

MORAL EDUCATION FOR WEEK 9- YEAR 7	
Subject	Moral Education
Session	ZOOM SESSION
Class/ Division	Year (7 A to F)
Week	9 (25 th OCTOBER- 29 th OCTOBER)
Work send to students via	Google Classroom
Total number of lessons per week	2
Unit 5	MENTAL HEALTH
Lesson 1	MENTAL HEALTH AND MENTAL ILLNESS
Learning Objective	<ul style="list-style-type: none"> • Understand the link between mental and physical health. • Understand how to maintain good mental health and resilience • Know about the nine basic mental health issues young people experience, and know how to indentify if someone is at risk
Tasks (Day 1)	<u>Explain and discuss</u> <ul style="list-style-type: none"> • Vocabulary- <ul style="list-style-type: none"> ▪ Mental health ▪ Connect • The importance of mental health and how it is related to physical health. • To understand the 9 mental health challenges young people face today and how you can support them. • Discuss how connecting with others can improve your mental health
Resources	<ul style="list-style-type: none"> • Power point presentation • Text book

MORAL EDUCATION FOR WEEK 9- YEAR 7	
Subject	Moral Education
Session	GOOGLE CLASSROOM
Class/ Division	Year 7 A,D,F
Week	9 (25 th OCTOBER- 29 th OCTOBER)
Work send to students via	Google Classroom
Total number of lessons per week	2
Unit 5	MENTAL HEALTH
Lesson 1	MENTAL HEALTH AND MENTAL ILLNESS
Learning Objective	<ul style="list-style-type: none"> • Understand the link between mental and physical health. • Understand how to maintain good mental health and resilience • Know about the nine basic mental health issues young people experience, and know how to indentify if someone is at risk.
Tasks (Day 2)	ACTIVITY Create a poster for Mental Health Day encouraging people to have a healthy mental and physical life
Resources	Text book