



Educator Guide: Healthy Minds Lesson

Recommended for Grades:

4th grade

Time:

4 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Identify at least two things they can do every day to stay mentally healthy.

Lesson Description:

In this lesson, students will learn what it means to have a healthy mind. There is a short worksheet for students to complete as they go through the lesson.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Healthy Minds Lesson. You may choose to use this list in any way that fits your needs.

- Emotion – a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Feeling – an emotional state, such as happy, sad, excited, scared, etc.
- Mind – the part of a person that allows them to be aware of the world and their experiences, to think and to feel



Healthy Minds Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Healthy Minds Lesson.

1. What does having a healthy mind mean?

2. List four things you could do each day to keep your mind healthy.

- a. _____
- b. _____
- c. _____
- d. _____



Healthy Minds Lesson Worksheet Answer Key

1. What does having a healthy mind mean?

Having a healthy mind means being mentally and emotionally healthy, which means that your brain is able to manage your feelings, or emotions, and handle daily activities at home, at school and everywhere else.

2. List four things you could do each day to keep your mind healthy.

Answers will vary, but could include any of the following: connecting with others, hanging out with friends, spending time with grandparents, being active, eating healthy foods, getting 10 hours of sleep each night, getting up and going to bed around the same time each day, turning off electronics at least 30 minutes before going to sleep, etc.

Supplemental Activity: Family Wellness Bingo

Objectives:

After completing this activity students will be able to:

- Identify at least two things they can do every day to stay mentally healthy.
- Demonstrate one or more ways to show compassion toward others.
- Identify two trusted adults that can help with mental health goals or concerns.

Materials Needed:

- A copy of the Family Wellness Bingo board for each student, included below

Time Required:

10 minutes

Instructions:

Send a Family Wellness Bingo handout home with each student. Give them one week to complete what they can on the board with their family. You could even have a friendly competition to see who can check off the most squares!

At the end of the week, have a class discussion. Ask students if they learned anything new about themselves or their family members. Discuss any challenges they had with checking off any of the squares.

Family Wellness Bingo

With your family, complete as many of the activities as possible and “X” them off. Once you get 5 in a row, vertically, horizontally or diagonally, you’ve got bingo!

Went on a 30 minute walk after dinner	Made a healthy meal with a family member	Did one act of kindness for a stranger	Played outside for 15 minutes	Went to bed at a reasonable time, ensuring I got around 10 hours of sleep
Volunteered	Made a mindfulness jar	Called my grandparent or other family member and talked with them	Did not bring any electronics to bed	Had 10 minutes of downtime after school or work
Did something creative like drawing, painting, writing, etc.	Did one act of kindness for a friend or family member	Free Space	Turned off electronics at least 30 minutes before bed time	Did yoga for 15 minutes
Read a book	Practiced mindful eating	Connected with a family member that I don't see often	Gave a compliment to someone	Played a card game
Hung out with a friend	Talked with an adult about what causes you stress	Wrote down an individual mental or emotional health goal to work towards	Included someone new at lunch or recess	Showed compassion to someone



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Anxiety Disorders in Children

What Are Anxiety Disorders?

Children with anxiety disorders have too much fear and worry that lasts a long time. Children with anxiety often have problems at school or home because of it.

A small amount of anxiety is normal in childhood. At different ages, some fears are common like fear of being away from parents and fear of the dark. Children can also have anxiety when they are in new or stressful situations.

Children can have so much anxiety it causes problems.

Some children:

- Have aches and pains, like headaches or stomachaches
- Feel restless, tired or tense
- Have trouble focusing or sleeping
- Can also have tantrums or meltdowns because of anxiety

What Causes Anxiety Disorders?

There are many reasons why a child may have anxiety. It can run in families and start at birth. It can also start after exposure to stressful events and problems meeting developmental milestones.

What Are the Symptoms of Anxiety Disorders?

Children with anxiety may:

- Be very upset when caregivers leave them
- Be very shy and quiet in new situations and with people not in their family
- Stay away from places or activities that make them feel nervous
- Worry a lot about many things, and not be able to control the worry
- Talk about or ask questions about the things they worry about
- Not talk in stressful places, but talk easily at home
- Feel very scared of certain things like animals, heights, being in an airplane or seeing blood



How Are Anxiety Disorders Treated?

Anxiety will not get better without help. Treatment for mild anxiety starts with psychotherapy. In psychotherapy a health care provider helps your child by understanding how they think and feel about things.

Children will learn to:

- Replace their anxious thoughts with helpful ones
- Control their anxious feelings with coping skills

Your child will need to practice what they learn outside of sessions. This is an important part of therapy. Parents are often part of therapy sessions so they can help their child practice the skills. Psychotherapy is usually done by psychologists, mental health counselors and clinical social workers.

- Medicine can help decrease feelings of anxiety. Medicines may be prescribed to help your child's anxiety.
- For moderate to severe anxiety, treatment that uses psychotherapy and medicine together may be most helpful.

How Can I Help my Child's Anxiety?

- Be with your child and support them during stressful times. If your child gets anxious remain calm. Have them take deep and slow breaths. They can pretend they are blowing up a balloon. Do not let your child pass up things that raise their anxiety.
- Ask your child to talk about their worries. You can tell them what you saw that made you think they were anxious. For instance, if their body shakes when they are anxious, this is called a non-verbal cue. Do not tell your child not to worry.
- Have a daily routine or use a schedule so your child knows what to expect.
- Praise your child for facing fears and being brave in stressful situations.
- Talk with your child's school to let teachers know how they can help your child practice using their coping skills. If anxiety causes problems for your child at school a special plan called a 504 Plan or IEP may be needed.



Recognizing Depression In Children

What Is Depression?

Depression is a mood disorder that affects the way you think and feel. The most common symptom is a feeling of deep sadness. People who are depressed may also:

- Feel hopeless
- Feel that life isn't worth living
- Have thoughts of suicide or death

Depression In Children

Children as young as age 6 may feel depressed. But they can't always tell you how they feel. Instead, your child may:

- Eat more or less than normal
- Sleep more or less than usual
- Seem unable to have fun
- Think or speak about suicide or death
- Seem fearful or anxious
- Act in an aggressive way
- Use alcohol or other drugs
- Complain of stomachaches, headaches or other pains that can't be explained
- Have problems at school or home

What Can You Do?

Children with depression can be helped with treatment. Here are some ways you can help:

- Talk with your child's healthcare provider about medicine and psychotherapy. Both can help.
- Look for mental health resources at your child's school, local mental health center, social service agency or hospital.
- Let your child know that they will not feel this way forever.
- Offer your love and support.
- If your child talks about death or suicide, seek help right away.



Resources for Families and Educators

- Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://www.cdc.gov/childrensmentalhealth/)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Alliance on Mental Illness (NAMI), [nami.org](https://www.nami.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- PBS Kids for Parents: Emotions and Self-Awareness, [pbs.org/parents/learn-grow/all-ages/emotions-self-awareness](https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw



Transcript

Slide 1

Zoe: Hi, I'm Zoe and this is my friend Miguel.

Miguel: Having a healthy mind is just as important as having a healthy body. We're going to learn what a healthy mind is and how we can keep it healthy.

Slide 2

Miguel: Before we go any further, don't forget to open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

Slide 3

Having a healthy mind means being mentally and emotionally healthy. That means your brain is able to manage your feelings, or emotions, and handle daily activities at home, at school and everywhere else.

Slide 4

There are lots of things you can do each day to keep your mind healthy. And some of them you probably already do! Click on each of my friends to hear what they do each day to stay mentally healthy.

Devonte: My friends and family are really important to me so I make sure to connect with them every day. I love hanging out with my friends at recess. Even if I'm having a bad day they always know how to make me feel better. I also love hanging out with my grandpa at home. He's the best! Sometimes we play a card game, and sometimes we go for a walk after dinner.

Zoe: Did you know kids our age need about 10 hours of sleep each night?! It's true. I try to go to bed and get up around the same time each day, even on the weekends. And I make sure to turn off my electronics at least 30 minutes before bedtime. That allows my brain time to relax and prepare for sleep.



Quinn: To keep my mind healthy I make sure to get my body moving every day! Being active helps me learn better, it gives me energy and it usually puts me in a good mood! I like to do lots of different things like swim, ride my bike and play soccer. Eating healthy foods helps me feel good too. I try to eat three meals a day, along with healthy snacks.

Slide 5

Miguel: Wow, that's great! My friends have lots of healthy habits that will help keep them mentally healthy.

Zoe: Right now we gotta run. But we'll see you later!



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