



**PSHE**  
**Healthy Me**  
**Session 2**



**Tuesday 2<sup>nd</sup> March 2021**

**WALT:** understand what it means to be emotionally well and explore people's attitudes towards mental health/illness

**Key Vocabulary**

Mental health  
Emotional health  
Mental illness  
Symptoms



**Give yourself 2 minutes thinking time...**

How many emotion words can you think of?  
(happy, frustrated, excited etc...)

**Lesson information:**

**Have you heard the term 'mental health' or 'emotional health'?**

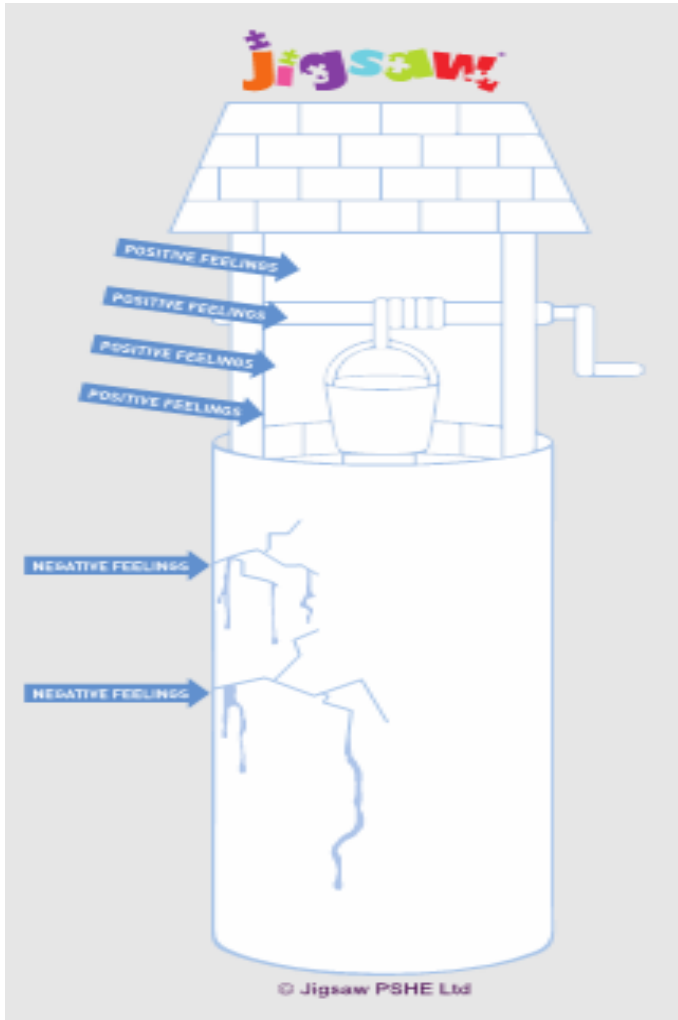
**Do you know what it means?**

These terms help explain how we feel. Sometimes, our emotional health suffers in the same way as our physical health suffers: we can get physical illnesses colds, 'flu, and chicken pox; and we can also get emotional or mental illnesses like depression and anxiety.

Mental illnesses are just as common as physical illnesses and if people are diagnosed with a mental illness it is not something to be ashamed or afraid of. It also very cruel to make fun of somebody with a mental illness, and this should never happen as it can make the person's illness worse.

Can you think of any other mental illnesses and what do you know about them?

## This is an 'emotional well'.



We can imagine our emotional health as if it's a well. If we fill our wells with positive feelings then our emotional health is good, and we feel emotionally fit and healthy. Common negative feelings like sadness, anger, stress, pressure, fear and worry can start to empty our wells, and we can imagine these making holes in the well, so all the positive feelings start to drain away. If a person's well gets very low that's when a mental illness might develop. There are lots of things we can do to keep filling our wells with all the positive feelings and to repair the 'leaks' when they happen.' So, for example, if a person is feeling stressed, they could talk to someone about how they are feeling and that might help plug the gap and stop that negative feeling from doing any more damage.'

### **Task: Complete your own emotional well template.**

**Use the 'emotional well' sheet on the website.** Write on some positive feelings you could put in your well and an activity or something that you can do to that makes that feeling happen. Show these as arrows going into the top of the well.

On the sides of the well, write some negative emotions that could damage your well and cause it to leak. Next to each negative emotion you should write or draw an activity/ something you could do, or people you could go to for help, that repairs the leak and helps stop the negative emotion causing any more damage.

Share your wells with your teacher. Let us know the emotions you have described, the ways to help yourself feel better and the people who can help.

Remember that if you would like to talk to your teacher (or another adult) about any worries or anxieties you may have- you know where we are 😊

**Questions to consider at the end of today's session:**

How many 'emotion' words can you use in your well?

Who is on your list of people to ask for help when you need it?

How do you know if you need help?