**Issue Title: The Health Issue – Mental Health**

**Date: 22 Feb 2022**

**Teacher:**

**Level: All Levels**

**Achievement Objectives:** L3 – Personal Growth and Development, Personal Identity

* Identify factors that affect personal, social, physical and emotional growth and develop skills to manage changes.
* Describe how their own feelings, beliefs and actions, and those of other people, contribute to their sense of self-worth.

**Big Question**:

Why is it important to be able to be aware of my own and others wellbeing?

 What can I do to manage my own wellbeing and be supportive of others (friends and family) who are in need of help?

**Learning Intentions (Students will):**

* Understand what wellbeing is (4 pillars) and why it is important to maintain a balance between the different areas.
* Know where/ how to get help
* Critically reflect on why beliefs and feelings of individuals will determine how they cope in different situations
* Understand how to recognise signs that everything is not ”ok”

**Success Criteria (Students can):**

* Share key ideas about 4 pillars and the importance of well being
* List possible signs that could indicate that things are not “ok”
* Share ideas about how you can help yourself and/ or others
* Explain how their own beliefs/ values/ feelings will affect how they would respond in

in an unfamiliar/ uncomfortable situation

**Key competencies (highlight):** Relating to others, Managing Self, participating and contributing

**Vocabulary:** Te Whare Tapa Wha, anxiety, depression, wharenui, whenua, critical, mindfulness,

**Tuning in: (How to connect with students’ current thinking, prior knowledge, misconceptions, interests and wonderings)-**

Class discussion –

What is wellbeing? Why is wellbeing important?

Introduce Te whare Tapa Wha and the 4 pillars

<https://pausebreathesmile.nz/free-resources/>

<https://www.health.govt.nz/system/files/documents/pages/maori_health_model_tewhare.pdf>

<https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/>

<https://www.healthnavigator.org.nz/videos/m/mental-health-youth/mental-wellbeing-for-teens/>

**Group Activity:**

* Build a whare with 4 pillars of wellbeing with explanations.

<https://sparklers.org.nz/parenting/make-your-own-whare-tapa-wh%C4%81/>

**Other activities/group research:**

* Create poster illustrating what you can do to balance your emotions and anxieties.
* Design a pamphlet that can be distributed to other class, with information about where you can go for help.
* Design a template diary page, where individuals can record their feelings and emotions
* Write short plays to illustrate different scenarios that can affect mental and emotional wellbeing. Act out and video performance to show others. Include possible solutions to diffuse issue.

**Making conclusions:**

* Have you come to a conclusion about the importance of maintaining a balance between the 4 pillars?
* Would you be able to assist a friend who was feeling anxious?
* How would you be able to manage your own wellbeing?

**Assessment**

***Formative***

* **Engagement with topic**
* **Collaboration**
* **Questions to investigate**

***Summative*:**

* Posters
* Pamphlets
* Videos
* Model of Te Whare tapa wha

**Materials/Resources:**

[www.in2edu.com](http://www.in2edu.com)

<https://pausebreathesmile.nz/>