



Educator guide: Journey through the mind game

Recommended for grades:

3rd grade

Time: 5 minutes

Prerequisites:

In order for students to be successful in the game, they would benefit from participating in the following Mental and emotional health lessons:

- What is a healthy mind? lesson (3rd grade)
- Your healthy mind lesson (3rd grade)
- Feelings lesson (3rd grade)
- Healthy relationships lesson (3rd grade)
- Goal-setting lesson (3rd grade)

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 activity students will be able to:

1. Identify at least two things you can do every day to stay mentally healthy.
2. Name at least four different emotions.
3. Describe appropriate ways to express and deal with emotions, such as anger, sadness and frustration.
4. Name the four main characteristics of a healthy relationship.
5. Identify two trusted adults that can help with mental health goals or concerns.



Activity description:

In this game students will take a virtual journey through the mind. During the game, they will be asked questions about mental and emotional health, including feelings, relationships, healthy habits and goal setting. Answering questions correctly lights up sections of the mind. The goal is to make their mind as bright and healthy as it can be.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Journey through the mind game. You may choose to use this list in any way that fits your needs.

- Angry - feeling mad or upset
- Anxiety - a mental health condition when a person worries even though there is nothing to worry about, or worries all the time and it affects their daily life
- Communication - the sharing of information, thoughts and emotions
- Emotion - a feeling such as happiness, love, fear, anger or hatred, which can be caused by the situation that you are in or the people you are with
- Feeling - an emotional state, such as happy, sad, excited, scared, etc.
- Goal - something you decide to work towards achieving
- Honesty - being truthful and sincere
- Mind - the part of a person that allows them to be aware of the world and their experiences, to think and to feel
- Physical activity - an activity that gets the body moving, such as walking, swimming, playing basketball, riding a bike, etc.
- Relationship - two or more people who are connected in some way
- Respect - to admire and value someone or something
- Sad - feeling unhappy
- Screen time - time spent using a device such as a computer, phone, tablet, television or game console
- Trust - to believe and have confidence in someone
- Trusted adult - an adult that you can count on, such as a parent, family member, teacher, school counselor, etc.
- Worried - feeling very concerned

Transcripts

Introduction

Let's take a journey through the mind and answer questions about mental health along the way. Click the play button to begin.

Instructions

When you land on the question spaces, you'll be asked questions about mental health. When you answer them correctly, you'll light up sections of the mind. If you land on one of the brain boost spaces, you'll reveal a positive action that gives the mind a health boost. Click the spinner to start the game.

Game questions and bonus situations will appear in random order throughout the game. Correct answers are in bold.

Having a healthy mind means being mentally and emotionally healthy.

- a. **True (Great job! You are correct.)**
- b. False (Nope. Actually that statement is true.)

Emotional health is being aware of how your body works.

- a. True (Sorry, but emotional health is being aware of your emotions, or feelings, and being able to deal with them in a healthy way.)
- b. **False (That's right. Emotional health is being aware of your emotions, or feelings, and being able to deal with them in a healthy way.)**

Mental health is your brain's ability to manage your feelings, or emotions, and handle daily activities.

- a. **True (That's correct!)**
- b. False (Nope. Actually, that statement is true.)

What does physical activity do for your mind?

- a. It helps you stay up later at night. (Not quite. Physical activity helps you learn and focus better.)
- b. **It helps you learn and focus better. (That's right!)**
- c. It helps you sing better. (Not quite. Physical activity helps you learn and focus better.)

How much physical activity does someone your age need each day?

- a. 30 minutes (Not quite. Someone your age needs about 60 minutes a day of physical activity.)
- b. 45 minutes (Not quite. Someone your age needs about 60 minutes a day of physical activity.)
- c. **60 minutes (That's right!)**



How much sleep does someone your age need each night?

- a. 7 hours (Sorry, but someone your age needs about 10 hours of sleep each night.)
- b. 8 hours (Sorry, but someone your age needs about 10 hours of sleep each night.)
- c. **10 hours (That's correct. 10 hours per night is ideal for someone your age.)**

In order to get the best sleep, your bed is where you should have your snack at night and watch TV until you fall asleep.

- a. True (Sorry, but your bed should only be for sleeping and reading before bed, not for eating snacks and watching TV.)
- b. **False (Good job! Your bed should only be for sleeping and reading before bed.)**

Screen time should make up no more than how many hours of your day, outside of school?

- a. **2 hours (That's right!)**
- b. 3 hours (No way. Screen time should make up no more than two hours of your day, outside of school.)
- c. 5 hours (No way. Screen time should make up no more than two hours of your day, outside of school.)

All electronics should be turned off how many minutes before bedtime?

- a. 10 minutes (Not quite. All electronics should be turned off at least 30 minutes before bedtime.)
- b. 20 minutes (Not quite. All electronics should be turned off at least 30 minutes before bedtime.)
- c. **30 minutes (You're right! All electronics should be turned off at least 30 minutes before bedtime.)**

Another name for feelings is:

- a. Discussions (That's incorrect. Another name for feelings is emotions.)
- b. **Emotions (That's correct!)**
- c. Movements (That's incorrect. Another name for feelings is emotions.)

All feelings are normal and healthy.

- a. **True (That's right! There are no right or wrong feelings. All feelings are normal and healthy.)**
- b. False (That's incorrect. There are no right or wrong feelings. All feelings are normal and healthy.)



Feeling like there are butterflies in your stomach is a sign that you may be feeling:

- a. **Worried (That's right! When you are worried you may feel like there are butterflies in your stomach.)**
- b. Angry (Not quite. Feeling like there are butterflies in your stomach is a sign that you may be feeling worried.)
- c. Bored (Not quite. Feeling like there are butterflies in your stomach is a sign that you may be feeling worried.)

What is it called when a person is worried all the time and it's affecting his or her daily life?

- a. Sadness (Nope. Anxiety is when a person is worried all the time and it's affecting his or her daily life.)
- b. Empathy (Nope. Anxiety is when a person is worried all the time and it's affecting his or her daily life.)
- c. **Anxiety (That's right. Anxiety is when a person is worried all the time and it's affecting his or her daily life.)**

Your muscles tensing up is a sign that you may be feeling:

- a. Sad (That's incorrect. Your muscles tensing up is a sign that you may be feeling angry.)
- b. **Angry (Correct. Your muscles tensing up is a sign that you may be feeling angry.)**
- c. Happy (That's incorrect. Your muscles tensing up is a sign that you may be feeling angry.)

What are three healthy ways to deal with anger?

- a. Hit someone, scream, hold your breath (Not quite. Healthy ways to deal with anger include counting to 10, taking deep breaths and talking to an adult.)
- b. **Count to 10, take deep breaths, talk to an adult (Great job! Counting to 10, taking deep breaths and talking to an adult are three healthy ways to deal with anger.)**
- c. Yell at someone, hold it in, run away (Not quite. Healthy ways to deal with anger include counting to 10, taking deep breaths and talking to an adult.)

What are the four main characteristics of a healthy relationship?

- a. Power, strength, trust, guilt (That's incorrect. The four main characteristics of a healthy relationship are respect, honesty, trust, and communication.)
- b. **Respect, honesty, trust, communication (That's correct!)**
- c. Control, honesty, balance, competitive (That's incorrect. The four main characteristics of a healthy relationship are respect, honesty, trust, and communication.)



When you are setting a goal, you should not write it down anywhere.

- a. True (Actually, that's incorrect. You should write down your goal.)
- b. False (That's right! You should write down your goal.)**

A person's mental health changes over time.

- a. True (That's right!)**
- b. False (That's incorrect. A person's mental health can change over time.)

If you've been feeling sad for a while, and you're not sure why, what should you do?

- a. Try to get more sleep. (That's incorrect. You should definitely talk to an adult if you have been feeling sad for a while, especially if you're not sure why.)
- b. Talk to a trusted adult. (That's correct. You should definitely talk to an adult if you have been feeling sad for a while, especially if you're not sure why.)**
- c. Spend more time alone. (That's incorrect. You should definitely talk to an adult if you have been feeling sad for a while, especially if you're not sure why.)

You can't control how you feel, but you can control how you deal with your emotions.

- a. True (That's right!)**
- b. False (Nope. That statement is true.)

Which characteristic of a healthy relationship means being truthful when sharing thoughts and feelings?

- a. Respect (Not quite. Honesty means being truthful when sharing thoughts and feelings.)
- b. Honesty (That's right! Honesty means being truthful when sharing thoughts and feelings.)**
- c. Trust (Not quite. Honesty means being truthful when sharing thoughts and feelings.)

Which characteristic of a healthy relationship means both people value each other and treat each other well?

- a. Respect (You're right! Respect is when both people in a relationship value and treat each other well.)**
- b. Honesty (Not quite. Respect is when both people in a relationship value and treat each other well.)
- c. Trust (Not quite. Respect is when both people in a relationship value and treat each other well.)

Bonus 1

You went outside and got some fresh air after struggling with your homework. That's a great way to clear your mind and feel better.

Bonus 2

You talked with your dad after having a rough day at school. Trusted adults can often help you figure out what to do, and help you feel better.



Bonus 3

You take time every day to connect with your little sister. Sometimes you read to her, and sometimes you play a game. Connecting with others is an important part of being mentally healthy.

Bonus 4

You set a goal to get one hour of physical activity each day this week. That's awesome! Physical activity helps you learn better, it gives you energy, it helps you sleep better, and it can improve your mood.

Bonus 5

You've been going to bed just a few minutes earlier each night this week, in hopes of getting more sleep. Getting enough sleep is so important for your mental and emotional health because it gives the brain and body the rest it needs so that you're ready for the next day.

Bonus 6

You've started turning off your electronics 30 minutes before bed each night. This gives your brain time to relax and prepare for sleep.

Bonus 7

You talked to the school counselor today because you've been having some troubles with a few friends. She gave you a few really good ideas on how to handle the situation.

Bonus 8

You were feeling really sad about your grandma being in the hospital so you talked to your mom about it. She took you to visit her and it made you feel a lot better.

Bonus 9

You were angry at recess today, so you took a break and took some deep breaths. It's always best to pause and take a few breaths when feeling angry or frustrated.

Bonus 10

Your friend is sad because his dog ran away. You offer to help him look for his dog. It's important to support your friends when they aren't feeling great.

Bonus 11

You were trying to talk to your aunt about something important, but she seemed really distracted. So, you asked her if there was a better time to talk when she could give you her full attention. It's important to get an adult's full attention when discussing something important. If they can't give you that you should find another adult who can.



Bonus 12

You set a goal to cut back on how much time you spend on electronics. You have a plan on how you're going to do that by the end of the month. It's important to have a plan when setting a goal.

Game win high

Great job! You've finished your trip through the mind. You left it very bright and healthy. Way to go! Click the play button if you'd like to play again.

Game win low

You've finished your trip through the mind, but it's not as healthy and bright as it could be. Click the play button to try again.

Acknowledgements

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of our 3rd grade Mental and emotional health lessons and activities:

Stephanie Hamann, MA, LPC, Children's Wisconsin

Darren Hartberg, Oregon Middle School

Ashley Jors, Milwaukee Public Schools

Elizabeth Krubsack, MS LPC, Wisconsin Department of Public Instruction

Sue McKenzie, MA, Rogers Behavioral Health

Tim Riffel, MS, LPC, Children's Wisconsin

Nicholas Schneider, LPC, Children's Wisconsin

Tricia Schutz, MSW, LCSW, Children's Wisconsin





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

