

# CANADA'S NATIONAL CHILD & YOUTH MENTAL HEALTH DAY - MAY 7TH, 2020

## ACTIVITY LESSON PLAN

### Objective:

- 1) To help children understand what mental health is
- 2) To help children identify ways they can take care of their mental health

**Time:** 15-30 minutes depending on age group and nature of discussions

### Materials:

- 1) May 7<sup>th</sup> Activity Handout
- 2) May 7<sup>th</sup> Activity Cut-Outs (Optional)
- 3) Markers or pencil crayons
- 4) Glue
- 5) Scissors

### Discussion & Teaching Points:

- 1) What is mental health?
  - Mental health has to do with the health of our minds and brains.
  - When we have good mental health, we can participate in activities that are important for our growth and development – school, enjoying time with friends and family, recreational activities.
  - When we have good mental health, we are better able to deal with problems and challenges in life.
- 2) What does good mental health look like?
  - Able to pay attention
  - Think clearly
  - Good problem solving
  - Get along well with friends and family
  - Able to learn new things
  - Feel happy/content/calm most of the time
  - Able to manage difficult feelings (i.e. sadness, anger)
- 3) What does it look like when our brains and minds aren't healthy?
  - Feeling sad, worried, angry most of the time
  - Hard to pay attention and learn new things
  - Difficulty getting along with friends and family
  - Difficulty solving problems
  - Negative and unhelpful thinking

- 4) Why is good mental health important?
  - Our mental health affects the way we feel, think, and act.
  - When we have good mental health, we are better able to learn, get along with our friends and family, manage our feelings, enjoy activities, and discover what we like and our special skills and abilities.
  
- 5) The way we take care of our mental health is very similar to how we take care of our physical health. What are some ways we can take care of our minds?
  - Getting enough sleep
  - Eating healthy foods
  - Being active and exercising
  - Playing
  - Spending time with friends
  - Spending time with family
  - Spending time in nature
  - Creating
  - Exploring
  - Listening to music
  - Journaling
  - Talking about feelings
  - Asking for help,
  - Relaxation etc.
  
- 6) What is Green Headband Day?
  - May 7<sup>th</sup> is Canada's National Child and Youth Mental Health Day.
  - It's a day for children and the adults who take care of them (i.e. teachers, parents, grandparents, coaches) to take time to think about what children need to develop and maintain good mental health.
  - Green is the colour for mental health and mental health has to do with our minds and brains, so we wear green headbands to help people remember the day.

**Activity:**

- 1) Have children draw, write, or cut and paste the things they do to take care of their mental health on the May 7<sup>th</sup> handouts.
- 2) Provide children with the opportunity to present their poster.
- 3) Hang the posters in your home to remind children of the importance of taking care of their mental health.
- 4) Post photos of the posters on social media using the #bandtogetherforchildrensmentalhealth

**#bandtogetherforchildrensmentalhealth**



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I take care of my mental health by...

 <p>Asking for Help</p>	 <p>Spending Time with Family</p>	 <p>Spending Time with Friends</p>	 <p>Creating Masterpieces</p>
 <p>Helping Others</p>	 <p>Playing</p>	 <p>Learning Something New</p>	 <p>Sleeping</p>
 <p>Relaxing</p>	 <p>Spending Time in Nature</p>	 <p>Keeping a Journal</p>	 <p>Eating Healthy Food</p>
 <p>Talking About my Feelings</p>	 <p>Enjoying Music</p>	 <p>Thinking Healthy Thoughts</p>	 <p>Exercising</p>

## #bandtogetherforchildrensmentalhealth



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*I take care of my mental health by.....*

**#bandtogetherforchildrensmentalhealth**



# CANADA'S NATIONAL CHILD & YOUTH MENTAL HEALTH DAY - MAY 7TH, 2020

*I support children's mental health by...*

**#bandtogetherforchildrensmentalhealth**

