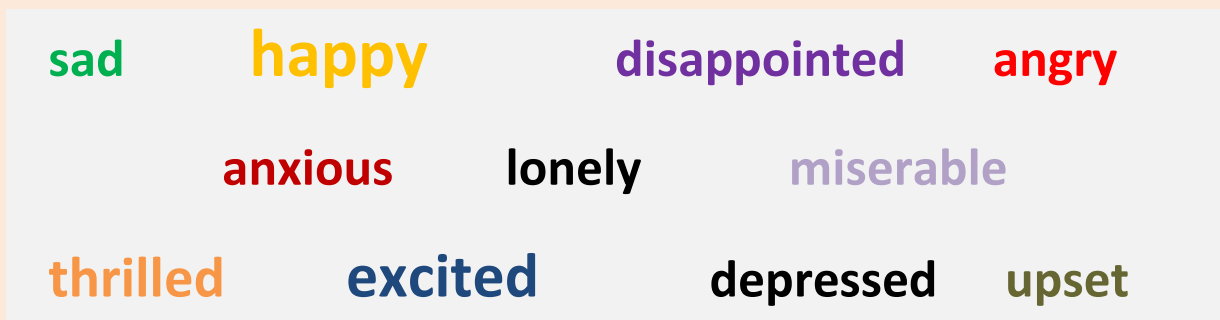


Let's talk about feelings!

We often talk about our physical health. We read about healthy diets and workouts that can help our bodies. But what about our mental health? There is no health if there is no mental health. Mental health refers to our feelings and the way we think, act and react. So let's talk about it!

- What do we use these words to describe?



anxious /'æŋk.jəs/ worries, concerned

- Circle the ones that describe the way you mostly feel and say why!

1 Reading

Do you ever think about your feelings? It is perfectly alright for a teenager to feel angry, nervous, disappointed or even anxious. Don't think that if you are worried about your exam results and you wake up in the middle of the night that there is something wrong with you. Or if you mum or dad may not

understand the way you feel. Don't forget that they are sometimes too busy themselves.

Teenagers feel bad for all sorts of reasons. For example, an argument with a friend, family, school and their grades. Sometimes they worry too much, sometimes they just don't think of the consequences. When they do, it might be already too late.

Feeling bad about something is not unusual, just don't let it spoil your week or even your month. Whatever worries you or makes you feel sad can be solved! How? It is always a good idea to talk to somebody about your problem. It can be a trusted member of your family, your sibling or maybe even a good friend. Don't forget that your teachers are there for you too, they would be happy to hear you out.

Do you know that our schools have teams of professionals, psychologists and educational therapists and they are trained to help school children? So, don't wait, get up and knock at their doors!

Remember! You may be the help others need, so if you notice that your friend is down, ask him or her about their feelings and whether you can help!

2 Decide if the sentences are True, False or Doesn't say:

- 1 Teenagers usually don't want to talk about their emotions.
- 2 Parents mostly never care about their child's behaviour.
- 3 It is good to share your thoughts and feelings with people.
- 4 Every school has a team of professionals who help teenagers.
- 5 You can help your peers too.

Let's talk!

3 Choose one of the following problems and write down your ideas and suggestions!

' I am really worried about my grades and my future. I don't feel like studying and I am already behind with my school work. My parents are angry with me. They keep grounding me but it makes me even more stubborn. I don't think they understand what it is like to be a teenager. Can you help me? **Mia**, grade 8

' In my class, I don't feel like part of the group. No one cares whether I am there or not. If we have to do something in pairs, I usually end up sitting alone. It is hard and sometimes I just don't feel like going to school at all. ' Mark, grade 6

' Every weekend, I hang out with a group of friends at a local park. They have started drinking alcohol and smoking cigarettes. They have talked me into doing the same and I know that it is wrong but I just don't want to say 'no' and lose my friends. What should I do? Sam, grade 7

4 Time for a questionnaire – Am I anxious?

Do the following questionnaire and check your results.

<https://forms.office.com/e/uj1dEMZ6eQ>

- 1) You don't want to go to school in the morning.
- 2) You worry too much when you have an exam.
- 3) Sometimes you wake up in the middle of the night.
- 4) Having to talk in class in front of your teacher and classmates feels like a nightmare.
- 5) You often have a headache or a stomach ache.
- 6) You have lost weight and often skip meals.
- 7) You often feel lonely and sad.
- 8) Your school results have become bad lately.

If you have **2** 'yes' answers or less, you know how to be responsible but relaxed as well. You can balance well between your duties and leisure.

If you have **3 to 5** yes answers, it seems there are things that worry you. Calm down and take a few deep breaths. Maybe you should just relax, spend more time with your friends. Taking up a hobby or a sport can help.

If you have **6** or more 'yes' answers, you may be anxious about something and it is time to seek help. Tell your parents about it. Don't forget that your teacher can help you too.

REMEMBER! Choosing not to talk about our feelings, especially when we feel sad or upset for longer periods of time, can lead to serious problems. So don't just sit and wait! There is always someone out there who cares!

Boost your self-confidence! It's like a vitamin C to our bodies.

Here are some ideas:

1 Remember – we don't have to excel in every area!

Someone is good at maths or chemistry, someone is not.

2 Take up a sport. You will meet new friends, travel to matches and broaden your horizons.

3 Join a club at school or at a local community centre. You may learn new skills. (a drama group, a sports club, a choir...)

4 Start learning a new language!

5 Find a hobby, you can spend some quality time and meet people who share the same hobby.

6 Do some volunteer work either at your school or town. Making other people happy is contagious, it will make you feel happy.

7 Go to your local library, pick up a book and start reading....

8 Call a friend and suggest a walk or going to the cinema!

9 It is never a bad idea to just spend some time alone and think about everything! Moments of silence can be precious!

Lesson title	Let's talk about feelings
Year	7
Topic	Mental health
Key words	feelings, mental health, well-being
Aim	In this lesson students learn about the importance of mental health, it also encourages them to expand their vocabulary, develop their critical thinking skills and digital literacy.
Duration	45 minutes
Procedure	<p>Lead-in:</p> <ul style="list-style-type: none"> - Teacher introduces the lesson, draws students' attention to the adjectives in Exercise 1 - Students read the text - Students do the activities and present their answers to their class - Students have a discussion
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