



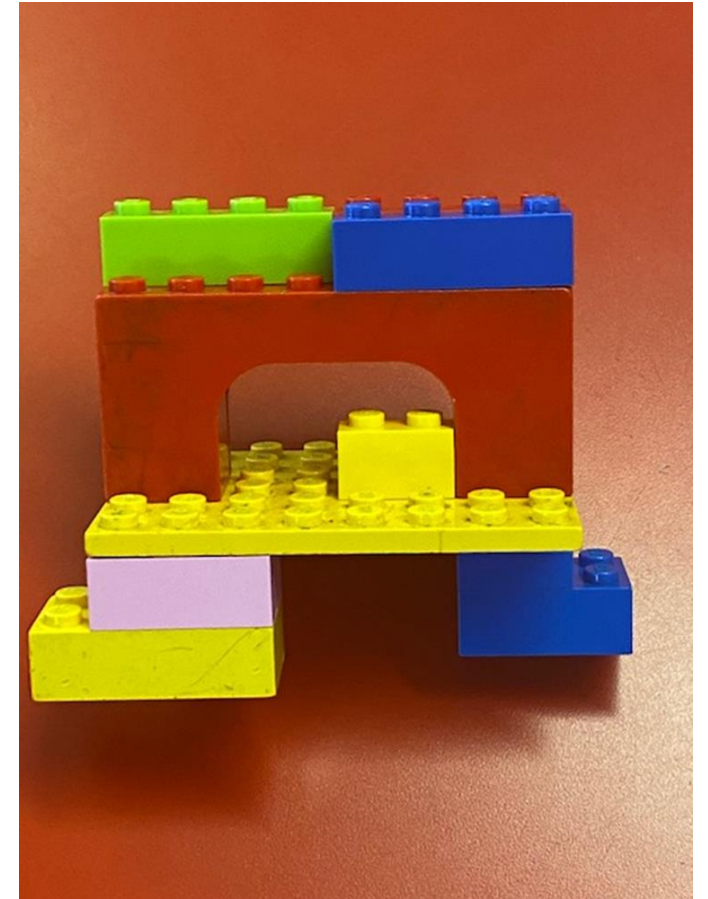
HEALTHIER MINDS

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Our work so far – P6 Pilot Lessons

- **Five lessons** – based on Cognitive Behavioural Therapy (CBT) and designed to give pupils an understanding of anxiety and an opportunity to develop their own personal coping strategies
- **Evaluation and feedback** – the pupil's feedback allowed us to evaluate the lessons: Addition of extra lesson on “Catching, Challenging and Changing Unhelpful Thoughts” and homework booklet added.
- **Teacher Training** – the pupil's feedback helped us to develop the lessons and to provide teacher training on the INSET day



Lesson 2: Anxiety and the Brain



Lesson 3: Physical Signs of Anxiety



Lesson 5: Coping Strategies

Understanding Anxiety - whole class lessons

- Parent Information Session Wednesday 26th October
- Weekly lesson: starting November 3rd-15th December
- Pre-evaluation: Stirling Wellbeing Scale
- Post-evaluation: Stirling Wellbeing Scale
- Follow Up Evaluation: 3 months on (pupils, parents and staff)

Structure of the Sessions

1. Introduction: What is Anxiety?
 2. Psycho-Education: The Role of the Brain
 3. Physical Signs of Anxiety
 4. Thoughts, Feelings and Behaviours
 5. Challenging and Changing Unhelpful Thoughts
 6. Coping Strategies
- Evaluation Session: What would you tell a friend?

Expected Outcomes

- Children will be able to identify what anxiety is and what it means to them
- Children will be able to describe and discuss the role of the brain in anxiety
- Children will be able to identify physical symptoms, specific to them, in relation to example
- Children will be able to explain the link between thoughts, feelings and behaviours
- Children will be able to identify their unhelpful and helpful thoughts around anxiety
- Children will be able to identify their coping strategies when feeling anxious
- Children will be able to review and share what they know

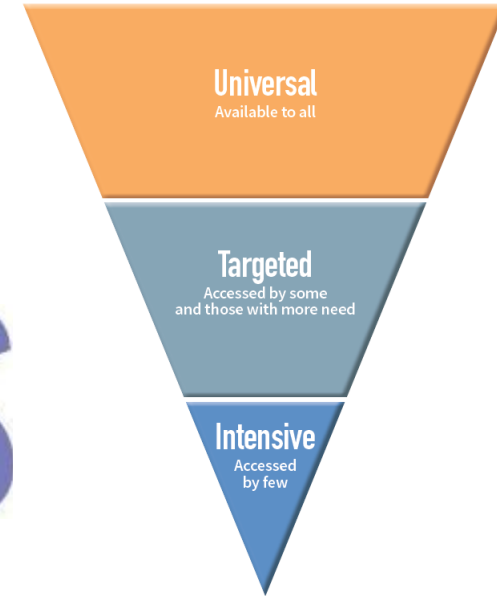
For mental & emotional wellbeing support
and information please visit:



HEALTHIER MINDS 
A Guide for Parents and Carers



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