

Reflection on section 5: Help-seeking and being hopeful for the future

How did you feel before this 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 as part of a mental health and wellbeing lesson?

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

In terms of using the resources provided in the youth mental health and wellbeing toolkit, what are your next steps?



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