

Reflection on section 2: Supports and challenges to our mental health

How did you feel before the lesson? (e.g. nervous, prepared, confident, etc.)

What influenced how you were feeling in advance of this lesson? Did this have any impact on the lesson?

What was the most successful part of this lesson, and why? What learning could you utilise in the future, when delivering resources from this toolkit?

How did you know the young people were interested and engaged during this lesson?

Did any challenges arise during the lesson? If yes, why did they arise? How did you address the challenges you encountered and were you satisfied with how you managed the challenges? Is any further follow-up required?

What are your next steps for using the resources provided in the youth mental health and wellbeing toolkit?



For information, support, or just to find out more about what we do, visit jigsaw.ie

Jigsaw, registered charity in Ireland.
Registered charity number 20064846. Charity revenue number 17439.

