

Guidelines for Understanding 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 - Understanding Mental Health

OBJECTIVE: Student will be able to match the vocabulary word with its definition.

DIRECTIONS: The student can work through these pages by themselves or with an adult. It is important to follow up with some discussion of the student's responses, especially if there are some misconceptions that come out.

This activity begins with pages that define and inform the student about common mental health conditions. While it is possible for a student to work through this activity by themselves, using the material to initiate some discussion would be extremely beneficial.

The student will respond to the prompts after each informational paragraph. Each line does not have to be completed, however. The adult working with the student can use follow-up questions or statements to help understand what the student is thinking.

Questions to help start a discussion:

- Tell me more about...
- What kinds of feelings can be strong?
- What are some things you do to take care of your mental health?
- Why is it important to take care of both your mental health and your physical health?

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 _____



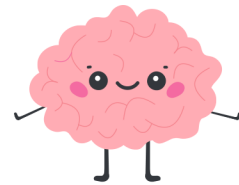
Understanding Mental Health

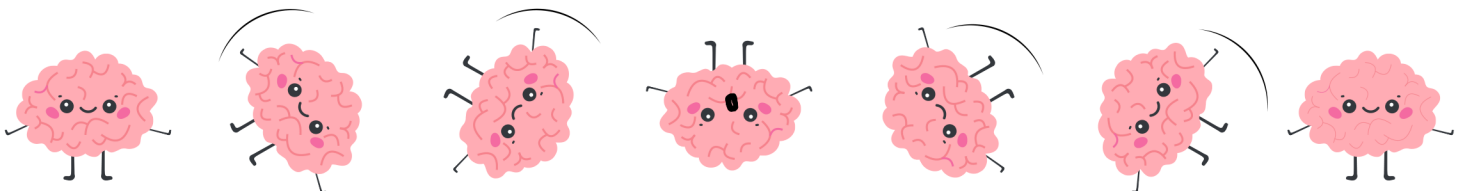
There are some important things to understand about mental health.

We can take care of our bodies by doing things like eating healthy foods and getting regular exercise. We can also take care of our brains by talking to a trusted adult when we have big feelings or doing some calming activities when we feel anxious or stressed. Both physical health and mental health are super important in order to feel strong and happy!

Taking care of our brain can mean things like talking to someone we trust when we feel sad or stressed, or doing activities that make us feel calm and happy, like drawing or playing outside.

What are some ways you take care of you brain?







Name _____

Understanding Mental Health

It's important to know we all have big feelings sometimes. It doesn't mean there's something wrong with you or that you have a problem with your mental health. Everyone feels happy, sad, angry, or excited at different times. It's a normal part of being human!

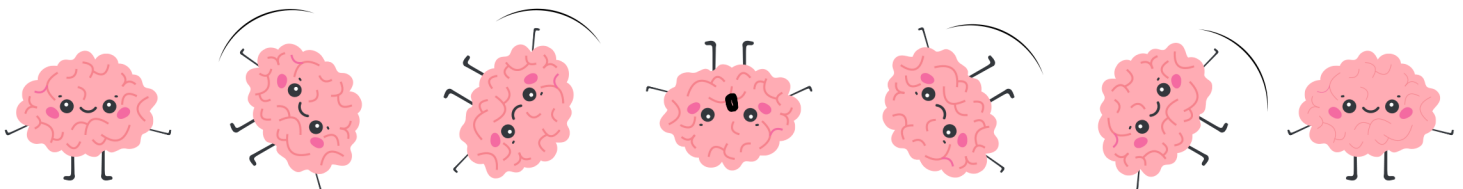
Can you think of a time when you experienced strong feelings?



As we grow and learn, we can get better at understanding our strong feelings. We are building resilience, which means learning how to handle our emotions. Resilience also means being able to bounce back after something tough happens.



Can you describe a way you have handled a strong emotion or a hard situation?





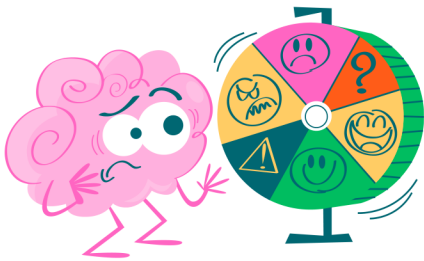
Name _____

Understanding Mental Health

Depression is more than feeling sad. Everyone feels sad at times but after awhile that feeling goes away. Depression makes it hard for you to do and enjoy the things you usually like. Depression tends to last for a long time and can be more than just feeling sad. You might also feel irritable or anxious.

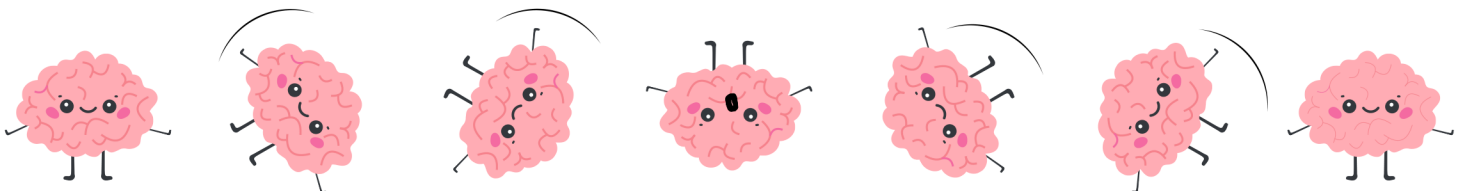


Who can you talk to if you think you might be feeling depressed?



Have you ever felt nervous about a test or trying something new? Many people feel anxious in these types of situations. However, anxiety is being very worried about bad things happening much of the time sometimes without a particular reason. Anxiety can make it hard for us to do everyday things like going to school or meeting with friends.

What are some things that help you when you feel nervous?



Name _____



Let's show what we understand about mental health

DIRECTIONS: Connect the number of the word(s) in the first column with the letter of its definition in the second column.

1 Depression

A Exercise, enough sleep, healthy foods, positive thoughts

2 Anxiety

B A constant feeling of sadness and loss of interest, which stops you from enjoying your normal activities

3 Resiliency

C Being very worried about the future and about bad things happening

4 Good mental health practices

D Being able to handle life's ups and downs

