



**OpenView**  
**Education**  
TRAINING THROUGH THEATRE

**Mental Health & Wellbeing**  
**The Steps to Wellbeing Wisdom**  
**KS3 Lesson Plan**

# Steps to Wellbeing Wisdom: Lesson Plan (KS3)

## LEARNING OUTCOMES

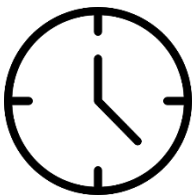
- ★ Students understand that there are actions and behaviours that are beneficial for our mental wellbeing.
- ★ Students can identify how they can apply these actions and behaviours in their own life (e.g. who they can speak to in order to access support, how they can get exercise.)

## AIMS



- ★ Students discuss the Steps to Wellbeing Wisdom.
- ★ Students create a Steps to Wellbeing Wisdom poster.
- ★ Students review what they learnt from the OpenView Education workshop.

## TIME



60 minutes

## RESOURCES



[Download the 'Steps to Wellbeing Wisdom' PowerPoint.](#)

# Starter

If your students have taken part in the OpenView Education Mental Health & Wellbeing Workshops, start the lesson by discussing the following questions:

- ★ What challenge did Jacob experience; how did this impact his mental wellbeing?
- ★ How did Jacob use the Steps to Wellbeing Wisdom?
- ★ What was the one most important thing that you learnt from the workshop?

Introduce the lesson by talking about each of the 5 Steps to Wellbeing Wisdom.

# Main

Put your students in to pairs or small groups.

Go through each of the *Steps to Wellbeing Wisdom* one at a time.

First talk about what each of the steps mean, and then discuss examples for how we could apply that step in our life.

Set each group of students the task of writing down three ways that they could apply each of the *Steps to Wellbeing Wisdom* in their own life.

For example, for the '*Learn Something New*' step, their list could be as follows:

- ★ Learn a new word every week.
- ★ Read a book before bed.
- ★ Do research on the internet for homework.

Once students have a short list for each of the steps, allow students to share their ideas with the rest of the class.



## **Activity:** Create a Steps to Wellbeing Wisdom Poster

Explain to your students that you are all going to create a poster to help us to remember to use the Steps to Wellbeing Wisdom.

Your students can now create a poster of the five Steps to Wellbeing Wisdom.

Underneath the titles of each step, they can write one way they are going to use that step.

For example, underneath 'Get Moving!' you could write:

**Get Moving!**

I'm going to get more exercise by riding my bike at the weekend.

## To Finish

Ask your students to share one or two things that they included on their poster. These posters can then be used to create a wall display in your classroom.

# Great job!


We'd love to hear what you thought about these lesson plans...

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