

## Year 8 Learning Map

Mental Health and Wellbeing				
<p><b>Prior Learning</b> This topic builds on knowledge that you gained in Year 7, when looking at having a healthy and balanced lifestyle. This module will help you develop the knowledge you have on what healthy means and how having a balanced lifestyle impacts upon this.</p> <p>You will develop your skills on how to further manage a balanced lifestyle.</p>		<p><b>Current Learning</b> In this topic you will gain new knowledge about what is meant by the term mental health, and how our mental health and emotions are linked. You will develop an understanding of the different things that may impact on a person’s mental health and some effective ways to deal with these.</p> <p>This topic is important to build on knowledge gained in Year 7, of how to ensure you have a happy and healthy lifestyle, from now into adulthood.</p>		<p><b>Subsequent Learning</b> This topic will prepare you for further learning in PSHCE, right through to the end of year 11. It will introduce you to key concepts such as health and wellbeing and the various things that can impact this.</p> <p>You will develop various coping mechanisms to help you manage aspects of your life both in Ridgewood and beyond, to maintain a happy healthy lifestyle.</p> <p>You will go on to reflect on and understand how our actions have consequences, and how to manage these positively and effectively.</p>
Lesson Sequencing		Tier 3 Vocabulary	Wider Reading Opportunities	Ways in which parents/carers can support
Lesson 1	What is mental health?	Balanced diet Psychological Mental Wellbeing Emotional Stress Anxiety Body image Bereavement	You can use independent study opportunities to engage with the following websites. Look at the information provided on how to maintain a healthy lifestyle and coping mechanism a person can use. <a href="#">Looking after yourself - YoungMinds</a>  <a href="http://www.nhs.uk">Live Well - NHS (www.nhs.uk)</a>	Explore what different coping and support mechanisms can be used to help in times of stress. Create a toolkit of activities to turn to, to help in difficult times, including enjoyable activities e.g. play football, painting your nails.  Take part in exercise together as a family – this could be a walk. Record how you feel before and after the exercise.
Lesson 2	Talking about our emotions.			
Lesson 3	Physical exercise, diet and mental health.			
Lesson 4	Changing body/body image.			
Lesson 5	Positive and negative impacts on mental health.			
Lesson 6	Stress, anxiety and self-harm.			
Lesson 7	Assessment – letter to the Headteacher.			