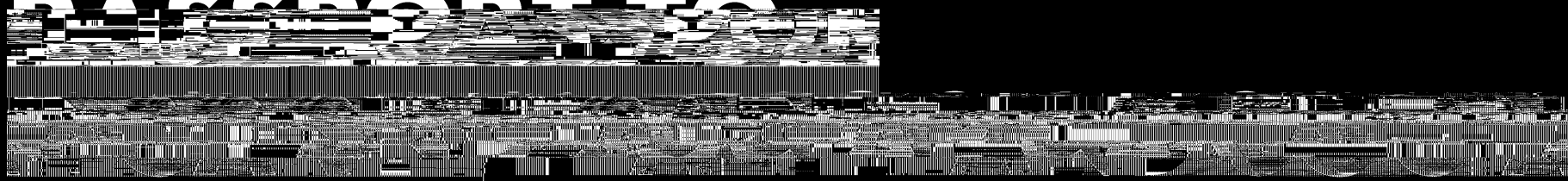


REPORT



ELEMENT 3: POSITIVE MENTAL HEALTH





STUDENT LEARNING OBJECTIVES



STUDENTS WILL:

- > Identify what support is available
- > Understand how to access different types of support
- > Understand how to maintain positive mental health
- > Practice and develop skills directly related to Health and Social Care
- > Develop life skills
- > Develop employability skills for future employment
- > Hold employee encounters virtual and face to face
- > Acquire and develop an appropriate vocabulary in writing and spoken language
- > Listen to and understand spoken language and use spoken Standard English when appropriate

- > Teachers to differentiate according to need

NOCN QUALIFICATION:

NOCN Links:

- > Introduction to Mental Ill Health L/650/1163
- Learning Outcome 2
- Learning Outcome 3

You can gather evidence through using teacher observation and assessment, photos and activities.

SKILLS USED FROM SKILLS BUILDER:

- > Listening
- > Speaking
- > Teamwork
- > Aiming High
- > Creativity
- > Problem Solving
- > Staying Positive

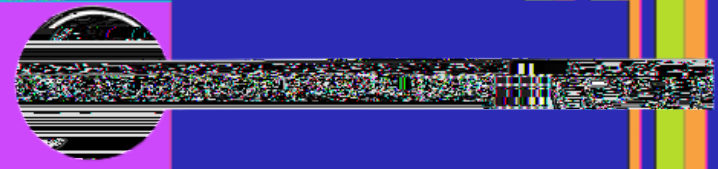
KEY WORDS:

- > Mental health
- > Mental illness
- > Positive
- > Mindfulness
- > Support

RESOURCES FOR ALL LESSONS:

- > Computer and internet access
- > Paper, pens, coloured pens, pencils, scissors and glue
- > **UN4E301** - Sources of support
- > **UN4E302** - My support network
- > **UN4E303** - Maintaining positive mental health poster


- > - Maintaining positive mental health activity
- > **UN4E305** - Mindfulness
- > **UN4E306** - Mindfulness colouring
- > - Mental healthcare assistant job description

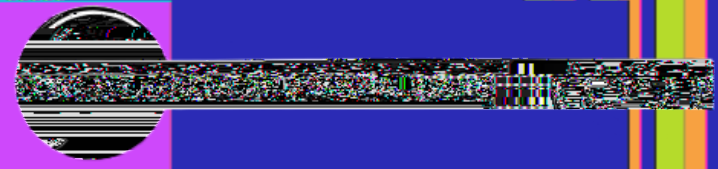


SESSION 1:

Unit 1: Introduction to Mental Health -



	LEARNING OUTCOMES	DIFFERENTIATION AND RESOURCES
<p>1. To support a person's mental health, there are many avenues of support available, which will appear in many different forms. For example, it might be support from a person, a service or a source of information.</p> <p>2.</p>		



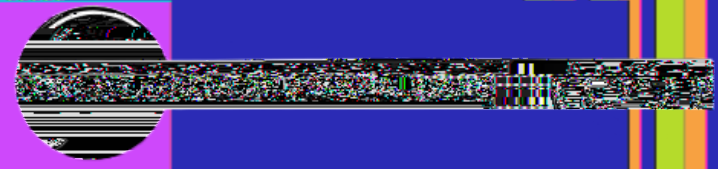
 6.	LEARNING OUTCOMES	DIFFERENTIATION AND RESOURCES

SESSION 2:

LOOKING AFTER YOUR MENTAL HEALTH**LEARNING
OUTCOMES****DIFFERENTIATION
AND RESOURCES**

1. Looking after your mental health and promoting positive mental health is as important as physical health. Can students think of things they can do to maintain positive mental health? This could be activities, lifestyle choices, social/creative hobbies etc. What would they personally choose to do to make themselves feel happier/more positive/lift their mood? Record their suggestions on the whiteboard, as this might help prompt other learners. Refer to the maintaining positive mental health poster as a prompt if needed.

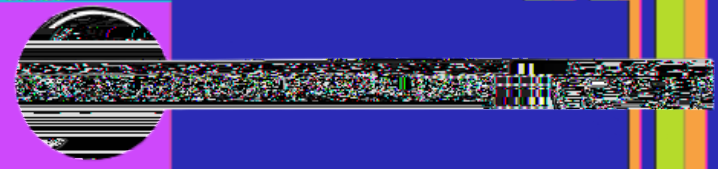
2. Complete the maintaining positive mental health activity



SESSION 3: MINDFULNESS



	LEARNING OUTCOMES	DIFFERENTIATION AND RESOURCES

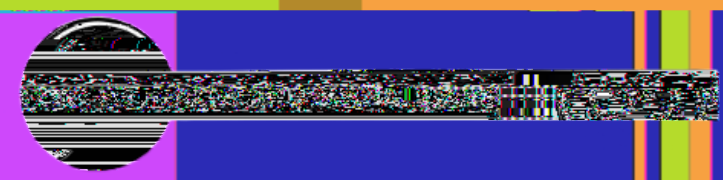


LEARNING OUTCOMES

DIFFERENTIATION AND RESOURCES

TASK VARIATION: Depending on your learners, you might like to spread out the mindfulness activities and attach them to the end of other lessons, rather than practice all techniques in this one session.

DIFFERENTIATION: Include learners in mindfulness meditation. Play a variety of tranquil and calm sounds and music to learner. Does this have a calming effect on the learner?



SESSION 4:

LEARNING
OUTCOMESDIFFERENTIATION
AND RESOURCES

Allow the students to look over the job description:
 See if they have met any of the skills through the sessions?
 Did they find any of the skills easy?
 Did they find anything difficult?
 Had they completed some of the tasks before?
 See if this would be something they would like to do as a job?
 For those that wish to, you could hold a mock interview asking questions around the skills they have learned related to the Health and Social Care sector.

Use the [Your Future Opportunities](#) job directory to search for relevant job profiles within the sector.

You might like to encourage learners to identify and look at:

- Different job roles
- Qualifications required
- Local job vacancies

Skill identification

Linking activity to careers and subject learning

- > Speaking
- > Listening
- > Reading

- > **UN4E307** - Mental healthcare assistant job description