

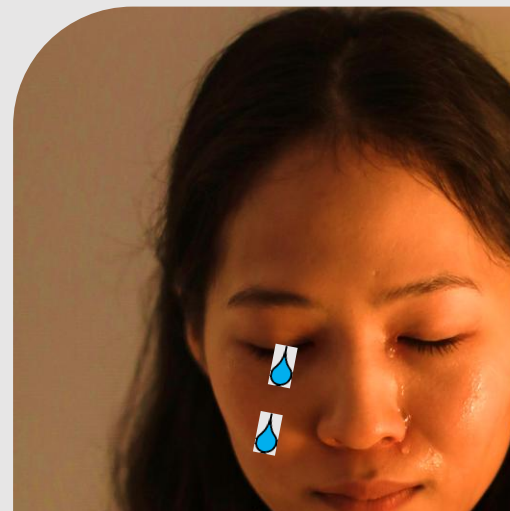
Do Now

How can being grateful help our mental health?



Nusheen's dad migrated to Britain from Iran. Fleeing for his life with his parents during conflict in 1979, he has since made a real success of life; attending a British university, becoming a doctor and buying a house. He knows some of his family, who couldn't escape, were executed. Today, Nusheen, 14, is crying because her dad has limited her screentime.

Discuss: What kind of emotions might Nusheen's dad be experiencing right now?



How does the idea of being thankful and grateful apply to this situation?

I think the idea of being grateful and thankful applies to the story of Nusheen because...

How can being grateful help our mental health?



Learning outcomes:

Describe what we mean by being grateful and thankful.

Explain how being grateful and thankful can help us feel more positive about our situations and therefore help improve the status of our mental health.

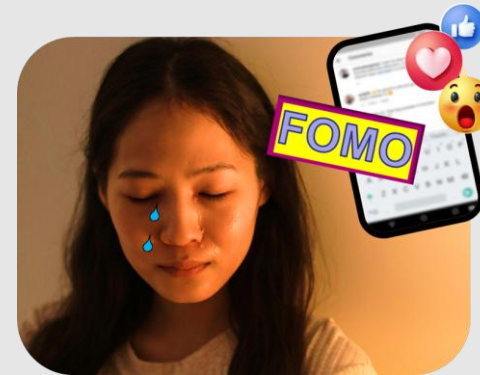
Gratefulness - warm friendly feelings of gratitude or being thankful of the positive aspects that make up our lives.

Mindfulness - the mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Nusheen's dad sat down with her and explained to her the history of her family. He had never done this in detail before, but felt she was now old enough to understand.

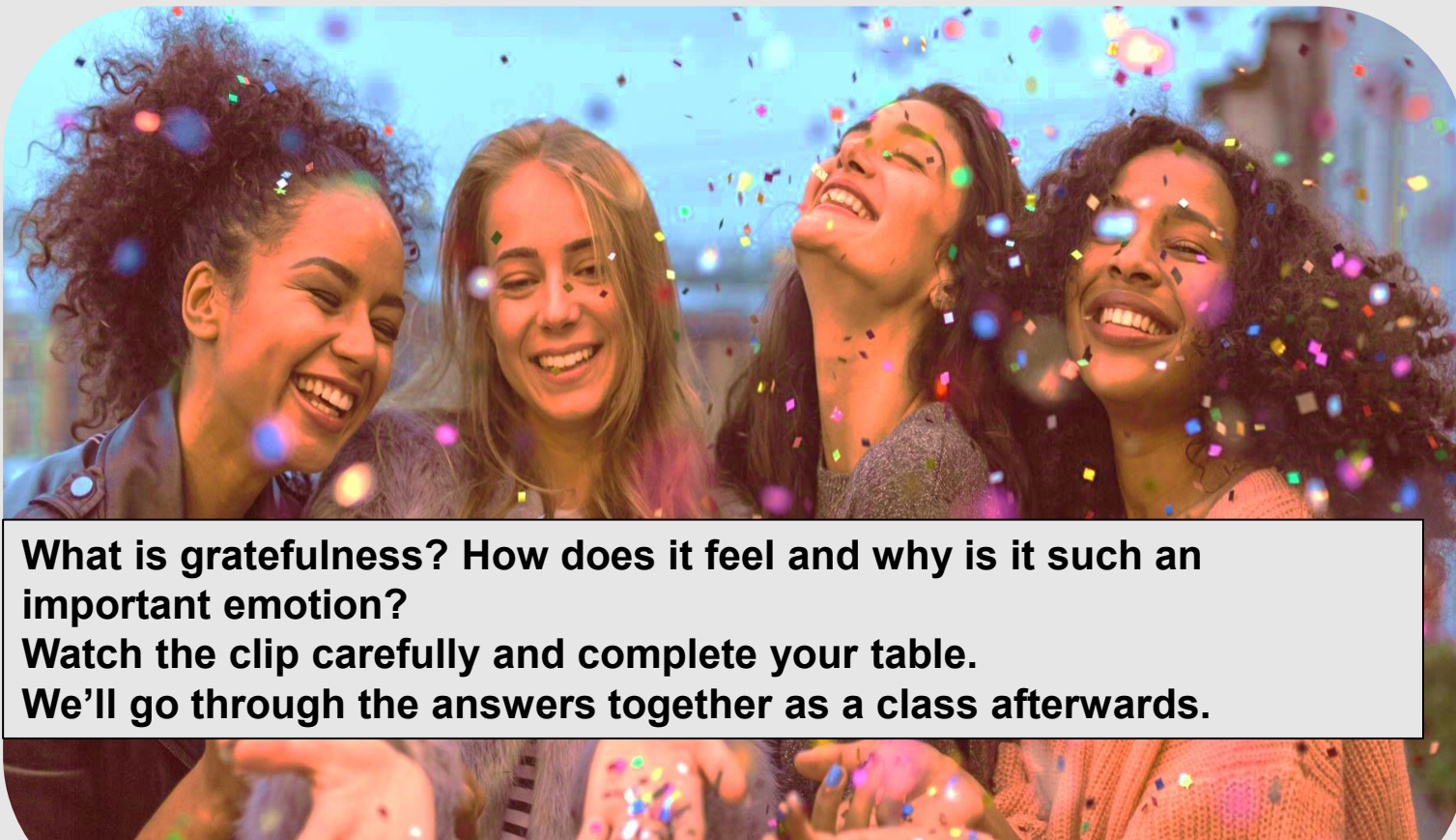
He told her how much he loves her and how he just wanted her to focus on her studies, not chats and games, so she could grow up to be a success.

Nusheen said, 'but Dad, now I feel guilty on top of not being able to reply to my friends.'



Nusheen's dad wasn't trying to make her feel guilty. He was trying to make her feel thankful of the life she has – and appreciate how, in the grand scheme of things, a shortened screentime to focus more on studies isn't really something worth crying about.

Discuss: Do you think we take our lives for granted, living in a country where we have no internal wars and a working (though not perfect) state of law and democracy?



**What is gratefulness? How does it feel and why is it such an important emotion?
Watch the clip carefully and complete your table.
We'll go through the answers together as a class afterwards.**

<https://www.youtube.com/watch?v=6fg0e67TLpc>

How can we describe gratitude?	The positives that come from gratefulness:



What is gratefulness? How does it feel and why is it such an important emotion?

Ensure you now complete any missing answers on your table.

Does any of this surprise you? Why? Why not?

How can we describe gratitude?

The positives that come from gratefulness

It's an emotion, an act and also a virtue of morality.

It can promote resilience and positive mentality and improved moods.

It's something we need to both feel and put into practice.

Gratitude has interpersonal benefits (pro-social behaviour) and has been proven in tests.

It's an eastern self-help tradition.

Recording blessings rather than hassles create a more positive outlook on life and promote healthier habits.

It's a central belief of Buddhists which has helped people for thousands of years.

It can increase academic performance.



BELONG CARE ASPIRE SUCCEED

In your booklet are statements from six people from around the world who are grateful for their current circumstances. Like Nusheen's family, in this case, all of the case studies are speaking about their experiences moving from one country to another.

Use the table in your booklet to collect the information. We will go through the answers together as a class afterwards.



I came to France from Uganda. In Uganda, both male and female forms of same-sex sexual activity are illegal there - and the death penalty still applies today. I cannot tell you how much safer I feel here in Paris. No one cares I'm gay. I can walk down the street with my boyfriend, even holding hands - we can even kiss in public, and no one bats an eyelid. Every day I thank my lucky stars that my parents moved here when I was little. Don't get me wrong - I love Uganda. I go back to visit my grandparents occasionally, but I just hide my real self there. Jonathan, 28



My family emigrated to the UK from China ten years ago. There are many, many things I miss about China, and there aren't many Chinese people where I live (in fact, we're the only non-white British family in my village), so I do feel like I stick out a bit different sometimes. I want to be a journalist one day - I'm at [UCL](#) now, studying English Literature. I also make TikToks and YouTube videos, reporting on the latest news in Britain - good or bad. I make a lot of videos that criticise the UK government. There is no way I could do this in China. In China, we have a 'citizens' point system. This means you can lose the opportunity to go to university, access priority healthcare - or even use public vending machines - if you criticise the Chinese government. Every citizen has a point score, that the government keeps track of, like a computer game. I am not joking. And it's not uncommon for people who have criticised the government to simply disappear. Where to? Who knows - most likely some sort of detention centre to be re-educated. Or worse? Lin, 18



My family moved from Venezuela to Spain. I'm so glad we moved when we did. Money is now worthless in Venezuela due to hyperinflation. There has been so much corruption and so many bad decisions from successive governments that now people must queue in the streets for bread. This is in a country with so much potential to be wealthy - it has huge oil reserves, yet 75% of the population can't afford enough to feed their families even a basic survival diet. This had led to gang violence and making my familial home the third most violent country in the world. I am so happy to be in Madrid and feel safe and have enough to eat, with hopes to prosper. Jose, 20



My family settled in Ottawa (Canada) from Afghanistan. Women used to have a pretty good life in Kabul. We could dress how we wanted, attend university, parties, sing in public, we didn't have to cover up - I wouldn't say women were equal to men exactly, but we weren't so far off. We could dream about growing up and having the same careers as our male counterparts, at least. I'm so glad my family moved to Canada when they did. I am a ballet teacher [now](#), I love my job and I'm good at it. This would be impossible in Afghanistan today - it would be seen as immoral and against Islamic values. My life would be incredibly restricted, and I would have to follow very religious values which I simply don't believe in. My daughter wants to be a computer programmer - and I have every expectation that she will be. This is not something she could even let herself dream about in Afghanistan today. Ani, 38



My cousins live in America. I can't believe the things I hear about their healthcare system there. I know we all [pay](#) to pay for the NHS through our earnings in the UK, but the costs are nothing compared to what happens in America if you haven't got health insurance. For example, if a British woman has a baby - [just](#) that healthcare fees as though it is free. You have contributed through your [taxes](#) and you aren't given a bill at the end of your care. And even if you haven't contributed at all, you still aren't given a bill afterwards. My pregnant cousin in the US was made redundant, and her work was paying for her health insurance. That meant she had a few weeks where she had no insurance. She had her baby early, before sorting new insurance and was presented with a bill for \$30,000. It's insane. Cico, 30.



My family are originally from South Korea, but we moved to the US for my dad's work. I know, South Korea is an amazing place. The food, the tech industry, the culture - you don't have to tell me how great it is. I'm still in touch with my friends there though and it sounds like they're having a ball of a time. They're still in school from 8am until 5pm - and then - they return home to work with private tutors until 10pm. That's five days a week. They say they are [super](#) busy - but there's so much competition there for college places and jobs that everyone feels like they have to do this, just to stay on track with other students. The pressure is unbelievable there and is really taking a toll on my friends' mental health. Sam, 15



Case Study Name:	What challenges have they faced in life?	What are they grateful for?	Why?

Case Study 1 – Jonathan 20

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Case Study 2 - Lin, 18

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Case Study 3 – Jose 20

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Case Study 2 – Ani 36

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Case Study 4 – Cleo 30

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Case Study 2 – Sam 15

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■ Year 7 Spring 2 Knowledge Check – Health and Wellbeing

1. On a scale of 1 to 5, how confident do you feel that you can explain the emotional and physical changes that happen during puberty?
2. On a scale of 1 to 5, how confident do you feel that you can identify ways to manage the challenges of puberty in a healthy and positive way?
3. On a scale of 1 to 5, how confident do you feel that you can describe what periods are, why they happen, and how they affect emotional and physical health?
4. On a scale of 1 to 5, how confident do you feel that you can identify the different menstrual hygiene products and how to use them appropriately?
5. On a scale of 1 to 5, how confident do you feel that you can understand and explain how gratitude and thankfulness can support positive mental health?
6. On a scale of 1 to 5, how confident do you feel that you can reflect on situations in your life where being grateful can improve your perspective?
7. On a scale of 1 to 5, how confident do you feel that you can explain what drugs are and why some substances are harmful or illegal?
8. On a scale of 1 to 5, how confident do you feel that you can describe the difference between helpful medicines and harmful drugs?
9. On a scale of 1 to 5, how confident do you feel that you can recognise how peer pressure might influence someone to try drugs or risky behaviours?
10. On a scale of 1 to 5, how confident do you feel that you can explain who you can speak to and where to go for help if you're worried about puberty, periods, or drugs?

**Please
completed
this home
learning
this week.
It has
been set
on Satchel**

How can being grateful help our mental health?



Useful mental health helplines and charities

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

Samaritans. Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123

SANE. National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://mensadviceline.org.uk/contact-us/> Men's advice and support site

<https://www.youngwomenstrust.org/get-support/additional-support/> Women's advice and support site

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything