

Music & Performing Arts | KS3 PSHE Lessons

Term 1 – Mental Health

For each of the lessons in this topic please follow through the Term 1 PSHE PowerPoint. All 8 lessons are on the same PowerPoint. There is a title page for the beginning of each lesson to help you navigate your way through.

Week 1	<p>Big Q: How has lockdown affected our mental health?</p> <p>Workbook pages: 2-5 PowerPoint slides: 1-11</p> <p>Tasks: Engage Task – Complete the table to define words used during the course of lockdown?</p> <ol style="list-style-type: none">1. Identifying your strengths2. Reacting normally to an abnormal situation3. Coping with Stress – Mindfulness (track below)4. Moving forward5. Zak's story <p>Resources: https://www.foundationforpositivementalhealth.com/wp-content/uploads/2019/08/01-3-Minute-Mindfulness-For-Schools-Ashley-plus-Music-20190716.mp3</p>
Week 2	<p>Big Q: How has lockdown affected our mental health? Big Q: What is mental ill health and what are people's attitudes towards it?</p> <p>Workbook pages: 5-8 PowerPoint slides: 12-18</p> <p>Tasks:</p> <ol style="list-style-type: none">6. Review and reflect7. Breathing exercise8. Summarise your learning <ol style="list-style-type: none">1. Explain to an alien2. Defining mental health
Week 3	<p>Big Q: What is mental ill health and what are people's attitudes towards it?</p> <p>Workbook pages: 8-14 PowerPoint slides: 19-41</p> <p>Tasks:</p> <ol style="list-style-type: none">3. True or False?4. We all have mental health (watch video below and answer questions)5. Exploring language6. Complete Discrimination7. Summarise your learning <p>Resources: https://www.youtube.com/watch?v=DxIDKZHW3-E</p>
Week 4	<p>Big Q: What is depression?</p> <p>Workbook pages: 15-18 PowerPoint slides: 42-54</p> <p>Tasks: Engage task – Answer the 5 questions</p> <ol style="list-style-type: none">1. What is depression?2. Causes of Depression – biological, psychological & social3. Symptoms of Depression – psychological, physical & social4. Severity of Depression – mild, moderate & severe5. Different types of depression6. Depression, its symptoms and self-harm - write notes using your mind map in Question 6 whilst watching https://www.bbc.co.uk/bitesize/clips/zxqcd2p

	<p>7. Who to tell if you or a friend was showing symptoms of depression.</p> <p>8. Summarise your learning</p> <p>Resources: With Question 6: https://www.bbc.co.uk/bitesize/clips/zxqcd2p</p>
Week 4-5	<p>Big Q: What is Anxiety?</p> <p>Workbook pages: 19-23</p> <p>PowerPoint slides: 55-79</p> <p>Tasks: Engage Task – Complete the statement table</p> <ol style="list-style-type: none"> 1. What is anxiety? 2. Causes of anxiety 3. Different types of anxiety 4. Treatments for Anxiety Disorders 5. Meditation 6. What to do if a friend showed signs of anxiety 7. Summarise your learning <p>Resources: https://www.youtube.com/watch?v=Bk_qU7l-fcU</p>
Week 5	<p>Big Q: What is OCD?</p> <p>Workbook pages: 25-29</p> <p>PowerPoint slides: 80-89</p> <p>Tasks: Engage Task – Complete the crossword</p> <ol style="list-style-type: none"> 1. What is OCD? - Give the definition for Obsessive Compulsive Disorder 2. Myth Buster 3. Debunking the myths of OCD with Natascha M. Santos – answer the questions after watching the video: https://www.youtube.com/watch?v=DhlRgwdDc-E 4. Understanding OCD – watch https://www.youtube.com/watch?v=ua9zr16jC1M to complete the activity. 5. What is life like for people who are affected by OCD? 6. What could you do to help them? 7. Summarise your learning - answer lesson 5's Big Question – What is OCD? <p>Resources: Debunking myths: https://www.youtube.com/watch?v=DhlRgwdDc-E Understanding OCD: https://www.youtube.com/watch?v=ua9zr16jC1M https://www.ocduk.org</p>
Week 6	<p>Big Q: How can I maintain positive emotional well-being?</p> <p>Workbook pages: 30-35</p> <p>PowerPoint slides: 90-99</p> <p>Tasks: - Engage Task: Create and A-Z list of factors that could affect mental wellbeing</p> <ol style="list-style-type: none"> 1. Daily wellbeing – reflect on the case study. 2. Watch video below and answer questions 3. Managing disappointments and setbacks 4. Reflection 5. Summarise your learning <p>Resources: https://www.youtube.com/watch?v=JA7G7AV-LT8&index=2&list=PL1HN98dJOCA_E_ISZaa2Jlp6ctZ6SehEC</p>
Week 7	<p>Big Q: How can I develop digital resilience to support my mental health?</p> <p>Workbook pages: 36-41</p> <p>PowerPoint slides: 100-118</p> <p>Tasks: - Engage task – List the benefits and challenges to young people's online emotional wellbeing.</p> <ol style="list-style-type: none"> 1. Complete the Diamond Nine on reasons people take selfies.

	2. A digital day in the life of Taylor. 3. Improving Taylor's day. 4. Summarise your learning - answer Lesson 7's Big Question – How can I develop digital resilience to support my mental health? Resources:
Week 8	Big Q: What are healthy and unhealthy coping strategies for mental health struggles? Workbook pages: 42-51 PowerPoint slides: 119-132 Tasks: - Engage Task – Complete the table to define the key terms 1. Opinions - 'Rate the opinion' and 'give your reason' task 2. Case study (part 1) 3. Case study (part 2) 4. Case study (part 3) 5. A day in the life of Logan 6. Celia's day 7. Talking Heads 8. Summarise your learning Resources:

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	
Week 7	
Week 8	

Term 2 – Addictive Substances

Week 1	Big Q: Workbook pages: Tasks: Resources:
Week 2	Big Q: Workbook pages: Tasks: Resources:
Week 3	Big Q: Workbook pages: Tasks: Resources:
Week 4	Big Q: Workbook pages: Tasks: Resources:
Week 5	Big Q: Workbook pages: Tasks:

	Resources:
Week 6	Big Q: Workbook pages: Tasks: Resources:
Week 7	Big Q: Workbook pages: Tasks: Resources:
Week 8	Big Q: Workbook pages: Tasks: Resources: