



## Activity Plan



### 1.2 Mental health and physical health

#### Objective

**Can I identify links between mental health and physical health? Can I explain some benefits to looking after my physical health?**

#### Resources

**Paper – big enough for participants to draw round  
Pencils / pens / coloured pencils or pens**

#### Key Language

**Physical, mental, emotional, health, benefits**

#### Introduction

**What is physical health? Participants to discuss their ideas / make notes (5 mins)  
Feedback to group (5 mins)  
How do people look after their physical health? ideas? (5 mins)**

#### Main teaching

**Watch YouTube video. Only first minute. Link in resources. (1 min)  
150 minutes a week, how many is that per day? Can participants create a plan for 7 days?  
What activities could they do during their week to meet 150 minute target? (10 mins)  
Group to split up into small groups / pairs. Using the large paper, draw around one member of the group. Using coloured pencils / pens, group to write all their ideas that keep this person 'healthy'. (20 mins)  
Using a different colour, circle those ideas that keep their person physically healthy and another colour for those ideas that keep them mentally healthy. (10 mins)  
Discuss (5 mins)**

#### Plenary

**Can different groups present their 'person' and explain their different ideas. (5 mins)**

#### Assessment

**Can participants keep a diary of their week and report what physical activity they did and how it made them feel?**