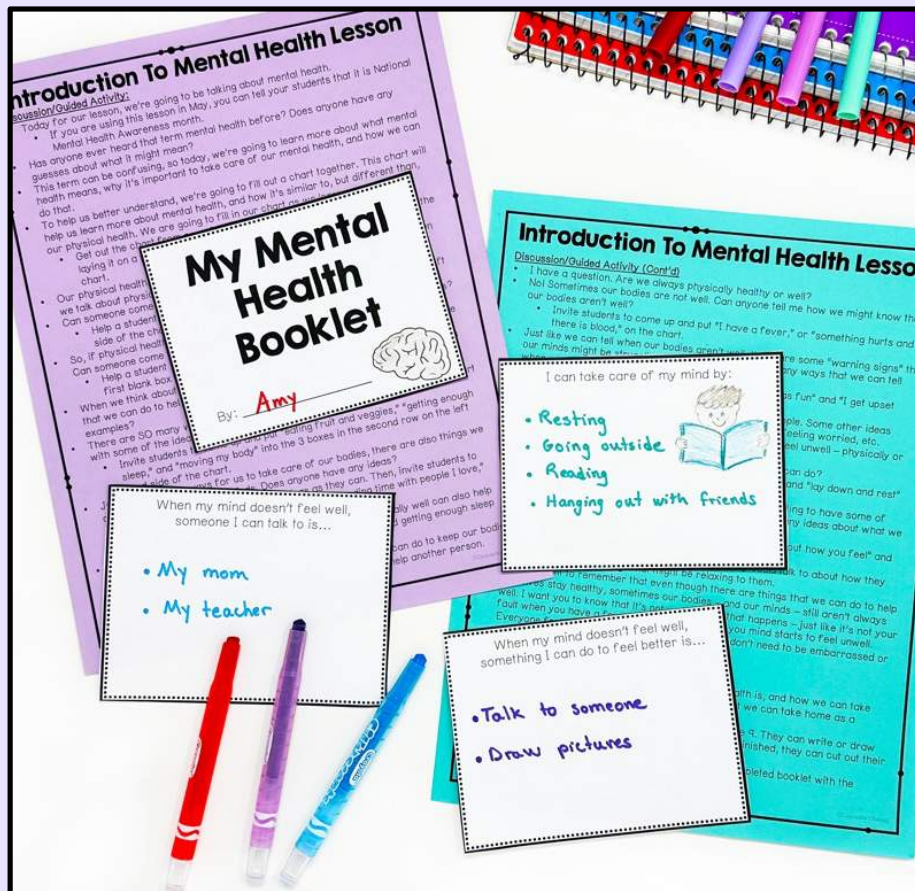


Use this lesson to help kids learn about mental health!



This lesson is perfect for:

- K-2 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
- An interactive cut and paste chart to help students understand mental health by comparing it to physical health
- A 4-page booklet

WHAT STUDENTS WILL LEARN:

Introduction To Mental Health Lesson
Discussion/Guided Activity (Cont'd)

- I have a question. Are we always physically healthy or well?
- No! Sometimes our bodies are not well. Can anyone tell me how we might know that our bodies aren't well?
 - Invite students to come up and put "I have a fever," or "something hurts and there is a bump on my arm."
- Just like we can't control our bodies, we can't control our minds either.
 - Invite students to come up and put "I have a headache."
- These warning signs include: Not being able to concentrate, feeling nervous, and feeling sad.
- Thankfully, there are things we can do to help our minds feel better.
- If your body doesn't feel well, you should see a doctor.
- Invite students to come up and put "I have a headache."
- What about if you have those "warning signs" that your mind isn't working right?
 - Invite students to come up and put "I have a headache."
 - Ask students to share how they feel, as well as how they can help themselves.
- It's important to take care of ourselves so we can stay healthy. I want you to feel good when you're in school. Everyone feels mad at yourself sometimes.

Closing Activity:

- Now that we've learned about mental health, let's take a moment to think about how we can take care of ourselves. We'll be using a chart to help us.
- Students will be using their response pages and sharing their ideas with their group/class.
- If time permits, we'll have a group/class discussion.

Introduction To Mental Health Lesson
Discussion/Guided Activity:

- Today for our lesson, we're going to be talking about mental health.
 - If you are using this lesson in May, you can tell your students that it is National Mental Health Awareness month.
- Has anyone ever heard that term mental health before? Does anyone have any guesses about what it might mean?
- This term can be confusing, so today, we're going to learn more about what mental health means, why it's important to take care of our mental health, and how we can do that.
- To help us better understand, we're going to fill out a chart together. This chart will help us learn more about mental health, and how it's similar to, but different than, our physical health. We are going to fill in our chart as we learn.
 - Get out the chart from page 6 and display it by hanging it on the board or laying it on a table. Place the cards from page 7 (color) or 8 (BW) next to the chart.
- Our physical health is something you all might be a little more familiar with. When we talk about physical health, we are talking about taking care of our bodies.
 - Can someone come up and find the card that says "taking care of my body?"
 - Help a student find the card and place/glue it in the first blank box on the left side of the chart.
- So, if physical health is taking care of our body, what do we think mental health is? Can someone come find the card for that and put it on our chart?
 - Help a student find the card "taking care of my mind," and place/glue it in the first blank box on the right hand side.
- When we think being physically healthy, we know that there are some things to do that help us take care of our bodies. Can anyone name some examples?
- There are SO many ways that we can keep our bodies healthy – let's fill in the chart with some of the ideas you shared.
 - Invite students to come up and put "eating fruit and veggies," "getting enough sleep," and "moving my body" into the 3 boxes in the second row on the left hand side of the chart.
- Just like there are ways for us to take care of our bodies, there are also things we can do to take care of our minds. Does anyone have any ideas?
 - Allow students to share as many ideas as they can. Then, invite students to come up and put "doing things that I like," "spending time with people I love," and "noticing how I feel," on the chart.
- An interesting thing is that the things that can keep us physically well can also help keep us mentally well. Exercising, eating nutritious foods, and getting enough sleep not only help our bodies feel good, but our minds too!
- Of course, our chart doesn't include every single thing we can do to keep our bodies and minds healthy. Plus, what helps one person might not help another person. However, these are some great ideas to get us started.

©Curriculum Resources

In this lesson, students will learn about mental health by comparing it to the more familiar concept of physical health.

Kids will learn:

- What mental health is
- How they can take care of their minds
- What they can do if they are struggling with their mental health