

The background features several circular icons in various colors: a blue circle with a bicycle, an orange circle with a tree, a purple circle with a crescent moon and zzzs, a blue circle with two speech bubbles, a green circle with a hand holding a heart, a red circle with a head and gear, a blue circle with a ticket, and a dark green circle with an apple. There are also light blue swirls and orange cloud-like shapes.

The 8 Tips for Good Mental Health



We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.

4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

Being in the moment



SLIDE 3



In the last week...

- You've done something helpful for a friend.
- You've done something relaxing.
- You've been physically active.



Introducing the topic



SLIDE 5



Introducing the topic



SLIDE 6



**MORE AND
BETTER SLEEP**

Introducing the topic



SLIDE 7

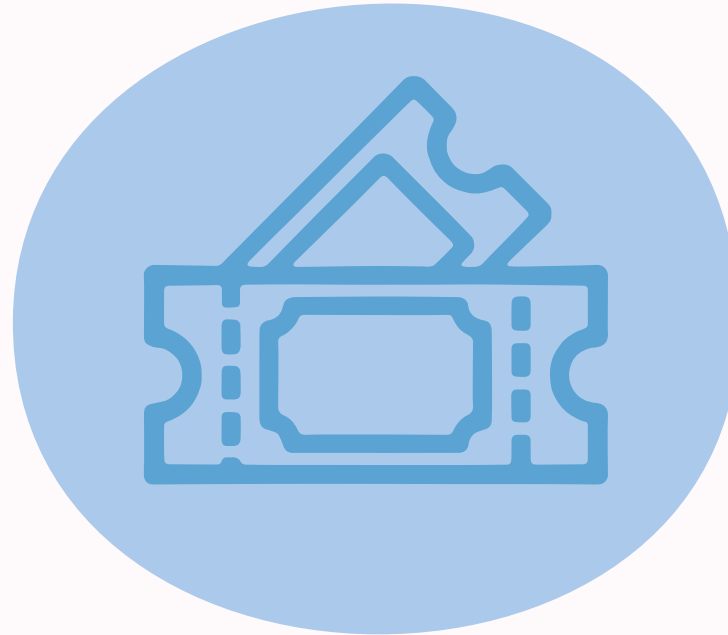


**UNDERSTAND AND
MANAGE FEELINGS**

Introducing the topic



SLIDE 8

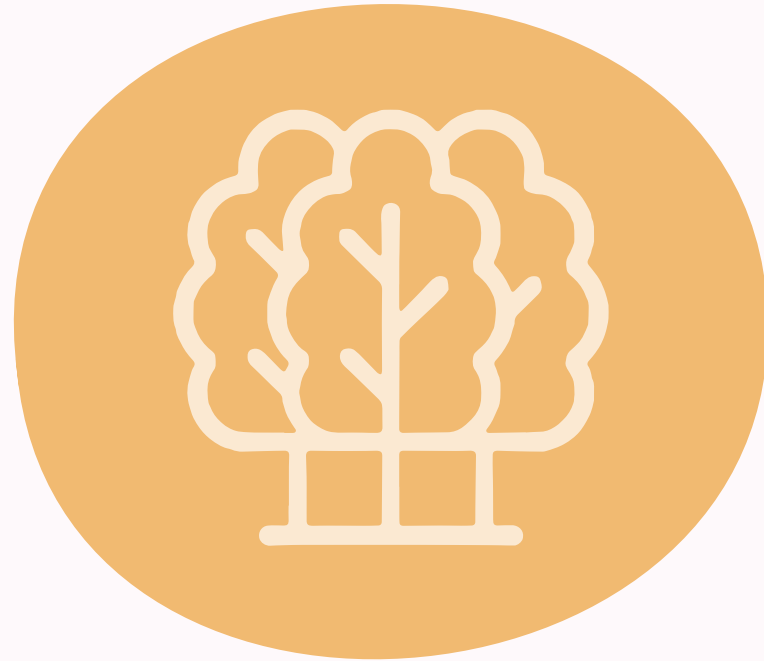


**LOOK FORWARD
TO SOMETHING**

Introducing the topic



SLIDE 9



**SPEND TIME IN
GREEN SPACES**

Introducing the topic



SLIDE 10



**HAVE A
HEALTHY DIET**



Introducing the topic



SLIDE 11



**HELP
OTHERS**

Introducing the topic



SLIDE 12



**BE PHYSICALLY
ACTIVE**

Introducing the topic



SLIDE 13



**BUILD AND MAINTAIN
HEALTHY RELATIONSHIPS**

Introducing the topic



SLIDE 14

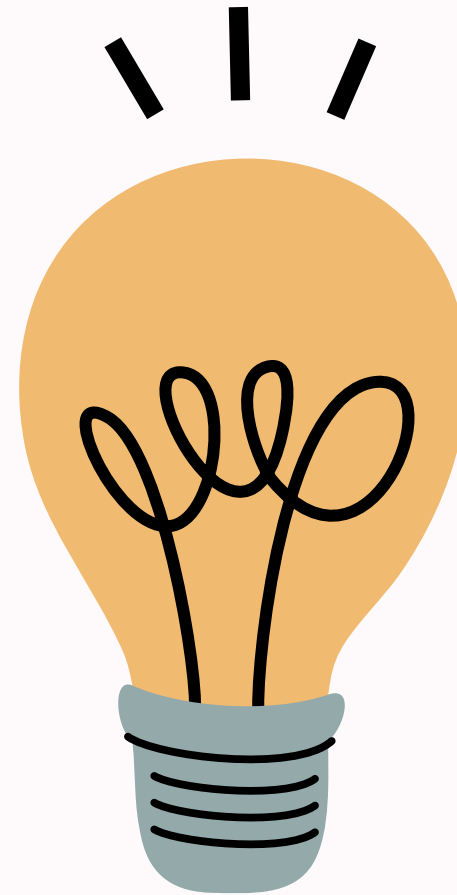


Learning through activity



SLIDE 15


How could the wellbeing tip be promoted in your class and across the school?



Reflecting on the learning




SLIDE 16




**One thing I
have learned.**



**One thing I will
do differently.**



**One question
I would like an
answer to.**

Three thin, curved orange lines at the bottom of the slide, resembling a horizon or stylized hills.

Reflecting on the learning



**One thing I
have learned.**

SLIDE 17

Reflecting on the learning



**One thing I will
do differently.**

SLIDE 18

Reflecting on the learning



**One question
I would like an
answer to.**

SLIDE 19

Lesson summary



SLIDE 20

It is important to explore the ways we can look after our mental health and wellbeing, which will be individual to each of us.

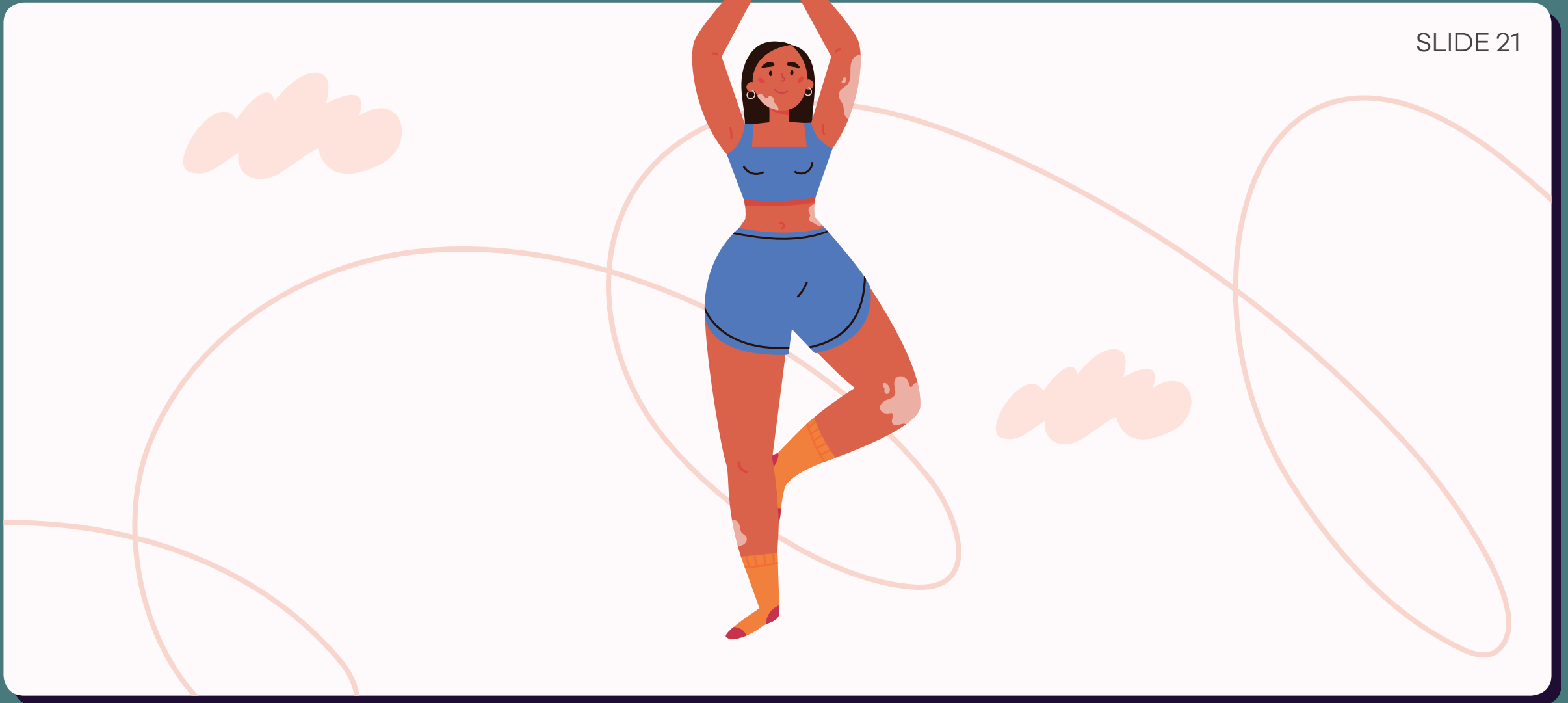
The 8 Tips for Good Mental Health framework can be a reminder of the different ways to look after ourselves.

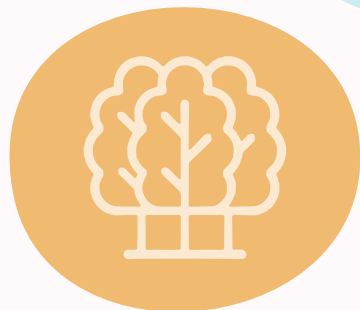


Being in the moment

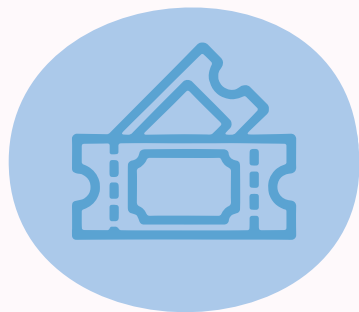


SLIDE 21





Mental health awareness



The 8 Top Tips for Good Mental Health



Peer
Education
Project

Lesson



Mental Health
Foundation



Taking action



SLIDE 23



**What are the
barriers to someone
following the 8 Tips for
Good Mental Health?**

**What could
someone do to
overcome these
barriers?**



Barriers

Top tips

SLIDE 25

Challenging thinking



SLIDE 26



Challenging thinking



SLIDE 27