Individual Health and Well-Being – Step 2

Information for teachers

What we are going to learn today (learning outcomes)

The intention of the learning outcomes is to link to the content of the animation.

- Learn about what makes you feel happy.
- Learn about what makes you feel sad.
- Learn when you need to ask for help.
- Identify who you can speak to if you need help.

Hopefully the animation will generate some questions from the students. Below are the suggested discussion points. These are not an exhaustive list and the students may want to talk about something else. Feel free to cover as many or as few points as time permits. The numbered questions below are accompanied by follow-ups, or prompts, in the event discussion is slow.

Class or Small Group Discussion Points

1. **Do you have any questions about the animation? (NB if so, ask the class if they have any answers).**
2. **Can you think of a time lately when you were happy?**
    a. How did you feel when you were happy?
    b. What were you doing when you felt happy?
    c. Who were you with when you felt happy?
3. **Can you think of a time lately when you were sad?**
    a. How did you know you were sad?
    b. What were you doing when you felt sad?
    c. Who were you with when you felt sad?
    d. Who would you tell you felt sad?
    e. How might you tell someone you felt sad?
4. **When do you need to ask for help?**
    a. Why is this important?
5. **Who would you ask for help if you were sad?**

The children have a short workbook that they should complete (time permitting) in class or they can take home.

Here are some other resources that might prove useful

Books Beyond Words
https://booksbeyondwords.co.uk/bookshop?category=Lifestyle+%26+Relationships