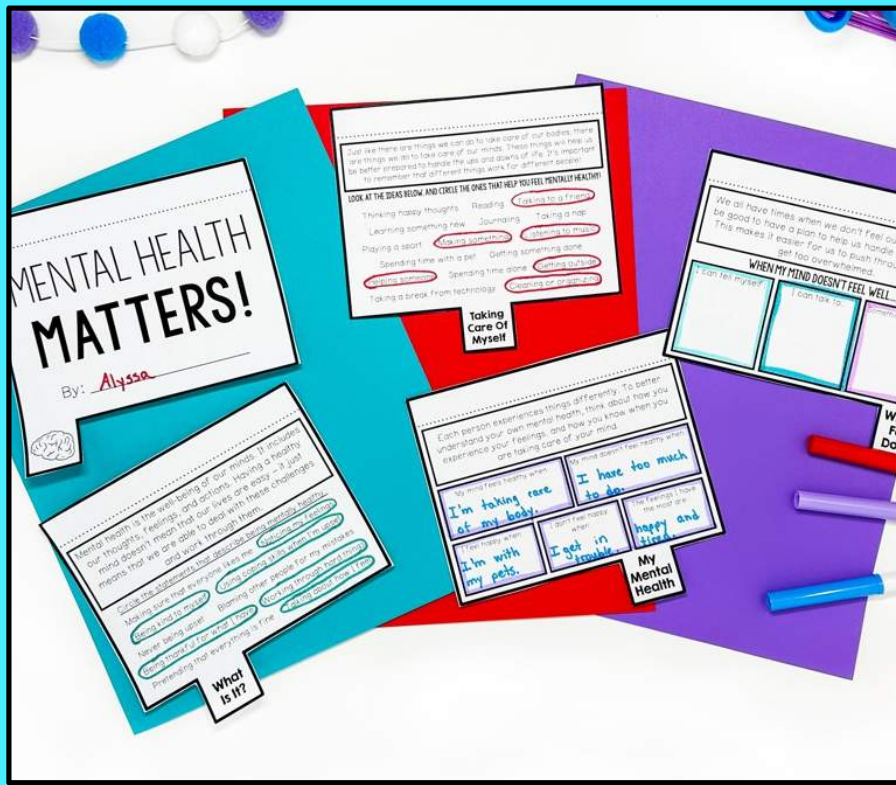


Use this no-prep lesson to help kids learn about mental health!

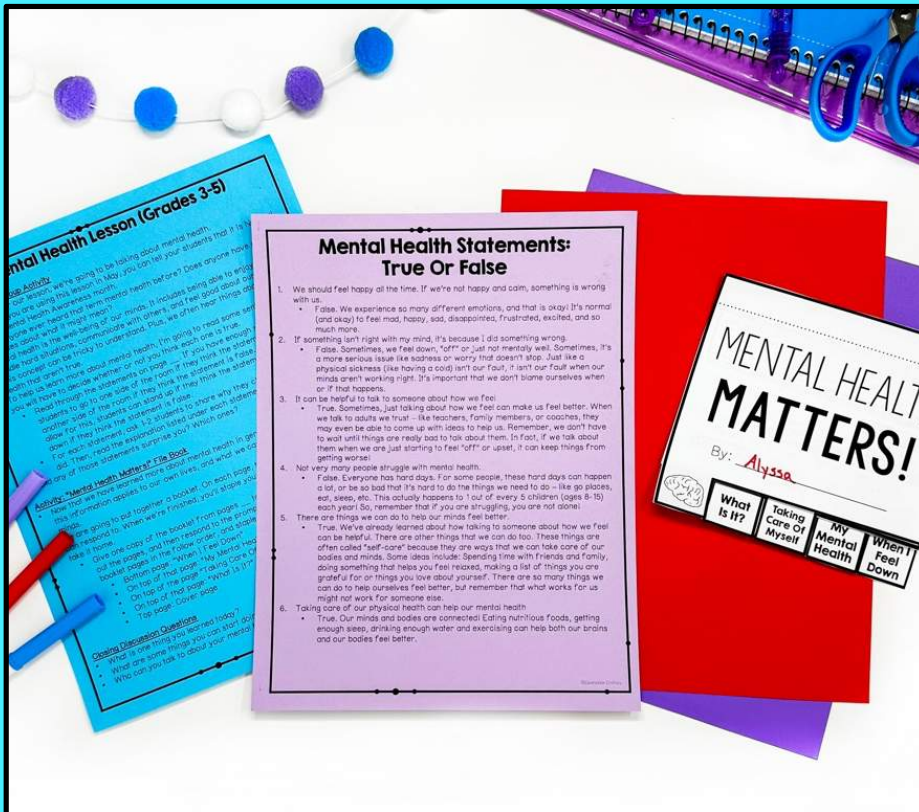


- This lesson is perfect for:
- Upper elementary classroom lessons
 - Introducing students to the concept of mental health
 - Lessons during May (Mental Health Awareness Month)
 - Helping students learn how to take care of their mental health

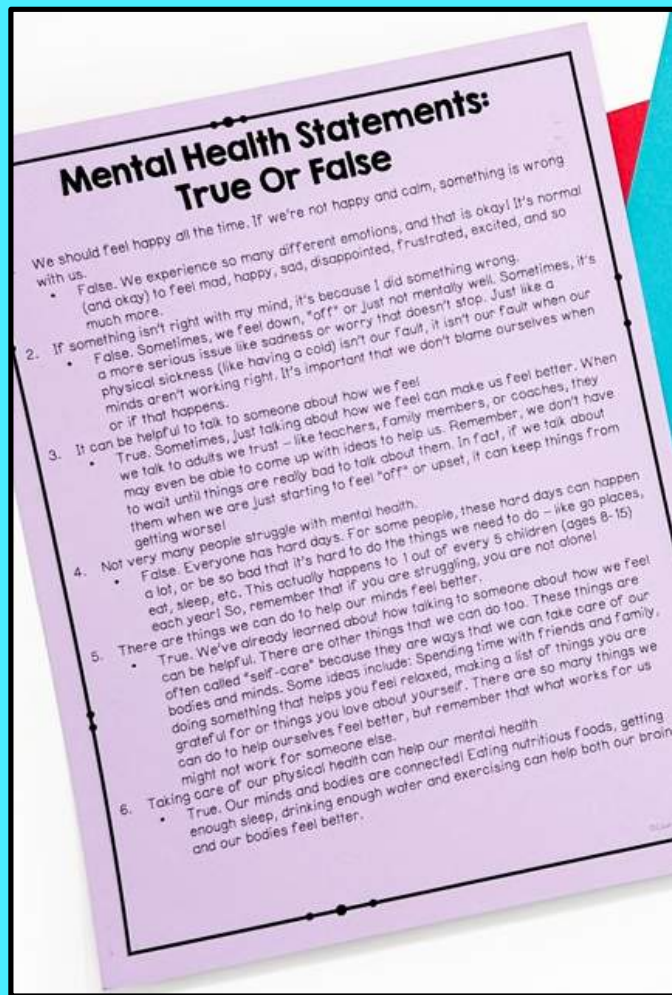
WHAT'S INCLUDED:

This lesson includes:

- A scripted lesson plan
- 5 “True Or False?” Mental health questions with answers and explanations.
- A 5-page file booklet to help students further explore and understand their own mental health.



WHAT STUDENTS WILL LEARN:



In this lesson, students will learn about basic mental health concepts, and will debunk common mental health myths.

They will also explore how they can care for their own mental health using coping skills, self-care strategies, and doing things they enjoy.