

## **Mental Health and Mental Illness**

### Sessions Overview

#### Session 1: Skills for Life

Learning opportunities include:

- Philosophy
- Individuality
- Anger Management

#### Session 2: Comfort Zone

Learning opportunities include:

- Concerns
- Consciousness
- Intelligence and Understanding

#### Session 3: Mental Health and Mental Illness

Learning opportunities include:

- Learning and Memory
- Happiness at School
- Psychological Wellbeing
- Self-Esteem

### Session 4: Decision Making

Learning opportunities include:

- Genetics
- Emotions and Feelings
- Empathy
- Intimidation

### Sessions 5 and 6: Emotional Literacy

Learning opportunities include:

- Bullying
- Concern For The Body
- Conscience and Emotion
- Friendship