



## Educator guide: Miguel's wild ride game

### **Recommended for grades:**

5<sup>th</sup> grade

### **Time:**

10 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:

- Feelings lesson (5<sup>th</sup> grade)
- Friendship lesson (5<sup>th</sup> grade)
- Just be you lesson (5<sup>th</sup> grade)
- Goal-setting lesson (5<sup>th</sup> grade)

### **National Health Education Standards:**

This game 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 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 6: Use a goal-setting process 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](http://shapeamerica.org).



## Learning objectives:

After completing this game students will be able to:

1. Identify at least two things you can do every day to stay mentally healthy.
2. Identify feelings of depression or sadness for which someone should seek help.
3. Explain two healthy ways to manage or resolve interpersonal conflict.
4. Describe how to effectively communicate support for others.
5. Describe how to ask for help to improve personal mental and emotional health.
6. Identify two trusted adults that can help with mental health goals or concerns.
7. List at least two things they can do to build their self-esteem.
8. Explain at least one healthy way to manage or resolve interpersonal conflict.
9. Identify two effective peer resistance skills to avoid or reduce mental and emotional health risk.

## Lesson description:

In this game students will answer questions in order to gain enough roller coaster cars to get up and down all the rolling hills of Miguel's wild ride. The roller coaster track features a series of hills with a question at the top of each. With each correct answer students add a car to their train. Each of the hills gets progressively higher and requires a minimum number of cars that need to be in the train in order to climb it. If students don't have enough cars, their train will not make it up the hill and the game ends. If they have enough cars to climb all of the hills, they will successfully reach the end of the ride.

## Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Miguel's wild ride game. You may choose to use this list in any way that fits your needs.

- Conflict - a disagreement
- Counselor - a mental health professional who is trained to help people deal with all kinds of emotions, and help come up with different ways to cope
- Emotion - a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Feeling - an emotional state, such as happy, sad, excited, scared, etc.
- Goal - something you decide to work towards achieving
- Mind - the part of a person that allows them to be aware of the world and their experiences, to think and to feel
- Peer pressure - social pressure from friends
- Puberty - the time when your body begins to change and develop as you grow from a child to an adult
- Realistic - sensible and practical
- Self-esteem - confidence in your own self-worth, or abilities



- Specific - clearly defined
- Therapist - a mental health professional who is trained to help people deal with all kinds of emotions, and help come up with different ways to cope
- Trusted adult - an adult that you are comfortable with, and can count on, such as a parent, family member, teacher, school counselor, etc.
- Unique - being one of a kind, unlike anything or anyone else

# Transcript

## Introduction

Welcome to Miguel's Wild Ride. Answer questions about mental and emotional health to make it to the end of the ride.

## Instructions

After each hill you'll answer a question about mental and emotional health. You'll add one car each time you answer a question correctly. You'll need a minimum number of cars to make it up each hill. If you don't have enough cars, the game will end. Try to add enough cars to make it all the way to the end of the ride. Good luck!

*All questions will appear in random order. Correct answers are bolded.*

What does having a healthy mind mean?

- a. Being in a good mood (Nope. Having a healthy mind means being mentally and emotionally healthy.)
- b. Being smart (Nope. Having a healthy mind means being mentally and emotionally healthy.)
- c. Being mentally and emotionally healthy (You got it!)**

What is another name for feelings?

- a. Hormones (Sorry, but another name for feelings is emotions.)
- b. Emotions (You're right!)**
- c. Thoughts (Sorry, but another name for feelings is emotions.)

All feelings are normal, and there are no right or wrong feelings.

- a. True (That's right!)**
- b. False (Nope. All feelings are normal, and there are no right or wrong feelings.)

What is it called when your body begins to develop and change from a kid to an adult?

- a. Metamorphosis (That's incorrect. It's called puberty.)
- b. Puberty (That's correct!)**
- c. Adulthood (That's incorrect. It's called puberty.)

When you have feelings that you're uncomfortable with, what should you do?

- a. Wait and see if they go away. (Sorry, but that's not going to help. You should talk to a trusted adult.)
- b. Hide your feelings. (Sorry, but that's not going to help. You should talk to a trusted adult.)
- c. Talk to a trusted adult. (Correct!)**



Everyone who experiences loss has the same feelings.

- a. True (Nope. Even those that experience the exact same loss may have different feelings.)
- b. False (Correct! Even those that experience the exact same loss may have different feelings, and that's perfectly normal.)**

Which of the following is not a quality of a true friend?

- a. They try to change you. (That's right! A true friend will not try to change you.)**
- b. They listen to you. (That's incorrect. Listening is a quality of a true friend.)
- c. They encourage you. (That's incorrect. A true friend does encourage you.)

Which of the following is a way to show support for a friend?

- a. Give them the answers for their homework. (Sorry, but going to their basketball game would be a better way to show support.)
- b. Go to their basketball game. (Correct!)**
- c. Criticize their artwork. (No way! This isn't a way to show support for a friend.)

It's normal to have conflicts, or disagreements, with your friends.

- a. True (That's right!)**
- b. False (That's incorrect. It's perfectly normal to have disagreements, or conflicts, with friends.)

What does it mean to have positive self-esteem?

- a. You feel good about yourself and are proud of who you are. (That's right!)**
- b. Others like you. (That's incorrect. Having positive self-esteem means feeling good about yourself and being proud of who you are.)
- c. You get good grades and others think you're smart. (That's incorrect. Having positive self-esteem means feeling good about yourself and being proud of who you are.)

People who have healthy self-esteem are often able to accept when they make mistakes.

- a. True (You're right!)**
- b. False (Sorry, but people who have healthy self-esteem are often able to accept when they make mistakes.)



Which of the following is a good way to build healthier self-esteem?

- a. **Make a list of what you're good at. (That's correct!)**
- b. Make a list of what you're not good at. (Nope, but making a list of what you are good at can help build healthier self-esteem.)
- c. Hang out with friends who are better at things than you are. (Nope, but making a list of what you are good at can help build healthier self-esteem.)

Helping others is one way to build healthier self-esteem.

- a. **True (You're right!)**
- b. False (That's incorrect. Helping others is a great way to build self-esteem.)

When setting a goal you should make sure it is which of the following?

- a. Easy and school-related (That's incorrect. A goal should be specific and realistic.)
- b. **Specific and realistic (That's correct!)**
- c. Realistic and general (That's incorrect. A goal should be specific and realistic.)

What three things can help you reach your goal?

- a. Keep it a secret, go with the flow, and reward yourself. (That's incorrect. You should write it down, make a plan, and track your progress.)
- b. Share it with everyone else, make a plan, and practice. (That's incorrect. You should write it down, make a plan, and track your progress.)
- c. **Write it down, make a plan, and track your progress. (That's correct!)**

What can you do to keep your mind healthy?

- a. Be physically active. (Not quite. These are all good ways to keep your mind healthy.)
- b. Eat healthy foods. (Not quite. These are all good ways to keep your mind healthy.)
- c. Spend time with family and friends. (Not quite. These are all good ways to keep your mind healthy.)
- d. **All of the above (You got it!)**

Getting enough sleep each night can help keep your mind healthy.

- a. **True (You're right!)**
- b. False (That's incorrect. Sleep is very important to keep your mind healthy.)



How can a therapist or counselor help you?

- a. **They help you understand your feelings. (That's right!)**
- b. They tell you what you should be feeling. (That's incorrect. A therapist or counselor won't tell you how you should be feeling, but they will help you understand your feelings.)
- c. They help you understand your homework. (Not quite. A therapist or counselor will help you understand your feelings.)

If a friend is pressuring you to do something you're not comfortable with, what could you do?

- a. Go along with it. (No way! But you could make up an excuse.)
- b. **Make up an excuse. (That's right!)**
- c. Wait and see what happens. (No way! But you could make up an excuse.)

What is something that makes you unique?

- a. Your talents (Not quite. All of these make you unique.)
- b. Your family (Not quite. All of these make you unique.)
- c. Your name (Not quite. All of these make you unique.)
- d. **All of the above (You got it!)**

Which of these would be an example of a time when your friend should seek help from a trusted adult?

- a. Your friend is feeling disappointed about a friend backing out of plans they had this weekend. (Not quite. Most likely your friend can deal with this feeling on their own.)
- b. **Your friend has been feeling very sad after her grandmother became sick last month. (Correct. If your friend has been feeling this way for a month, they should probably talk to an adult.)**
- c. Your friend is feeling frustrated after not scoring in their soccer game. (Not quite. Most likely your friend can deal with this feeling on their own.)

Which of the following is the best way to ask an adult for help with your mental or emotional health?

- a. Ask for help as they're walking out the door. (Sorry, but that's probably not the best time to ask an adult for help.)
- b. Ask for help while they are working on a project. (Sorry, but that's probably not the best time to ask an adult for help.)
- c. **Ask them when a good time to talk would be. (Correct! You want to make sure you have their full attention.)**
- d. Wait for them to ask how you're doing. (Sorry, but you shouldn't wait for the adult to ask how you're doing. Ask them when a good time to talk would be.)



Win

Great job! You made it to the end of the roller coaster! Click Play Again to go for another ride.

Game over

You didn't have enough cars to make it up that hill. Click play again to start over.





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