



Grade 7 Sample Lesson Plan: Mental Health

Learning Objectives(SOLs)

- 7.1 -Mental Wellness/Social and Emotional Skills
 - a) Define depression and describe the warning signs, risk factors, and protective factors for anxiety and depression.
 - u) Explain when mental illnesses and mental challenges require support or assistance (e.g., when they affect one's relationships, responsibilities, and involvement in activities).
 - u) Identify personal, family, school, community, and healthcare professional resources that can help oneself and others with mental illnesses and challenges.
 - r) Promote help-seeking for mental health concerns.

Teacher Notes- this lesson will take two days to complete

This lesson talks about promoting a safe environment to talk about mental health. This lesson allows students to explore and learn about mental health conditions that may affect some of them right now or someone they might know.

Discussion Questions with class:

- Have students define in their own words what mental health means
- Ask them to list examples of mental health conditions
- Ask them to list ways teens can get help
- Ask them what does the word stigma mean and how one can help fight the stigma of mental health

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 mental health presentation linked here(have discussions with them):

<https://docs.google.com/presentation/d/1Rejt77s3ZsBN4RDkJgDgiv2fsO3aVhEqZasp4FujvPQ/edit?usp=sharing>

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_pV0Y3W0dI50Bu19KDIdfc_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: Mental Health template- can be done individually or with one other partner

1. Students will design template, if you have laptops they can use this link below for directions to know how to do this:

<https://docs.google.com/presentation/d/1MG8HgK-h1Q6aNKRwUxuu9HkIT-uDcltS4qDdJj14BfY/edit?usp=sharing>

See next page or click below to see the choices of mental health conditions the students can choose from and also, the 9 questions they need to find information on about that mental health condition:

https://docs.google.com/document/d/1ykpEc8dZnRBzA2LkBis1uDw9pajRtSs3ie_E8KncwVU/edit?usp=sharing

2. If you do not have laptops then you can have the students create a poster about the mental health condition they choose and answer the questions and put their answers on the poster and display them in the classroom.

Closing Activity:

Review what does mental health look like? How can one get help etc? Ask them how can schools be a part of mental health? You could even have some of the templates or posters displayed for Mental Health Awareness month in May.

Steps:

1. You may work by yourself or with a partner. Choose a mental health topic (listed below on this page at the very bottom).
 2. Research your topic using the 9 guiding topics/questions below.
 3. Put together a template presentation that includes the information listed below using one of the templates provided.
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The following information must be included in your presentation:
(Research will need to be done. Do not plagiarize- put it ALL in your own words)

1. Name of condition
2. Description of the condition- give a brief description
3. Name 3 Physical symptoms of the condition/effects on the body-ie- energy level is decreased, loss of appetite
4. How is it diagnosed?
5. What treatments are available?
6. Where can the teen get help from?(2 places)
7. What are at least 3 coping skills can be used
8. Name 2 reasons why teens do NOT go get help
9. Hashtag- to help fight stigma of Mental Health(in a positive way)

Below is the list of mental conditions to choose from to do your presentation on.

1. ADHD
 2. Anxiety
 3. Depression
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