

Good Thinking: An Introduction to Mental Health and Wellbeing for Secondary School Pupils

Lesson plan 7: Coping strategies

Lesson objectives

- To explore steps that people can take to protect their mental wellbeing.
- To consider how different coping strategies can work for different people, at different times.

Resources needed

- PowerPoint presentation
- Sticky notes or strips of paper
- Sort the Strategies sheet

Information and guidance	Activity
<p>Introduce the idea that as individuals, we employ different coping strategies when facing difficult situations.</p> <p>Students can note down coping strategies on sticky notes or you might use a digital collaborative whiteboard app to share ideas.</p>	<p>Students can suggest strategies that people might use to cope with challenging situations.</p>
<p>Explain that coping strategies tend to fall into one of three categories: body-focused, emotion-focused or problem-focused.</p> <p>Hand out the Sort the Strategies sheet for students to decide which category each example would fall into. Encourage students to consider which strategies they prefer to use, as they do the sorting task.</p>	<p>Students work in small groups to discuss the strategies and which category they think each one belongs to.</p>
<p>Help students link the strategies they have been discussing to common challenges people face. Remind them that we are all different and what works for one person may not work for another.</p>	<p>Ask students to identify situations in which each strategy may be effective.</p>

Suggestions for further activities

Students could focus on some of the coping strategies mentioned in this lesson and develop things such as:

- A list of things in their life that they're grateful for
- A goal they'd like to achieve and the steps they'll take to work towards it
- Make a list of 'feel-good' activities personal to them