



Mental Health and Resilience: Teaching and learning activities for NZC Levels 6-8

The New Zealand Health Education Association has published a senior secondary teaching resource to support learning in mental health contexts in years 11-13.

The resource contains 90 activities spread over nine themes derived from the mental health key area of learning in *The New Zealand Curriculum* – mental health; social support; change, loss, disappointment and grief; stress; resilience; mental health issues; alcohol and other drugs; bullying, intimidation, and discrimination; and body image. The title of this resource - '*Mental Health and Resilience*' - draws attention to the importance of the concept of resilience when students are learning in mental health contexts at senior secondary level.

This is a curriculum resource that shows how the HPE underlying concepts are used to construct health education knowledge across NZC levels 6-8. Each activity contains a description of the teaching and learning process, suggestions for learning journal entries, an expansion on an aspect of teacher knowledge or pedagogy specific to the activity, and teacher reflection and evaluation questions. The activities have a stated learning intention which is linked with the NZC HPE achievement objectives. Suggested links to the NCEA achievement standards are also provided. For convenience, all copy templates are made available as a separate Word document to allow for quick and easy adapting of the text, and for printing or providing students with access to the resource material through the school's digital learning platform.

The resource is embedded in a teaching as inquiry approach. It is intended that teachers will use the resource as a 'pick and mix' of activities that can be compiled in unique ways to plan a learning programme. It is expected that teachers will swap teaching strategies from one activity with content from another, or substitute parts of an activity with their own ideas, and that the activities will provide inspiration and spark new ideas. Importantly, it is recommended that teachers adapt activities to meet their students' learning needs by adding in appropriate scaffolding and differentiated approaches, as well as literacy and digital solutions that promote high quality learning.

Responsive curriculum learning and student action, as featured in this resource, make an important contribution to a whole school approach for the promotion of mental and emotional wellbeing. The resource includes a number of activities designed to teach students knowledge and skills required for taking individual and collective action, as well as approaches for planning and implementing such actions.

Teachers are encouraged to use their professional networks to highlight how they have adapted activities to meet their learners' needs, used ideas from the resource to design new tasks, and (with students' permission) share examples of learning artefacts to illustrate what learning in senior secondary health education looks and sounds like.

The resource was produced as part of the Ministry of Education '**Networks of Expertise**' pilot project.

The resource is downloadable at: <https://healtheducation.org.nz/resources/>

Any queries to: admin@healtheducation.org.nz