

## **Promotion of Mental Health within Life Skills as a Subject in the Foundation Phase**

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**ABSTRACT** The study examined the promotion of mental health within Life Skills as a subject in the Foundation phase. This was a qualitative study which adopted a case study design. Twelve (12) teachers (6 males and 6 females) who participated in the study were randomly drawn from four foundation phase schools. Data were collected by conducting focus group discussions with participants. Challenges such as lack of training, inadequate teaching and learning materials, large class sizes and inadequate learning facilities were identified. The study revealed that due to the challenges mentioned above, foundation phase teachers fail to plan effectively and teach Life skills proficiently to promote mental health in learners. The study recommends that in order to promote mental health in learners within life skills as a subject, Department of Basic Education (DBE) must conduct workshops and courses for Foundation Phase teachers at regular intervals.