

# FIGHTING FOR OUR RIGHTS

## FFR11

### Comparing approaches to mental health - present and past

#### Subject/theme:

History

#### Year Group:

Year 6

#### Cross curricular links:

English

#### Learning Objectives:

Comparing approaches to mental health from 18th century to now.

#### Success Criteria:

- All children should be able to contribute to class discussion on mental health issues from 18th century to now
- Most children would be able to write differences and similarities on how people with mental health were treated in the 18th century and now.
- Some children would be able to include some reasons that led to change.

#### Resources:

- Images of mental health units from the 18th century
- Extracts of Adele's interview  
<http://www.kingstonfightingforourrights.co.uk/adele-kempton/>

#### NC Ref:

Understand historical concepts such as continuity and change, cause and consequence, similarity, difference and significance, and use them to make connections, draw contrasts, analyse trends, frame historically-valid questions and create their own structured accounts, including written narratives and analyses.

#### Strategies for pupils with specific learning difficulties and disabilities:

- Extract of interview given to children to share one between two
- Images to support teacher's explanation of mental health in the 18th century

#### Role of other adults:

TA will be circling alongside the teacher to ensure all pupils are on task, as well as promoting constructive and positive talk in the classroom.

#### Implications from previous learning:

This lesson builds on FFR10 and is expanding into the history of mental health, allowing the children to have Adele in their mind to tie this new material to.

## Standards Related Professional Development Focus:

- Set high expectations which inspire, motivate and challenge pupils
- Demonstrate good subject and curriculum knowledge
- Adapt teaching to respond to the strengths and needs of all pupils
- Fulfil wider professional responsibilities

LESSON OUTLINE	TIME
<p><b>Starter</b></p> <p>Teacher would have a discussion with the whole class, reviewing English lesson:</p> <ul style="list-style-type: none"><li>• What is mental health?</li><li>• Examples of mental health</li><li>• How Adele feels with mental health whilst at work.</li></ul>	<b>10 minutes</b>
<p><b>Main Activity</b></p> <p>Teacher would lead discussion on bipolar in the 18th and 19th century and how they used music and dance as a form of treatment, the lack of understanding of mental illness during these time periods, building of mental asylums.</p> <ul style="list-style-type: none"><li>• Images would be shown of how people with mental health were treated in hospital e.g being tied up in bed.</li><li>• Discussion on the improvements scientists were making in the mid-19th century to late 19th century.</li><li>• Teacher could read extract aloud or choose a child to read out loud for the class.</li></ul> <p><i>“Rather than just having your normal up and downs, mine tend to be quite big up and downs or I get a level period where I’m completely stable. So that’s–, that’s what happened but during maybe sort of ten years, I’d say I had quite a lot of lows and I ended up in hospital for sort of–, one time it was for three months”.</i></p> <ul style="list-style-type: none"><li>• The class would discuss the treatment Adele received, e.g having access to a hospital, medication. Class discussion on how privileged we are with the facilities we have to help us.</li></ul> <p><i>“The first hospital I went to is Epsom, and they had a psychiatric ward and that was really quite a nice ward, actually... When I went to Long Grove, it was horrendous. It was–, everyone was shoved in a room, it was just awful. We had an up–, it was dormitories upstairs. You had like little cubicles, I felt the nurses weren’t understanding. I felt very overly medicated, I had ECT which did help–, I’ve had quite a lot of ECT and that, sounds frightening but you are asleep when you give it to you. For me, it actually seems to work. I seem to snap out of the depression ECT is called electric convulsive therapy. I’ve had quite a few sessions of ECT. I had some back in the early ‘80s. I’ve had some in the ‘90s and I had some 18 months ago. It’s where they induce–, they put you to sleep with a general anaesthetic, they induce a fit, like an epileptic fit. It’s not a violent fit, it’s just tremors apparently”.</i></p> <ul style="list-style-type: none"><li>• Pupils would write three similarities and three differences on bipolar in the 18th and 19th century to now</li></ul>	<b>45 minutes</b>

## Plenary

Pupils will share their ideas with the class and their reasons for this. Leading to positive discussion on mental health.

5 minutes

### OPPORTUNITIES FOR AFL

- Questioning their prior knowledge of mental health
- Feedback from pupil's responses



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