



Emotional Health

Aims:

To develop an understanding of emotional health and how to recognise emotional health in ourselves and others.

Preparation and materials:

- <https://www.youtube.com/watch?v=DxIDKZH3-E> [available 05/20] (We all have mental health).

Assembly:

1. Start the assembly by asking students what they think it means to be emotionally healthy? What might someone do to indicate whether they are emotionally healthy or not?
2. Share definition - Emotional health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is just as important as looking after our physical health.
3. Show a list of famous faces on a PP with people who have struggled with mental/emotional health issues (can be found in accompanying TCC lesson plan).
4. What character strengths and virtues do you need when going through a period of transition (perhaps at school moving into KS4 or thinking about their future?) What emotional challenges do you have to consider? Why can this be a difficult period?
5. Ask a selection of questions related to transition periods in life and overcoming anxiety.
 - Why is change an important part of life?
 - Which negative changes were the most common? Why do we think this is?
 - What could school do to support young people during these changes?
 - What support is available in school if someone is struggling to manage these changes?
 - Which changes have you personally found most challenging?
 - What character virtues did you have to use in order to overcome the challenge?
 - Did you find that you had developed those virtues enough or is it still a work in progress?
 - What might you need to do to strengthen yourself in this area?
6. Watch the mental and emotional health video.
 - What are the differences between everyday feelings and overwhelming feelings?
 - What are some self-care strategies we can use to deal with everyday feelings?
 - What does Sasha do?
 - Does it work?



The Character Curriculum

Flourishing for Life



- How are the feelings that André is experiencing different?
 - What does André do to manage these feelings? o What advice does André get from Sasha and his Head of Year?
 - What are some other things André could do? o What can you do if you are worried about a friend?
7. Interview a member of staff highlighting a time when they found something particularly challenging and the virtues, they displayed to overcome the challenge.

Reflection:

Remind students that they can access support at home, and both in school (e.g. through their form tutor, head of year, or school nurse) and out of school, through local and national organisations. Explain to students that there are lots of different ways that young people can seek help from reputable organisations, including text-based support, digital chat support and online counselling, as well as face to face or via phone. Share the following websites and phone numbers with the students:

- **Young Minds** - www.youngminds.org.uk
- **Childline** - www.childline.org.uk Phone: 0800 1111
- **Samaritans** - www.samaritans.org Phone: 116 123
- **Shout** - a 24-hour text service for someone experiencing a crisis and needing immediate help: 85258

Challenge:

Remember we all have emotional and mental health. Think about how you might show support to someone that you know who is struggling with their emotional or mental health.