

Intro to Well-Being (3rd)

Schedule:

2:10-2:15: Introductions
2:15-2:25: Pre Lesson
2:25-2:30: Lesson
2:30-2:50: Arts and Crafts
2:50-2:55: Conclusion

2:10-2:15

Introduction:

Break students up into their small groups. The teachers should already have made them.

Do the following activity:

Have each student say:

1. Their name
2. Their favorite school subject

Ask a Would you Rather Question and have each student answer it.

EX:

- a. Would you rather be able to fly or be invisible?
- b. Would you rather only be able to whisper or have an incredibly loud voice?
- c. Would you rather live in the desert or on a deserted island?
- d. Would you rather always have to enter rooms by announcing your name or always have to do cartwheels out?
- e. Would you rather meet a superhero or a cartoon character?
- f. Would you rather not be allowed to watch T.V. for a year or not be allowed to eat any sweets for a year?
- g. Would you rather be the fastest person in the world or can freeze time?

2:15-2:25

Pre Lesson:

Have the students go back to their desks. Give or make sure that each student has a sticky note.

Do the activity twice with both words

1. Inform them that you are going to say two words and you want them to write down whatever comes to mind and stick it on the board.
(Connections, ideas, definitions, examples, etc.)
2. After they are done, go through the sticky notes on the board.

Words to do activity with:

Self-Management
Mental Health

Note:

At this point in the lesson, do not mention if definitions are correct or if the things are related. Just read them aloud for the class to take note. We will go over the proper information later.

2:25-2:30

Lesson:

Have the students sit on the carpet as a full group.

Talk about what mental health and self management are.

Self-Management:

- The way we handle and maintain the different parts of our body and health.
- Ex: How we handle emotions
- Importance: The way we manage ourselves affect all parts of our health and well-being.

Mental Health:

- The health relating to our brain/thoughts and how we manage them.
(self-management)
- Ex: Our self-esteem (How we view ourselves)
- Importance: A healthy mind and brain are important for overall health and well-being. Mental health affects how we think, feel, and act. Mental health impacts how we manage emotions and experiences.

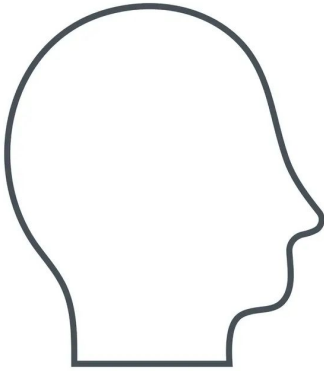
Note:

If you have extra time, this is the time to go back through some of the sticky notes and take note of the ones that are related/correct.

Arts and Crafts:

Have the students go back to their desks and hand out the human head silhouette template.

Instruct the students to fill in and decorate the head with *correct* ideas from the lesson or new ideas.



*Encourage students/teachers to keep this project as we may revisit it at the end of the year.

Stuck?

Encourage students to use the following:

- Our definition
- Ideas from the sticky notes
- Ideas from class discussion
- Ideas from your tablemates

Examples:

- The word "self esteem"
- A drawing of a brain

Conclusion:

- Review definitions and content
- Leave time for any last minute thoughts or questions
- Give students parent info handout

If you have extra time, refer to the ice breaker sheet in your folder!

