

# Lesson 1 Facilitator Guide

## We All Have Mental Health:

### ***Slide 1: Introduction***

"Today we are going to be learning about mental health, how we can better understand it and our feelings, how to practice good mental health and how, if we are struggling with our mental health or concerned about a friend, we can get the help we deserve. This information may help you or someone you know.

KEEP IN MIND: If anything shared today prompts a feeling that you need to talk to someone, make sure to talk to me or a trusted adult in your life. Please feel free to ask questions at any time, but if you want to reach out to me after this lesson that is fine too."

***Icebreaker:*** Ask everyone to share one good thing about today.

### ***Slide 2: What is mental health?***

**Facilitator says:** "Mental health is about our feelings, thoughts, and moods and is important for a happy, healthy, productive, and balanced life. Just as we brush our teeth everyday to take care of our teeth, we need to make sure our brains get taken care of, too. Just like taking care of our bodies, there are ways for us to take care of our minds, too. Looking after our mental health is just as important as looking after our physical health."

*Physical health = taking care of body*

### ***Slide 3: What is mental health?***

"In this lesson, you will learn:

More about mental health

Ways to keep your mind healthy

We will play Charades

We will answer some truth or false questions

### ***Slide 4: How do we care for our mental health?***

**Facilitator says:** "There are many ways that we can care for our mental health. We are going to play charades to demonstrate some of these ways. I will ask for volunteers to act out a mentally healthy behavior just using their bodies - no words, sounds, or props. I will show the volunteer the mentally healthy behavior listed on a card without anyone else seeing and then they will act it out. Everyone else will watch and guess."

*Facilitator asks for a volunteer and shows one mentally healthy behavior card. Facilitator should be prepared to prompt and provide assistance with each behavior in case the student volunteer gets stuck.*

*Save the "showing feelings" card for last to flow into the next activity.*

**Facilitator says:** "As we just learned, it's healthy to feel and show the feelings we feel. When you're sad, it's OK to show that you're sad; when you're happy, it's OK to show that; even when you're mad, there are healthy ways to show that you are mad. Feelings can be big or small and everything in between."

### **Slides 6-7: Knowledge Check**

**Facilitator Says:** "We are going to answer a couple of true or false questions. Facilitator can ask for a thumbs up or thumbs down for true or false slides before revealing the correct answer."

### **Slide 8: Notice & Wonder Chart.**

**Facilitator says:** "Think about the activities we've done today - the charades game, the conversations. Spend some time independently now thinking about what you notice and what you wonder. Write your ideas down." If wanted, you can pair students together to discuss their "notice and wonder chart" Be sure to give plenty of time for discussions. This is a great time to ask students if they have any questions about today's activities or information learned."