



Educator guide: What is a healthy mind? lesson

Recommended for grades:

3rd grade

Time:

3 minutes

National Health Education Standards:

This lesson 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 you can do every day to stay mentally healthy.

Activity description:

In this lesson students will learn what it means to have a healthy mind. The concepts of mental health and emotional health are defined, and students will be introduced to some things they can do when they are having a rough day mentally or emotionally.



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the What is a healthy mind? lesson. You may choose to use this list in any way that fits your needs.

- Emotion - a feeling such as happiness, love, fear or anger
- Emotional health - being aware of your emotions, or feelings and being able to deal with them in a healthy way
- Friend - a person you enjoy spending time with
- Mental health - how your brain is able to manage your feelings, emotions and handle daily activities at home, at school and everywhere else
- Mind - the part of a person that allows them to be aware of the world and their experiences, to think and to feel

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



Transcripts

Slide 1

Having a healthy mind means being mentally and emotionally healthy. Let's take a look at what that means.

Mental health is when your brain is able to manage your feelings, or emotions, and handle daily activities at home, at school, and everywhere else. This allows you to enjoy activities and relationships.

Emotional health is defined as being aware of your emotions, or feelings, and being able to deal with them in a healthy way. Being emotionally healthy is a big part of being mentally healthy.

Slide 2

Mental health is similar to physical health. It can range from good to bad and it changes over time. Just like having a cold, you can have times when you are not feeling mentally healthy. You may find yourself having a bad day, or just not feeling like yourself. Just like there are things you can do to feel better from a cold, there are things you can do to recover from a mentally, or emotionally rough day. Click on my friends to hear what they do when they're having a rough day.

Zoe: Sometimes writing or drawing can help you feel better. I have a journal that I write in, and sometimes I draw in it too. I like to play music while I write, because it helps me relax.

Devonte: A lot of times I feel better when I talk to a friend or my grandma. They can usually help me look at things differently.

Miguel: Getting outside can be great for your mental health. I love to go for a walk or a bike ride to clear my mind and feel better.

Slide 3

Quinn: Those are all great ideas! And everyone is different, so different things will work for different people.

Miguel: You may need to try a few different things before you find out what works for you. We gotta run. See you later!



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