Lesson 7: Reflection on mental health

Learning Objectives: (slide 1)

- Understand that there are lots of different mental health conditions with varied symptoms and signs
- Assess learning from the unit of work

Starter 5 mins In pairs list all of the mental health disorders that they have heard of - many will come from the scheme of work but students may have their own examples. Show powerpoint slide 2 - emphasize that there are lots of diagnosable mental health disorders and even within a particular disorder the signs and symptoms vary between people.	Skills:	Resources:
Main 40 mins 15 mins Give students Hannah's story. This is a true story and has been written by Hannah (real name) to describe her experiences in her own words. Students should read it and then use the thinking points on slide 3 to discuss in pairs. Feedback to the class. 25 mins Assessment. Go through answers.	Independence Reflection Resilience	Hannah's story Assessment questions
Plenary 10 mins Give students chance to complete these if not already finished. Students look back over their completed A3 summary sheets. On the reverse draw 3 stars and complete the sentences on slide 4. Encourage students to see if there is someone in the class who can answer the 3rd star - if not encourage them to independently research the answer themselves.	Reflection	A3 summary sheets