

# LESSONPLAN

## BEAT ANXIETY

## TOGETHER

In a study by the mental health charity YoungMinds, over 2000 young people, who had a history of mental health needs, were asked how the pandemic had affected them. Of the 83% who said the pandemic had made their mental health worse, 32% said it had made it “much worse” and 51% said it had made it “a bit worse”. The corona virus had affected also young people with healthy mental health. Every individual was involved and have seen the outcomes of this crisis.

ACTIVITY	MINUTES	NUMBER OF STUDENTS:
<b>Introduction</b> The artists and host will introduce themselves and the work of the Afterbeat charity globally	4 MIN	20 – 350
<b>Performance</b> Performance of the band involved in the school. The tracks are explicitly involved with the subject	4 MIN	Length of lesson: 50 Minutes
<b>Icebreaker</b> Engaging activity which includes the subject of the lesson	5 MIN	Age of students: 11 – 19
<b>Performance</b> Second performance of the band involved in the school	4 MIN	
<b>Video</b> A video promo with an introduction to the subject of the lesson.	3 MIN	
<b>Panel</b> Afterbeat brings in a panel of people which could include a local pastor, chaplain, teacher, artist or another individual who will answer the following questions: <ul style="list-style-type: none"> <li>- <i>How did you cope with the Corona crisis?</i></li> <li>- <i>Has there been a situation in your life where you faced anxiety? If so, how did you deal with it?</i></li> <li>- <i>What advice would you give to another student looking to find hope in uncertain times, like the corona virus?</i></li> </ul>	15 MIN	
<b>Questions from students</b> A moment where the panel will answer questions from the students of the year group.	3 MIN	
<b>Performance with the band</b> Final performance of the band involved in the school.	4 MIN	
<b>Invitation video &amp; explanation, ticket sale</b>	5 MIN	

Curriculum areas: RME, Health & Wellbeing

HWB 3-38a / HWB 3-39a / HWB-3-40b / HWB 3-44a / HWB 3-44b / HWB 3-45b / HWB 4-40b / HWB 4-43a / HWB 4-44b/RME 3-01a / RME 3-01b / RME 3-01c / RME 3-02a / RME 3-02b / RME 3-03b / RME 3-05a / RME 3-09a / RME 3-09b / RME 4-01a / RME 4-02a / RME 4-02b / RME 4-02c / RME 4-02c / RME 4-04b / RME 4-09a / RME 4-09b