

Empowering Mental Health in Education



YoungMinds

Module 3: *Your Mental Health Toolkit*

National session



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What we'll explore today

- ❏ To explore, adapt and simulate selected *YoungMinds* lesson components for classes context.
- ❏ To observe, reflect on and discuss the potential, opportunities, risks and challenges of implementing these lessons in classrooms and across the school.
- ❏ To plan concrete integration by selecting/adapting a lesson and mapping referral pathways.

You will learn about...

- ❏ Selecting and adapting lesson plans to different classes, subjects and schools
- ❏ Starting conversation with students following a film screening
- ❏ Tips and checklist to identify and implement lesson plans



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Preparing and sharing the autonomous work



Autonomous work

RECALLING

Exploring *YoungMinds* tools:

1. Join 1 colleague to form a group
2. Each pair need to choose a lesson plan
3. Each pair will thoroughly read and study their selected lesson plan
4. Teachers must watch the films associated with their lesson plan
5. Each pair will have the opportunity to get prepared and share the selected lesson plan



GET PREPARED

Each group will have **15 minutes** in the beginning of the session to get prepared

- Assign roles & timing
- Bring 3 - 4 prompts: keep a few open questions ready
- Prioritise **depth** | let rich dialogue breathe; model clear, student-friendly language.
- Balance **voices** | Invite quieter participants; gently redirect dominant ones
- Run the **debrief** | students' impressions first, then the facilitating pair; keep feedback specific
- Note next steps

Autonomous work

Practicing lesson plans

A safe space for trying, learning and reflecting!

This is a
practice space

Try lesson
plans, reflect
and learn
together

Mistakes are
expected and
valuable

How the sessions works

- 🔄 Teachers work in pairs to lead one lesson plan
- 🔄 Others act as students
- 🔄 After each lesson → round table discussion

Key principles

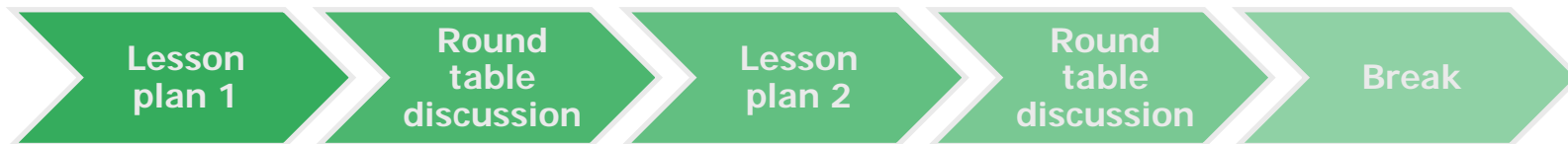
- 🔄 Shorter activities than in real classrooms
- 🔄 Some activities will take longer — and that's a good sign
- 🔄 Goal today: practice facilitation, not perfect execution



Some time for you to get prepared...

You can consider the tips and criteria presented in slide 9

How the Session Works



30-40 minutes

10-15 minutes

30-40 minutes

10-15 minutes

2 teachers

All participants sit together

2 teachers

All participants sit together

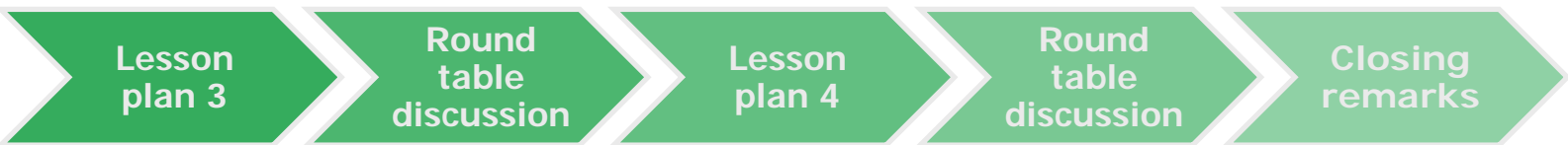
15 minutes

Others act as student

Discussion

Others act as student

Discussion



WHILE OBSERVING...

What strengths did we notice across activities?

What challenges kept coming up?

How do these experiences connect back to the methods we talked about on the webinar, like Socratic dialogue or critical thinking?



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Adapting lesson plans: insights and reflection



Insights and reflection

WHILE PREPARING THE LESSON

Choose according with goal, emotional maturity & time available

Explore & deep the topic & the activities foreseen in the lesson

Adapt the lesson to your teaching style & experience

Watch the associated films, checking the content, time stamps triggers & prompt alignment

Check your preparation, setting & possible triggers

Lesson plans are a guide, not a script

Less experienced teachers → structured use

More experienced teachers → flexible adaptation

WHILE RUNNING THE LESSON

Introduce themes gradually & consistently

Open-up the discussion with pre-selected conversational starters

Reframe the language to reach & engage students

Aim for depth, not completeness



Let good discussion breathe; don't cut rich exchanges

Actively invite quieter participants



Reflection

Take a moment to think about your own classroom:

-  How would you adapt the lesson plans for your classroom?
-  What adjustments would support your students' engagement and wellbeing?

QUESTIONS OR DOUBTS?



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Final thoughts...





What's next?

Closure International webinar

Mid of March 2026

THANKS!



Website



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