

10 TIPS FOR TAKING CARE OF YOUR MENTAL HEALTH



Grades 4-7

Physical and Health Education, Language Arts and Arts Education

Purpose of the Lesson:

It is important to connect children, youth, and families to mental health resources and support. As educators, it is also valuable to incorporate mental health education into the curriculum. The purpose of this lesson is to familiarize students with coping strategies they can use to take care of their mental health. There are so many helpful tools included in the Student Mental Health Toolkit that educators and school counsellors can use to support these conversations. Overall discussing what it means to take care of your mental health is helpful to create a personal wellness plan. This lesson includes an adaptable “My Coping Cocoa Worksheet” as a creative and fun way to make a mental wellness plan!

Curriculum Competencies:

Physical and Health Education:

- Identify and describe factors that influence healthy choices (Grade 4).
- Describe and assess strategies for promoting mental well-being (Grade 4).
- Describe factors that positively influence mental well-being and self-identity (Grade 4).
- Explore and describe how personal identities adapt and change in different settings and situations (Grade 5/6).
- Analyze and describe the connections between eating, physical activity, and mental well-being (Grade 5).
- Identify and apply strategies to pursue personal healthy-living goals (Grade 7).
- Explore and describe how personal identities adapt and change in different settings and situations (Grade 6).
- Describe and assess strategies for promoting mental well-being, for self and others (Grade 5/6/7).

Language Arts

- Use writing and design processes to plan, develop, and create texts for a variety of purposes and audiences (Grade 4/5).
- Use writing and design processes to plan, develop, and create engaging and meaningful literary and informational texts for a variety of purposes and audiences (Grade 6/7).

Arts Education

Express, feelings, ideas, and experiences in creative ways & through the arts (Grade 4/5/6/7).

First Peoples Principles of Learning:

- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning requires the exploration of one’s identity.

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Physical & Health Education, Language Arts

Booklet

Tips for Taking Care of your Mental Health Booklet

Guiding Questions:

- How can you take care of your body? How is that different from taking care of your mind?
- Why is it important to stay connected?
- How long do you think is a reasonable amount to use electronics daily? How might too much electronic time impact your mental health?
- What are your favourite ways to stay physically active?
- What is stress? What are some ways to respond to stress?
- How many hours of sleep do you think you need? Why is this important?
- What is mindfulness?
- Who can you talk to about your mental health?
- How can you express your feelings?
- Why is it important to have alone time?
- How can you help a friend/family member with their mental health? How can you be more understanding?
- What are some positive thoughts you can tell yourself when you are struggling?

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Step-by-Step Lesson Plan

Preparation: Print out “My Wellness Plan: My Coping Cocoa” worksheet (attached below).

1. Read the Tips for Taking Care of your Mental Health Booklet as the lesson introduction.

You can find the booklet [HERE](#). This animation shows many great tips for taking care of your mental health including: taking a break from electronics, staying physically active, being aware of what stresses you out, the importance of regular sleep, practicing mindfulness, etc.

2. Pause while reading the booklet and use the Guiding Questions to spark discussion.

3. Discuss the curricular objectives for this lesson with your class.

Ask the class if they can think of any more ways to take care of their mental health. Here are some guiding questions to help:

- *What are some things they notice their caregivers doing at home that might be considered “self-care”?*
- *What are some examples of healthy choices that promote mental health?*
- *What are some strategies that can be used to achieve personal healthy-living goals?*

4. Follow-up Activity: Have students complete their own personal wellness plan using “My Coping Cocoa Worksheet” below. Look at the tips for managing anxiety in the Downloadable Resources section of the toolkit [HERE](#) for more ideas: yoga, getting outside, playing a sport, etc.

Other Suggestions: Have your students present their personal wellness plan to the class or a younger grade to promote mental wellness around the school.

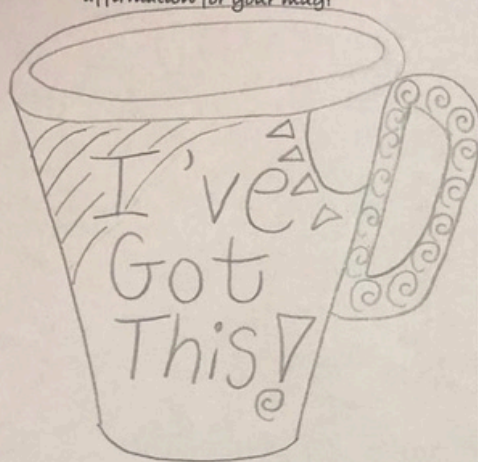
5. Lesson Closure: Share some ways that adults take care of their mental health and how it is important for the overall community. Allow students time to browse the Student Mental Health Toolkit for more ideas and resources to support their mental health.

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My Wellness Plan

My Coping Cocoa Mug- choose a meaningful affirmation for your mug!



People that support my wellness:

- My parents
- My teacher
- My friends
- My School counsellor

Distraction activities &

Coping skills:

- Card games
- colouring a mandala
- Aaron's thinking putty
- journaling

My triggers:

- When plans change
- noisy classrooms
- someone raising their voice at me

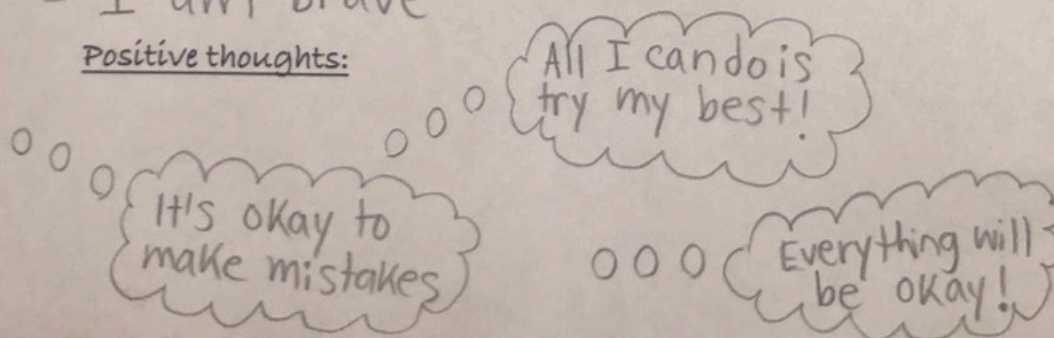
Places I feel safe & calm:

- Calm down corner at school
- My tree house
- My bedroom

I am:

- I am smart
- I am strong
- I am brave

Positive thoughts:



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My Wellness Plan

My Coping Cocoa Mug – chose a meaningful affirmation for your mug!

People that support my wellness:

Distraction Activities and Coping Skills:

My Triggers:

Places I feel safe and calm:

I am:

Positive thoughts: