

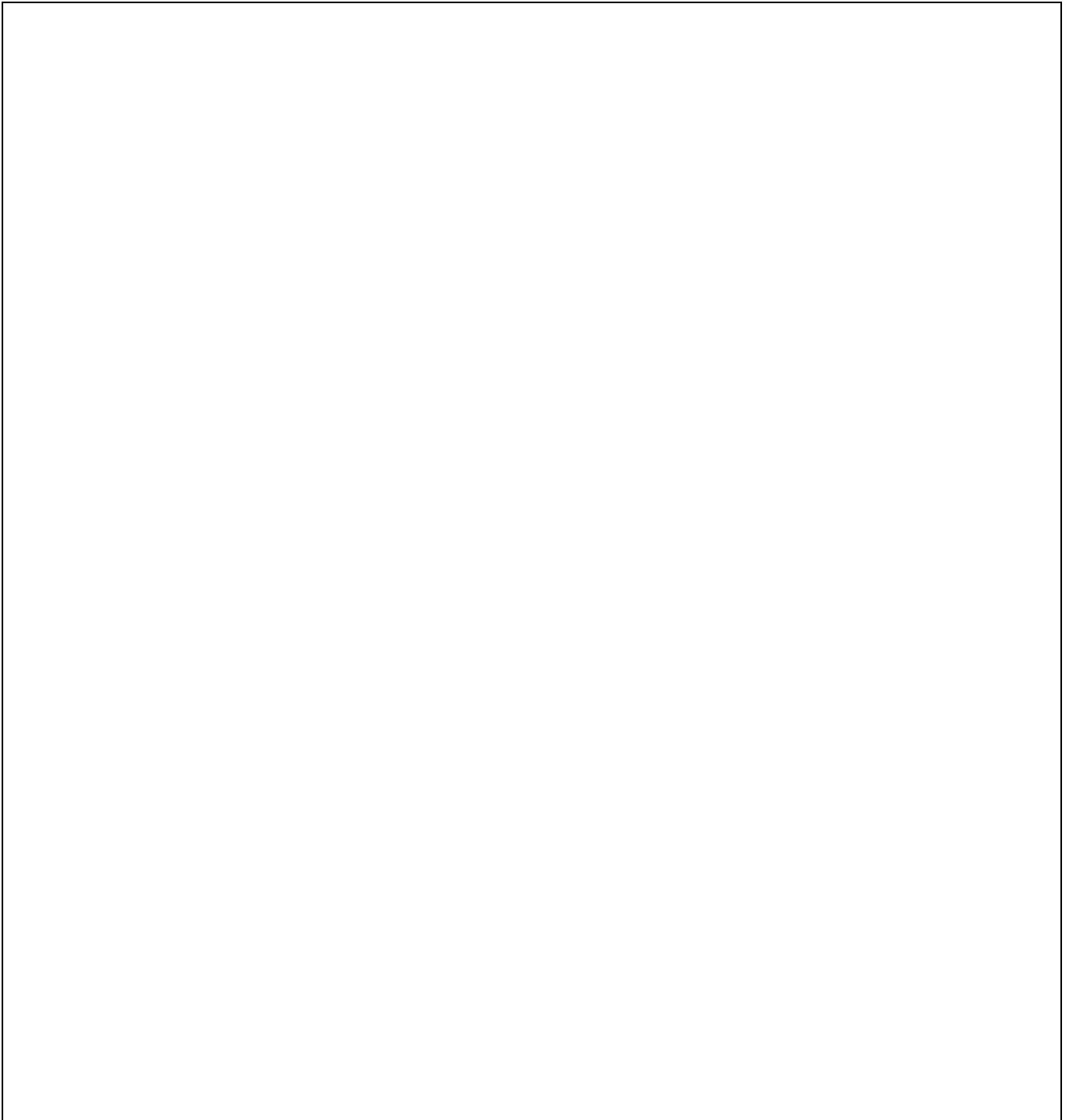
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Unit 1: Understanding mental health

Activity 1: A sense of well-being

What do you think are the main things that give us a sense of mental well-being?

Write your ideas below.

A large, empty rectangular box with a thin black border, intended for the student to write their ideas about what gives them a sense of mental well-being.

Activity 2: Media attitudes to mental illness

Can you think of any films that feature characters who are mentally ill?

Try to think of two examples and describe how those characters are portrayed in the film.

Example 1:

Example 2: