

Guidelines for Thinking About Mental Health

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



GRADE 4 ACTIVITY - Thinking About Mental Health

OBJECTIVE: Student will draw and talk about their understanding of mental health.

DIRECTIONS: Give the student some time to draw or write about the topics on the following page.

The following activity is used to start a discussion about mental health. It can be used to see what a student already understands about certain mental health conditions and to see if they have some biases.

When they have finished, it is important to allow them time to explain what they have drawn or described. Asking open-ended questions about their work is a good way to understand what their experience and knowledge is and start a discussion about mental health.

Questions to help start discussion:

- What kind of feelings do people have when they feel...? (depressed, anxious, resilient)
- What do you know about...? (good mental health decisions, depression, etc.)
- Do you know someone who has experienced...? (anxiety, someone who is resilient, etc.)
- Who do you know who might be able to help you with your feelings?

If you or your child need support with mental health, reach out to a mental health professional.

You can find resources and assistance at FastTrackerMN.org.



Guidelines for Understanding Mental Health

Keywords and Definitions

Mental Health:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Anxiety:

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. But for people with anxiety disorders, the fear is not temporary and can be overwhelming.

Anxiety Disorders:

Anxiety disorders are conditions in which you have anxiety that does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork, and relationships.

Depression:

Depression is a serious medical illness. It's more than just a feeling of being sad or "blue" for a few days. These feelings persist and interfere with your everyday life. Depression is a disorder of the brain. There are a variety of causes, including genetic, biological, environmental, and psychological factors.

Resilience:

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

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Name _____



This is what mental health looks like.

Draw or write about someone making good mental health decisions.



Draw or write about feelings someone might have if they feel anxious.

Draw or write about feelings someone might have if they are anxious and if they are depressed.



Draw or write about someone handling a difficult situation and showing resilience.



Draw or write about someone who can help you when you are having strong feelings.

