

CONTENTS

Acknowledgements	1
About the authors	2

INTRODUCTION

Background	6
Research basis	7
Aims of the resource	10
Defining mental health education	11
How to use this resource	12
Getting the environment right	14
Programmes in action: Pedagogies for mental health education	17
Evaluation and reflection	27
Wider school issues	29

SECTION 1: IDENTITY

Overview of this section	35
Lesson 1 Who am I? Thinking about names and labels	37
Lesson 2 Rangatiratanga—self-determination: Who am I and what do I stand for?	39
Lesson 3 Thinking about identity as fluid and multiple	42
Lesson 4 Preferences and patterns	44
Lesson 5 Gender, sexuality, and identity	46
Lesson 6 Gender, sexuality, feminism	50
Lesson 7 Body image and values	53
Lesson 8 Body image and diversity	57
Lesson 9 Body image: Thinking critically about fatness and body weight	60
Lesson 10 Understanding discrimination (revisiting labels)	64
Lesson 11 Working against racism	67
Lesson 12 Meaning in life	71
Lesson 13 Purpose in life	73
Lesson 14 Understanding world religions	76
Lesson 15 Ethics	85
Lesson 16 WHO do you want to be versus WHAT do you want to do?	87
Lesson 17 What is success?	88
Lesson 18 Would you rather? Making choices	92
Lesson 19 Creating a positive online identity	94

SECTION 2: WELLBEING

Overview of this section	97
2.1 Exploring wellbeing	99
Lesson 20 Strengthening wellbeing?	100
Lesson 21 Models of wellbeing	102
Lesson 22 Understanding depression	104
Lesson 23 What is anxiety?	107
Lesson 24 SPARX online programme: Developing skills for feeling down, depressed, or stressed	109

2.2	Expressing feelings	111
	Lesson 25 Feelings	112
	Lesson 26 Links between feelings	114
	Lesson 27 Empathy box	116
	Lesson 28 Monitoring feelings	118
	Lesson 29 Dealing with fear	120
2.3	Developing resilience	122
	Lesson 30 Developing resilience and grit	123
	Lesson 31 Flexible optimism	125
	Lesson 32 Mana	128
	Lesson 33 Resilience: Dealing with change	131
	Lesson 34 Tips for self-care	133
	Lesson 35 Gratitude	135
	Lesson 36 Being kind to yourself	136
2.4	Stress and relaxation	137
	Lesson 37 Recognising stress	138
	Lesson 38 Ways of dealing with stress	142
	Lesson 39 Stress snap	143
	Lesson 40 De-stressing thoughts	145
	Lesson 41 Stress versus relaxation	148
	Lesson 42 The great outdoors for stress busting	150
	Lesson 43 Body responses to stress/anxiety	152
	Lesson 44 Focusing on relaxation	154
2.5	Mindfulness	155
	Lesson 45 Understanding mindfulness	156
	Lesson 46 “Clear the deck” mindfulness exercise	158
	Lesson 47 Listening mindfulness exercise	160
	Lesson 48 Visualisation mindfulness exercise	161
	Lesson 49 Body relaxation exercise	162
	Lesson 50 Mindful of time	165
2.6	Online wellbeing and help-seeking	167
	Lesson 51 Keeping yourself safe online	168
	Lesson 52 Dealing with bullying online	170
	Lesson 53 Help-seeking	173
	Lesson 54 Self-help	176
	Lesson 55 Mapping community services	178
2.7	Caring for others’ wellbeing	180
	Lesson 56 Circles of trust	181
	Lesson 57 Belonging to groups	183
	Lesson 58 Focusing on families (whānau, aiga, etc.)	185
	Lesson 59 Rights and responsibilities	187
	Lesson 60 Being an upstander, not a bystander	189
	Lesson 61 Coping with changes	191
	Lesson 62 Accepting different views	193
	Lesson 63 Check the labels	196
	Lesson 64 Challenging assumptions	198
	Lesson 65 Needs and wants	200
	Lesson 66 Help-seeking and community	202
	Lesson 67 Community engagement: Acts of service for wellbeing	205

2.8	Goal setting and time management	207
	Lesson 68 Setting goals	208
	Lesson 69 Effective goals	210
	Lesson 70 Goal posts	212
	Lesson 71 Back to the future	213
	Lesson 72 How I spend my time	214
	Lesson 73 Allocating time	217
	Lesson 74 Time management	219
	Lesson 75 More goal posts	221
	Lesson 76 Reviewing time for relaxation and mindfulness	222
	Lesson 77 Helping others manage time	223

SECTION 3: INTERPERSONAL SKILLS AND COMMUNICATION

	Overview of this section	225
3.1	Listening skills	227
	Lesson 78 Nonverbal communication	228
	Lesson 79 Real listening and pseudo-listening	231
	Lesson 80 Improving listening skills	234
	Lesson 81 Analysing chat show hosts	236
	Lesson 82 Practising paraphrasing and summarising	237
	Lesson 83 Observing and reflecting feelings	239
	Lesson 84 Practising and monitoring listening skills	241
3.2	Friendship	243
	Lesson 85 Others in my world	244
	Lesson 86 Taonga tākaro	245
	Lesson 87 Am I a good friend?	247
	Lesson 88 Exploring friendships	249
	Lesson 89 Qualities in friendships	250
	Lesson 90 Positive aspects of friendships	251
	Lesson 91 Fears about friendships	252
	Lesson 92 Blocks within friendships	253
	Lesson 93 Who is responsible?	254
3.3	Assertiveness	255
	Lesson 94 Types of behaviour	257
	Lesson 95 Guided fantasy: Identifying feelings	260
	Lesson 96 Surviving the push-back	262
	Lesson 97 Under pressure	263
	Lesson 98 Positive feedback	266
	Lesson 99 Requesting a change	269
	Lesson 100 Responding to negative feedback	272
3.4	Skills for problem solving	274
	Lesson 101 Identifying problems	275
	Lesson 102 Using a problem-solving model	276
3.5	Making decisions	279
	Lesson 103 Snap decisions	280
	Lesson 104 Steps for decision making	283
	Lesson 105 Decisions, decisions	286
	Lesson 106 Who influences us?	287
	Lesson 107 Questioning to help others make decisions	289

3.6	Negotiation	290
	Lesson 108 Defining negotiation	291
	Lesson 109 Practising negotiation	294
	Lesson 110 Designing a negotiation game	296
3.7	Resolving conflict	298
	Lesson 111 Understanding conflict	299
	Lesson 112 Resolving conflicts	301
	Lesson 113 Applying a model for resolving conflict	304

SECTION 4: HEALTH PROMOTION

	Overview of this section	305
4.1	Defining health promotion and health education	307
4.2	Different approaches to health promotion: Inquiry and project-based learning	310
4.3	Undertaking health promotion with your class	313
4.4	Other useful information for health promotion	319

SECTION 5: WARM-UP ACTIVITIES

5.1	Warm-up activities: Identity	321
	Lesson 114 Myself	321
	Lesson 115 Bursting balloons	322
5.2	Warm-up activities: Feelings	323
	Lesson 116 Feelings cards	323
	Lesson 117 Feelings barometer	323
	Lesson 118 Roll the dice	324
	Lesson 119 Feelings round	324
	Lesson 120 Miming feelings	324
5.3	Warm-up activities: Problem solving	325
	Lesson 121 Guess who I am?	325
	Lesson 122 What's happening	325
	Lesson 123 Knots	325
	Lesson 124 Cleaning up	326
5.4	Warm-up activities: Decision making	327
	Lesson 125 Pig, wolf, and farmer	327
	Lesson 126 Human noughts and crosses	327
	Lesson 127 Where do you come from?	328
5.5	Warm-up activities: Negotiation	329
	Lesson 128 Winking partners	329
5.6	Warm-up activities: Conflict	329
	Lesson 129 Samurai game	329
5.7	Warm-up activities: Mediation	330
	Lesson 130 Elephant, palm tree, and mouse	330
5.8	Warm-up activities: Thinking about friendship	331
	Lesson 131 How many of you ...	331
	Bibliography	332
	Index	338