



Grade 6 Sample Lesson Plan: Mental Health

Learning Objectives(SOLs)

- I understand what the word self image means(6.1p)
- I understand what and who can influences my self image(6.1p)
- I understand and know how to have a positive self image(6.1p)

Teacher Notes- this lesson will take two days to complete

This lesson talks about promoting a positive self image about oneself. It also talks about how you may see others and have thoughts about him or her. It talks about how our self image is developed (who or what influences it). This lesson may also take some students out of their comfort zone because he or she will need to say something positive about their peers.

Self-image- can be defined as the way someone see themselves(both negative and positive)

Discussion Questions with class:

- Have students define in their own words what self image means
- Ask them what and who can influence their self image
- How has social media impacted someone's self image
- If they feel comfortable they can share any experiences they have had- good or bad

Index Card Activity:

Give each student an index card. Have them get out a writing utensil and use one side of the card to write the following:

1. Write 3 positive adjectives they would use to describe how they see themselves
2. Write down 3 things they do to help them get thru when they are stressed
3. Write down 3 people they can go to when they need help or to talk to
4. Then flip over the index card and write down ONE word in BIG letters that would describe themselves- ie: Leader, athletic, kind
5. Then tell them to put this in their bookbag and anytime they feel bad about themselves they can pull that index card out and read the kind words about themselves

Student Activity:

Show them the self image presentation linked here:

<https://docs.google.com/presentation/d/1zwwIDkqDQIBITe20Bfgzini5nXjlk2YG4x2Nml-xDts/edit?usp=sharing>

After presentation have this discussion with them:

There are 3 types of self esteem: see if they can define them

- A. High self esteem(normal)
- B. Low-self esteem
- C. Inflated self esteem

Student Activity: Kind Words go a long way

1. If you know how to make a google form then make a google form with all your students name on there and have each student write down one positive comment about each student in that class(if you have laptops).
2. If you do not have laptops then you can make a document with each student's name on a piece of paper and leave a blank for the students to write a comment about that student(it does not have to be a big piece of paper).
3. After that is done and you read over the comments- then if you use a laptop, then print out each student's comments and hand it over to them so they can see what their peers said.
4. If you did it on paper then just hand out the paper responses to the students
5. The teacher needs to walk around the classroom when this activity is being done, because if a student does not know who someone is the teacher can point that person out.
Examples- student can say I like your glasses, your clothes, etc

Student Activity: Sticker about YOU

1. Students will now create a sticker about them
2. If you have laptops here are the directions to use either google draw or Adobe Express- click on this link: https://docs.google.com/document/d/1Sf-b1y52_pV0Y3W0dI50Bu19KDldfc_SJLgp0pa6mL0/edit?usp=sharing
3. If you do not have a laptop- then you can give them a sticker label(square) and have them draw and make the sticker all about them and colorful. Have them use two- three adjectives and at least one image that would describe themselves.

Student Activity: Infographic about YOU

1. Students will design an infographic, if you have laptops they can use Adobe Express- click for directions: https://docs.google.com/document/d/15aDck0WlcnDI_3XPeGUK3D7p8TzJLsqff2UlanjFyo/edit?usp=sharing
2. If you do not have laptops then you can have the students create a poster about themselves and display them in the classroom.

Closing Activity:

Review what does self image mean and look like? Have conversations with the students about thinking before speaking and how words can make a difference to someone.