

A Better Day

DR ALEX GEORGE

TEACHING RESOURCES

About the book:

What if we could think of mental health in a positive way? Sweep away the rain clouds. Talk about what's on our minds. And care for our mental health in the same way we look after our bodies.

In this empowering and hopeful handbook, Youth Mental Health Ambassador Dr Alex George is here to show us how.

A Better Day is a positive, accessible and practical toolkit guiding young readers in how they can care for their mental health with confidence.

From peer pressure and exam stress to online trolls and anxiety, life can be mentally draining. But though life is full of ups and downs, there are ways you can stay on top of your mental health - including overcoming stigma, talking about your feelings, developing resilience and switching your mindset.

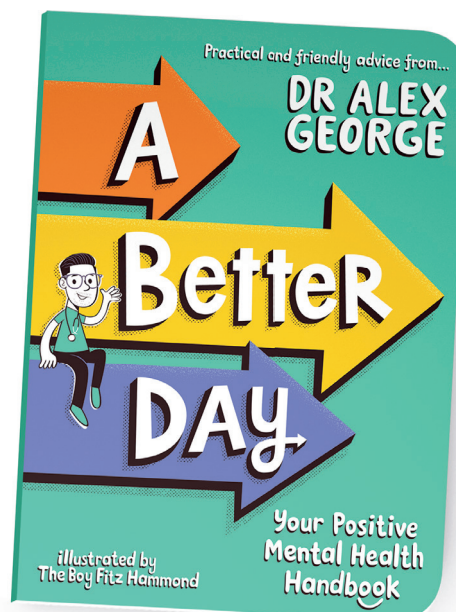
This book provides all the scaffolding and practical techniques to help you do this, so though you might be having a hard time right now, you can look toward your future with optimism and positivity. Because no matter what, there is always hope for a better day.

These resources will explore themes of:

- ✓ Mental health
- ✓ Exam stress
- ✓ Friendship
- ✓ Life
- ✓ Exercise

Subject checklist:

- ✓ Literacy
- ✓ PSHE



Contents:

Activity 1: Lifelines

Objectives and Activities: Write down your own personal lifelines.

Activity 2: Mental Workout

Objectives and Activities: Complete the checklist with key points; identify your 'happy place' and create a mini action plan.

Activity 3: Supportive Phrases

Objectives and Activities: Collaborate in small groups to write some inspiring quotes; discuss all the different quotes.

Activity 4: Weekly Timetable

Objectives and Activities: Complete a weekly timetable and include activities that make you happy; prioritise your daily activities.

Activity 5: Affirmations

Objectives and Activities: Complete the diary task and focus on using hashtags to identify the positive and negative points in your day; give advice to any negative hashtags and share your ideas with the class.

Activity 6: Hashtag Diary

Objectives and Activities: Recognise what makes you calm and what makes you stressed; write hashtags for each day to reflect on this.

Activity 7: Acts of Kindness

Objectives and Activities: Consider acts of kindness and how they can make someone feel better; discuss all of the acts of kindness together.

Activity 8: Advice

Objectives and Activities: Identify the key points from the visual; compare the differences between the top part of the picture and the bottom part of the picture.

Activity 9: Brain Illustration

Objectives and Activities: Discuss the picture; write a short summary about it.

Activity 10: A Better Day

Objectives and Activities: Create a poster based on the contents of the book.

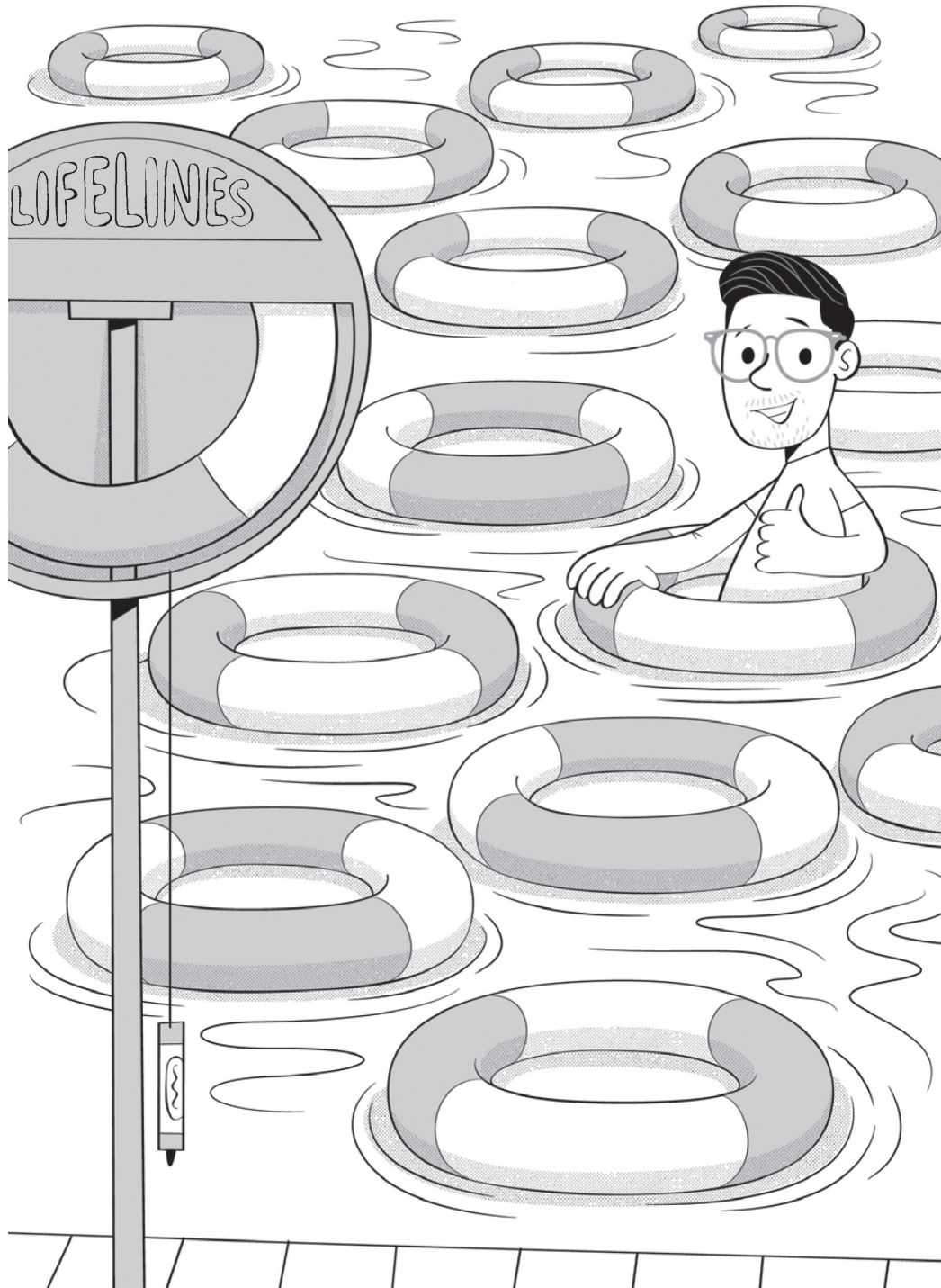


Activity 1: Lifelines

“Lifelines are effective ways to open up and seek the help and support we deserve. They can take many forms. They can help us to feel like we’re not alone, and we can lean on them when feelings become hard to handle.”

Reflect on what you have read so far in the book and discuss with a partner.

Can you write what your personal lifelines would be in the image below?



Activity 2: Mental Workout

In chapter three, Dr Alex talks about the important of a mental workout. Look at the list of ideas below, how many more can you add to the list? They don't all need to be related to exercise.

- Going for a walk
- Playing sport with a friend
- Talking to a family member
- Listening to music
- Reading a book
- Playing a board game
-
-
-
-
-
-



Dr Alex talks about the gym as his 'happy place', where is your 'happy place'? Fill in the box with details of your happy place and share with your classmates.

My Happy Place is.....

Can you write a mini action plan?

Reflect on the things you like. What helps you to relax? Make a list in the template below and go through it if you are feeling anxious about something.

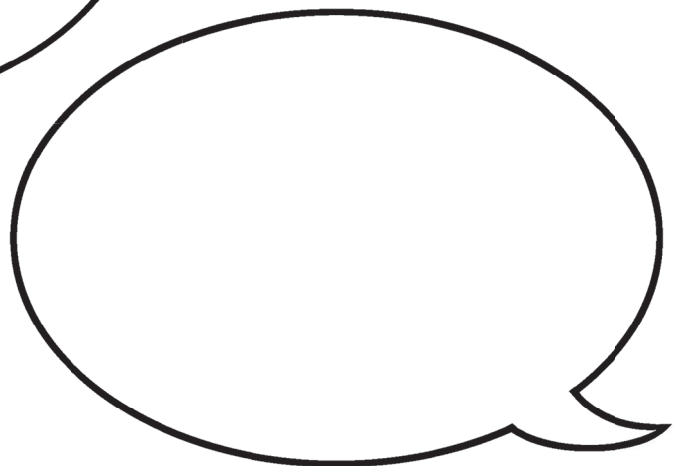
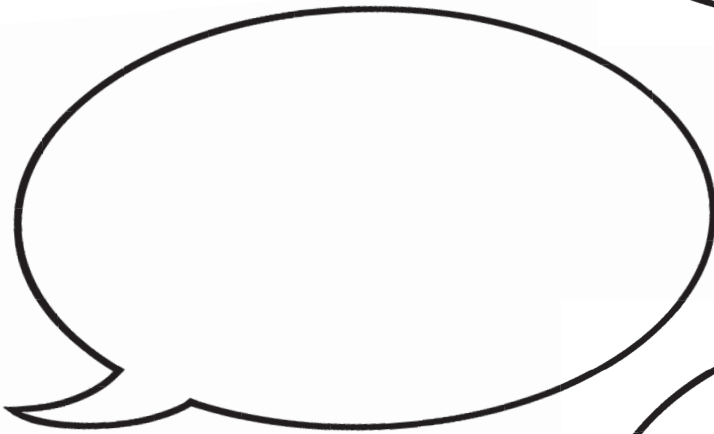
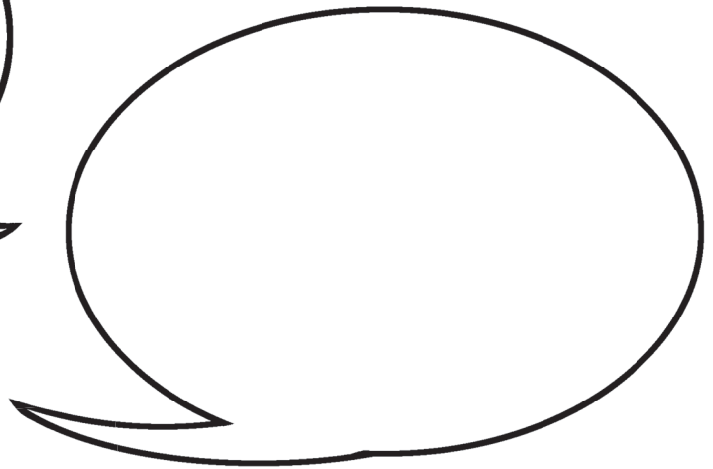
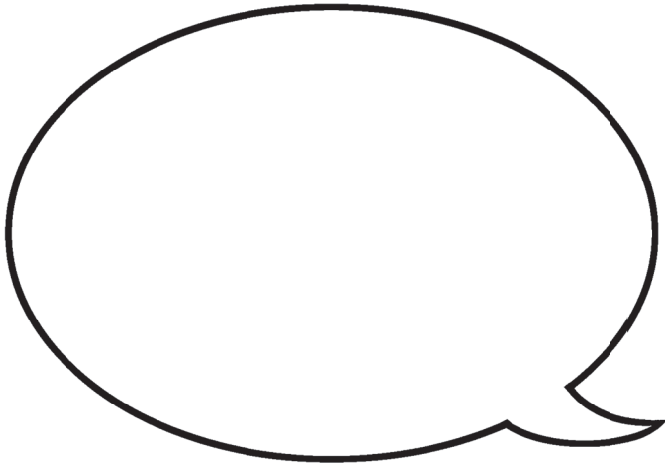
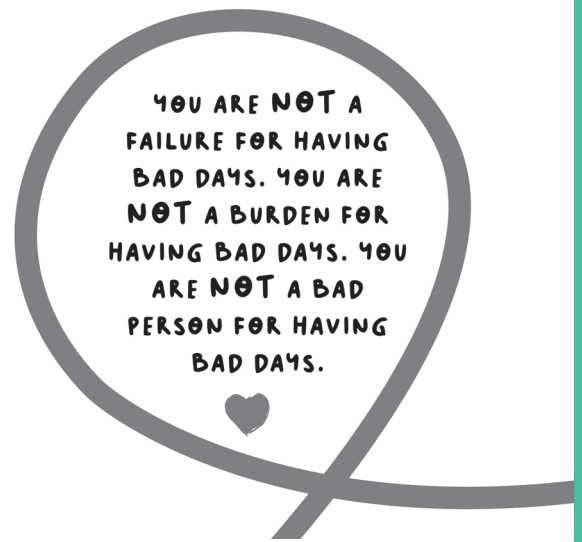
My Mini Action Plan



Activity 3: Supportive Phrases

Write your own supportive phrases to put on the wall in the classroom. When someone is feeling anxious or sad, reading a quote or message of support can be really helpful. Work in small groups and fill in the speech bubbles below.

Share all of the quotes together as a class and consider how the quotes can help people when they are feeling sad.



Activity 4: Weekly Timetable

Have a look at the timetable below, can you schedule in something you enjoy doing every day?

Now, think about prioritising things that you need to do. Think about using a code system so you can work through tasks in order of importance. Don't forget to have a break and do something that makes you happy too!

Use the code below to help you prioritise things you need to do. Mark each item with a 1, 2 or 3 based on how important it is.

1 Important

2 Less important

3 Nothing to worry about for today

	What I need to do today?	Something I enjoy doing
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Activity 5: Affirmations

Affirmations – your best friend is feeling really low in confidence and is need of a pick-me-up.

Think of five affirmations you can write to your friend and encourage them to read and repeat them. Share your affirmations together.

Example:

I am good
enough!

I will pass my
exam!

I can do it!

Blank box for writing an affirmation.

Blank box for writing an affirmation.

Blank box for writing an affirmation.

Blank box for writing an affirmation.

Blank box for writing an affirmation.



Activity 6: Hashtag Diary

Every day for one week, reflect on key moments that happened. Write hashtags # each day about everything that happened. Start to recognise the positive hashtags from the negative hashtags. Notice what makes you happy and what doesn't make you feel happy. Work together and try and write a mini action plan to deal with any negative hashtags.

Example:

Monday

#examstress

#awalkwithmyfriend

#reallytired

Use the hashtags as a reflective tool.

#reallytired what advice can you give yourself if you are feeling really tired?

Action – go to bed earlier, turn my phone off an hour before going to sleep, listen to some calming music to help me sleep.

Top Tip: Notice all the positive hashtags – try and do these things more often.

	hashtags	Action
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Activity 7: Acts of Kindness

Work in a pair or small groups and think about different acts of kindness. Can you make a list and try and tick one off the list each week? As the quote says, “you never know what someone else is going through”.

**BE KIND.
ALWAYS. YOU
NEVER KNOW WHAT
SOMEONE ELSE
IS GOING
THROUGH.**

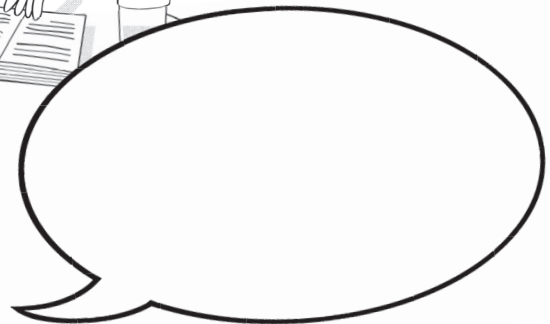
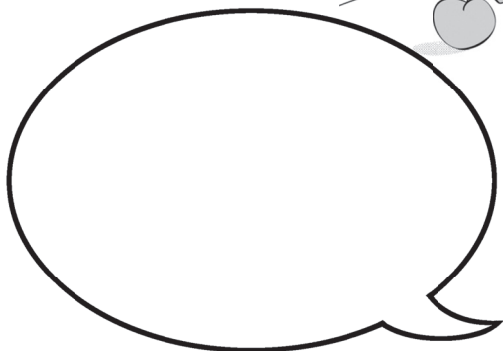
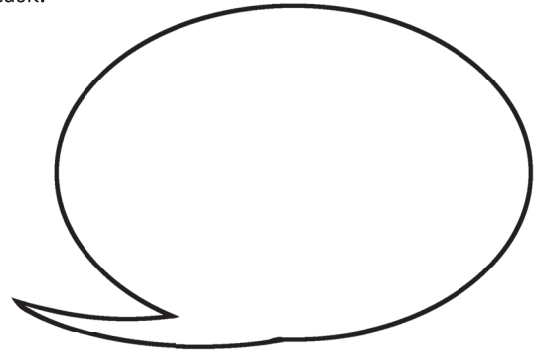
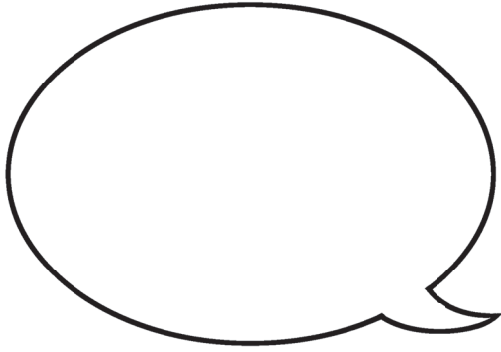


Acts of kindness at school	Acts of kindness at home	Acts of kindness in my community



Activity 8: Advice

1. Look closely at the differences you can see in this picture. How does the girl feel in the top of the picture compared to the bottom part of the picture?
2. There are four boxes for the top part of the picture, work in a pair or small group and discuss all the advice you can give to the girl in the top of the picture. Write all your advice and ideas in the four boxes.
3. Now look closely at the bottom part of the picture, make a list of all the things the girl may have done to change her feelings from overwhelmed and stressed at the top of the picture to calm and smiley at the bottom. Use all of the information from the book to help you complete the task.



Activity 9: Brain Illustration

Discuss this picture with a partner or in a small group and share your ideas.

Use the picture and the ideas from your discussion. Now complete the box underneath the picture, summarise everything the picture is trying to say. What is the message behind this picture?



Activity 10: A Better Day

Reflect on all the advice and tips from the book, work in small groups and design a poster to put up in your classroom, the library and around the school. What key points can you remember that are related to feeling better?

