18. "There's no one I'd rather be than me."

Wreck-it Ralph

19. "Venture outside your comfort zone. The rewards are worth it."

Rapunzel (Tangled)

20. "The things that make me different are the things that make me."

Winnie the Pooh



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. Seated press-up

Sitting on their seat, with your fingers facing outwards, and the weight going through your arms/shoulders, lift yourself up just 1 cm from the seat.

2. Booty Clench

Squeeze or clench your bottom cheeks together, hold for 10 seconds, then release.



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3. Leg Extension

Sit on the edge of your chair & place arms on both sides. Extend the right leg outward while keeping it straight, flex your foot enough to ensure the right heel is touching the floor. Raise the leg as high as possible without making your back rounded. Count to 3, bring leg down. Repeat on other side.

4. Ab Twister

Sit on the edge of your chair with a straight back, lace your arms over your chest in a crossed manner. While inhaling, lightly flex the muscles on your abdomen. Exhale slowly without relaxing the muscles & squeeze them tighter while gradually turning right with your upper body. Inhale again & twist to the centre, returning to the original position. Repeat the same to your left side.

5. Seated Boogie

Don't forget that even having a little dance by yourself is a brilliant form of exercise, wave your hands in the air, do the robot, try big fish, little fish, pick your favourite arm dance moves & just enjoy having a boogie!



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. As well as mindfulness, this step is also about being aware of how others are feeling & how you can help & respond to them.

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. Replay the short testimony about a young homosexual man from the recorded performance of 'Pure Mental'. Ask the pupils to discuss how this testimony makes them feel. Do they feel sympathy for the young man? Would it make them feel differently about certain terms they use or jokes they have heard? What would they say to this man if they could speak to him now?



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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'

The fourth step to wellness is to 'keep learning', this could be learning a new skill, a new sport, an instrument, a new language or even a new dance! If you are learning something new & physical which other step is being completed with this activity? This is a very simple dance and should make no longer than 5-10 minutes to learn.

Laxed (Siren Beat) by Jawsh 685 AKA TikTok Song Dance

Replay the TikTok dance at time code 9:45 in the recorded performance of Pure Mental. The class is going to learn the choreography!

- The first move continues throughout, your hips must pop from left to right in time with the music, make sure all the class are popping the same way.
- Your hips continue to move while you bring your left hand up quickly to tap your right shoulder.
- Still using your left hand you then quickly tap your left shoulder before putting your left hand straight in the air, pointing to the sky. (This must all be in time to be music, with your hips still shifting from side to side)
- Allow your hips to shift from side to side twice with your left hand in the arm then do the same but with your right hand.
- Right hand tap left shoulder, taps right shoulder, up in the air for two counts.
- After finishing the right hand, both hands will go at once, meaning you must cross hands over for first move, left hand tap right shoulder, right hand tap left shoulder (at same time) then both uncross for right hand to tap right shoulder & left hand to tap left shoulder then both arms up in the air.
- Use the recording to help you pick up the moves, once everyone in the class has a grasp of it, perform it all the way through! You can find the full song on YouTube if your class want to finish the routine by adding their own choreography after class.



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STEP 5

GIVE

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

This can be completed at home if there is not enough time in class.

Random Sticky Notes of Kindness - Remind your class of the discussion you had the previous week in your 'circle time' about random acts of kindness. You are going to hand out sticky notes (or scraps of paper) and ask your pupils to write down at least 10 random acts of kindness that they can complete in the next week. You are challenging them to a kindness mission! Once they have written at least ten acts, ask them to place the sticky notes inside folders, pencil case, lunchboxes, on their bedroom mirror, anywhere that they will notice them & remind them to complete the random act of kindness.



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