


<i>Learning Objective</i> <i>To understand the term mental health.</i>		
<i>Success Criteria</i>	<i>Self-Assessment</i>	
<ul style="list-style-type: none"> • <i>Know that mental health is about our feelings, our thinking, our emotions and our moods.</i> 		
<ul style="list-style-type: none"> • <i>Understand the difference between small and big feelings.</i> 		
<ul style="list-style-type: none"> • <i>Discover ways of dealing with our emotions and know when we can do it on our own or when we need support.</i> 		

Use the link below to access the video animation:

https://youtu.be/oz1S66_pYTw

Think about the following emotions:

<i>Gratitude</i>	<i>Surprise</i>	<i>Boredom</i>
<i>Happiness</i>	<i>Calmness</i>	<i>Sadness</i>
<i>Disappointment</i>	<i>Worry</i>	<i>Confidence</i>
<i>Anger</i>	<i>Frustration</i>	<i>Pride</i>
<i>Jealousy</i>	<i>Optimism</i>	<i>Excitement</i>

Choose one of the emotions (or one of your own) and explore it. What do we mean by that word? What word or images come to mind when we hear that word? How might someone feel if they are experiencing that emotion? Where might they feel it in their body?

Once you have thought about it complete the sheet below about your chosen emotion.

Example:

Name - Mrs Summerson.

Emotion - Gratitude.

When? Wednesday 14th June 2000.

What happened? My unborn daughter was getting distressed and so I had to have an operation for her to be born safely. It was an extremely worrying, stressful and scary time.

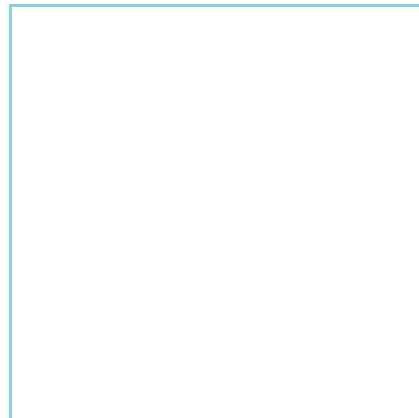
Why did you feel this way? I felt gratitude towards the doctors and nurses for delivering my daughter safely, looking after us both, keeping me comfortable and for reassuring me.

What can we do to help us deal with this emotion? Smile, say thank you and feel happy that everything worked out how I wanted it to.

Your turn - complete the sheet below and include a picture in the box to show the emotion.

Things that make me feel...

Emotion:



- *When?*
- *What happened?*
- *Who?*
- *Why did you feel this way?*
- *What can we do to help us deal with this emotion?*
