

Last week, students at Brook View School recognised World Mental Health Week.

They discussed the impact of Social Media and watched Jesy Nelson's documentary, Odd One Out.

After this, students took part in producing a mental health tree where they all labelled a leaf with a positive thought.



MENTAL HEALTH

LEARNING OUTCOMES

- ★ Identify what we mean when we talk about our mental health and mental health issues.
- ★ Describe what we mean by mental health issues and how we can look after our mental health.
- ★ Explain the different ways we can look after our mental health and why our mental health is important.

