



Museum Object: Item Number -
GLAHM:151104



Mental Health and Well Being

What does 'mental health and wellbeing' mean to you?

Is mental health something you consider important in your life?

What do you think this object is?

What do you think this object was used for?

Why do you think this object might be in the museum collection?

Based on the inscription on the lid of the object, who do you think this object is dedicated to?

The records we keep about museum objects will answer some of these questions. Search the item number [GLAHM:151104](#) to see this one and try to complete the search tasks below.



Search Task: Can you find who donated this to the Hunterian? ...Hint: look under "Description"

Search Task: This object was 'cleared from the office' of which retired University of Glasgow professor?



Now, let's see if you were right!

What do you think this object is?

This object is a wooden box made between the years 1800-1900. It was owned by Lord Kelvin, a famous Scottish mathematician and physicist. The box lid has a metal disc with an inscription that says: 'SIR WILLIAM WALLACE BETRAYED 1304'.



What do you think this object was used for?

There are no records available that tell us exactly what this object was used for, so ... what do you think this box was used for? What types of items were kept inside?

Why do you think this object might be in the museum collection?

Sir William Wallace, the man whom this box is inscribed for, was a legendary person; Lord Kelvin, the owner of this box, was also an influential person – it was very likely kept because it belonged to Lord Kelvin, who both studied and taught at the University of Glasgow.



Search Task: Can you find any movies that tell the story of Sir William Wallace?



Photo credit: moviebabble.com

Based on the inscription on the lid of the object, who do you think this object is dedicated to?

Sir William Wallace is an important character in Scottish history; he was a Scottish knight and leader of the First War of Scottish Independence. One of his main victories was the Battle of Stirling Bridge in 1297. The Scottish army was small compared to the English army but despite being outnumbered, the Scottish army won!



Watch Task: [View this song "William Wallace, Scottish rebel"](#) for a fun version of his story.

Mental Health and Well Being

Mental health and wellbeing are about how we handle stress and manage our thoughts, emotions, and behaviours. In other words, how we think, feel and act.



Using coping skills is a great way to help manage mental health. Coping skills are things we can use to help ourselves calm down when feeling upset or out of control – for some people this could be listening to music, deep breathing, drawing, exercising, journaling, or phoning a friend.

Many people find it useful to create a 'calm down box', this is a place where you put items that you can use when struggling – maybe this includes: pen, paper, headphones, crayons, blanket, slime, fidget device, and a magazine.

Think If you had a 'calm down box' what would you put in it?



Keeping up with your mental health is just as important as making sure you are physically healthy!

Sir William Wallace: A Legend in Life and Death



Photo credit: Wikipedia.com, National Portrait Gallery, pinterest.com

Test everything you've learned with a fun quiz!