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**Subject: Mental Health and Wellbeing**

**Year: KS3**

**Term: Spring 2 (6 Weeks)**

**Greenwood School Curriculum Summary**

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| **Lesson name** | **Lesson outline** | **Online link(s)**  | **Other Resources** |
| **Week 1 - Lesson 1:** What is mental wellbeing | In this lesson, we will learn what mental wellbeing is. We will also be able to identify the factors that affect positive wellbeing. | [What is mental wellbeing? (thenational.academy)](https://classroom.thenational.academy/lessons/what-is-mental-wellbeing-69gket?activity=video&step=1) |  |
| **Week 1 – Lesson 2:**Why is connecting to others important? | In this lesson, we will learn about the link between connection and your mental wellbeing. You will be able to understand the importance of quality friendships. | [Why is connecting to others important? (thenational.academy)](https://classroom.thenational.academy/lessons/why-is-connecting-to-others-important-cmtpct) |  |
| **Week 2 – Lesson 1:** How does time online impact our mental wellbeing? | In this lesson, we will learn about the importance of limiting your time online and the negative effects of too much screen time. | [How does time online impact our mental wellbeing? (thenational.academy)](https://classroom.thenational.academy/lessons/how-does-time-online-impact-our-mental-wellbeing-ccwkcc?step=1&activity=intro_quiz) |  |
| **Week 3 – Lesson 1:** Our behaviours, thoughts and feelings | In this lesson, we will understand that we all have a range of emotions and that we can choose how to respond to situations. | [Our behaviours, thoughts and feelings (thenational.academy)](https://classroom.thenational.academy/lessons/our-behaviours-thoughts-and-feelings-ctk6cc?activity=intro_quiz&step=1) |  |
| **Week 3 – Lesson 2**: Dealing with Grief | In this lesson, we will learn about the emotions associated with grief. We will also discuss some possible coping strategies and how we can support each other. | [Dealing with grief (thenational.academy)](https://classroom.thenational.academy/lessons/dealing-with-grief-6thkac?activity=intro_quiz&step=1) |  |
| **Week 4 – Lesson 1:**Outward signs of mental wellbeing concerns | This lesson will recap the importance of positive mental health and explore how to recognise the physical and behavioural outwards signs of mental wellbeing concerns. | [Outward signs of mental wellbeing concerns (thenational.academy)](https://classroom.thenational.academy/lessons/outward-signs-of-mental-wellbeing-concerns-6tk30t?activity=intro_quiz&step=1) |  |
| **Week 5 – Lesson 1:**Subtle (easily hidden) signs of mental wellbeing concerns | This lesson will focus on sleeping problems (both too much and too little), dealing with feelings of anxiety and being overwhelmed. | [Subtle (easily hidden) signs of mental wellbeing concerns (thenational.academy)](https://classroom.thenational.academy/lessons/subtle-easily-hidden-signs-of-mental-wellbeing-concerns-60v36r?activity=intro_quiz&step=1) |  |
| **Week 5 – Lesson 2:**Taking action to minimise mental wellbeing concerns in ourselves | This lesson will focus on the importance of talking/sharing and engaging with physical activity, hobbies, connections in order to minimise mental health concerns. | [Taking action to minimise mental wellbeing concerns in ourselves (thenational.academy)](https://classroom.thenational.academy/lessons/taking-action-to-minimise-mental-wellbeing-concerns-in-ourselves-ctjk0e?activity=intro_quiz&step=1) |  |
| **Week 6 – Lesson 1:**Taking action to minimise mental wellbeing concerns in others | This lesson will focus on empathy/kindness and the impact of our words on others. | [Taking action to minimise mental wellbeing concerns in others (thenational.academy)](https://classroom.thenational.academy/lessons/taking-action-to-minimise-mental-wellbeing-concerns-in-others-60u30e?activity=intro_quiz&step=1) |  |

Staff have the discretion to make lesson last longer or go into topics in more detail dependent on the need and level of understanding of the students.