

# SESSION PLAN

MINI MEDICS - MENTAL HEALTH TRAINING FOR CHILDREN : 01.03.2022



## Mini Medics® – Mental Health Training for Children 3 hour course

### Overview

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#### Introduction

<b>Module 1</b>	Understanding mental health
<b>Module 2</b>	Emotions and feelings
<b>Module 3</b>	Mental health problems
<b>Module 4</b>	Talking about mental health
<b>Module 5</b>	Looking after our mental health
<b>Course closure</b>	

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	<b>Introduction</b>
<b>Module content</b>	Course introduction Course syllabus
<b>Module duration</b>	<b>5 minutes</b>

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<b>Module 1</b>	<b>Understanding mental health</b>
<b>Module content</b>	What is mental health? The link between mental and physical health What can help our mental and physical health? Everyday things affecting mental health
<b>Module duration</b>	<b>20 minutes</b>

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<b>Module 2</b>	<b>Emotions and feelings</b>
<b>Module content</b>	Understanding emotions and feelings Recognising emotions and feelings Why should we express our feelings? How emotions change our behaviour Mental health mood scale Mixed emotions
<b>Module duration</b>	<b>30 minutes</b>

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<b>Module 3</b>	<b>Mental health problems</b>
<b>Module content</b>	What causes mental health problems? Signs of a mental health problem The impact of mental health problems Loneliness Stress Feeling unhappy Feeling worried The importance of mental health
<b>Module duration</b>	<b>60 minutes</b>

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**Module 4**            **Talking about mental health**  
**Module content**    Asking for help  
                              How to talk about mental health  
                              Listening to other people's worries  
**Module duration**   **20 minutes**

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**Module 5**            **Looking after our mental health**  
**Module content**    How to look after our mental health  
                              Other activities that support mental health  
                              Looking out for other people  
                              Further information  
                              Mental health support  
**Module duration**   **40 minutes**

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**Module content**    **Course closure**  
                              Key points to remember  
                              Questions and answers  
                              Course closure  
**Module duration**   **5 minutes**

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