

## **Learning for Life Week 1**

L.I. what is mental health and how do we take care of it.

Look at the definitions of mental health. Choose the one that you think best sums up mental health.

Look at Resource 2a: Activities for health cards. Can you sort them into:

- things we should do everyday
- things we should do sometimes
- things we should do if there is a problem
- things we should do rarely or not at all

Do this first for physical health (looking after bodies) and then repeat this activity, but this time considering mental health (looking after minds – feelings and emotions).