



# Educator guide: Your healthy mind lesson

## **Recommended for grades:**

3<sup>rd</sup> 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](http://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 specific things they can do each day to be mentally healthy. Talking to a trusted adult is also discussed. There is a worksheet included in this guide and in the lesson for students to complete as they work through the lesson.

## **Pre and post-test questions:**

Use the questions on the following page with your students in any way that you see fit (on paper, using a survey tool etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.



1. Which of these is something you can do every day to stay mentally healthy?  
Choose all that apply.
  - a. **Limit screen time.**
  - b. **Connect with others.**
  - c. **Get physically active.**
  - d. **Get enough sleep.**
  - e. **Eat well.**
  
2. About how many hours of sleep does someone your age need?
  - a. 7
  - b. 8
  - c. **10**

### **Vocabulary:**

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

- Friend – a person you enjoy spending time with
- Mental health – how your brain is able to manage your feelings, or 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
- Mindfulness – a mental state achieved by focusing your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts and bodily sensations
- Physical activity – an activity that gets the body moving, such as walking, swimming, playing basketball, riding a bike etc.
- Screen time – time spent using a device such as a computer, phone, tablet, television or game console

# Your healthy mind lesson worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Your healthy mind lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. List two ways to connect with someone.

a. \_\_\_\_\_

b. \_\_\_\_\_

2. List two physical activities you could do each day.

a. \_\_\_\_\_

b. \_\_\_\_\_

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

\_\_\_\_\_

4. How much sleep does someone your age need each night?

\_\_\_\_\_

5. List two things you can do to get better sleep.

a. \_\_\_\_\_

b. \_\_\_\_\_

6. What is the most amount of screen time you should get each day?

\_\_\_\_\_



# Your healthy mind lesson worksheet answer key

1. List two ways to connect with someone.

Answers will vary, but could include any of the following: spending time with them, playing a game, talking, going for a walk, etc.

2. List two physical activities you could do each day.

Answers will vary, but could include any of the following: running, walking, swimming, stretching, playing soccer, riding a bike, etc.

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

One hour

4. How much sleep does someone your age need each night?

10 hours

5. List two things you can do to get better sleep.

Answers will vary, but could include any of the following: go to bed and get up around the same time each day, move your body during the day, do not eat, play video games, or watch tv in bed, etc.

6. What is the most amount of screen time you should get each day?

2 hours

# Supplemental activity: Family wellness bingo

## Objectives:

After completing this activity students will be able to:

- Identify at least two things you can do every day to stay mentally healthy.
- Identify two trusted adults that can help with mental health goals or concerns.

## Materials needed:

- Family wellness bingo board for each student (on the next page)

## Time required:

10 minutes

## Instructions:

Send a Family wellness bingo board home with each student. Give students one week to complete what they can on the board. You could even have a friendly competition to see who can check off the most squares.

Upon completion of this at-home activity, have a class discussion around what they liked or didn't like about this activity. Did they learn anything new about their family members? Were there any challenges?

# Family wellness bingo

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	Made a healthy meal with a family member	Tried meditation for at least 5 minutes	Played outside for 15 minutes	Went to bed at a reasonable time, ensuring I got around 10 hours at night
Volunteered	Had a dance party	Called my Grandma/Grandpa or other family member and talked with them	Did not bring any electronics to bed	Had 10 minutes of downtime after school /work
Did something creative: drawing, painting, writing etc.	Talked about my feelings with a family member	<b>Free Space</b>	Agreed to not use electronics 30-60 minutes before bed time	Did yoga for 15 minutes
Read a book	Woke up at about the same time every day of the week	Connected with a family member that I don't see regularly	Gave a compliment to someone	Played a board game
Hung out with a friend	Limited screen time to 2 hours or less per day	Wrote down an individual mental or emotional health goal to work towards	Ate at least one meal per day together as a family	Wrote down 3 things I am thankful, or grateful, for



# Resources for families and educators

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



# Transcripts

## Slide 1

Miguel: In this lesson you will learn things you can do each day to have a healthy mind.

Quinn: There are five things you can do each day to stay mentally healthy:

- Connect with others,
- Get physically active,
- Get enough sleep,
- Limit screen time and
- Eat well

And many of these things are not just great for your mental health...they're great for your physical health too!

Miguel: Open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

## Slide 2

Connecting with others is an important part of being mentally healthy. Connecting with others can mean lots of different things. You can connect with others by simply spending time with them, talking to them, playing a game, or going for a walk. You can connect with others at school, at home, and out in your community.

It's important to have people that you can turn to if you're having a bad day, or if you're sad or upset about something. And it's always great to share the fun things with friends and family too!

## Slide 3

Physical activity can do lots of great things for your mind and body! It helps you learn better, it gives you energy, it helps you sleep better, and it can improve your mood too!

It's recommended that someone your age gets about one hour of physical activity each day. There are so many physical activities to choose from...walking, swimming, riding a bike, stretching, playing soccer...just to name a few. And you don't have to do one activity for a whole hour. You can get 15 minutes here and there doing different activities throughout the day, as long as it adds up to at least one hour.

## Slide 4

Sleep is so important for your mental and emotional health. Sleeping gives the brain and body the rest it needs so that you are ready for the next day. Kids your age need about 10 hours of sleep each night.





### Slide 5

There are many things you can do to help you get the sleep you need. It's best to go to bed and get up around the same time each day. Throughout the day, make sure you get your body moving. And, your bed should only be a place to sleep and read before bedtime, not a place to play video games, watch tv, or eat snacks.

### Slide 6

Screen time should make up no more than two hours of your day. This includes playing video games, being on a computer, tablet or phone, and watching tv. Also, all electronics should be turned off at least 30 minutes before bedtime. This gives your brain time to relax and prepare for sleep.

### Slide 7

Eating healthy foods can help you feel your best. Healthy foods provide fuel to your brain, and give you energy. It's important to eat three meals each day, along with healthy snacks. This will give you the energy you need to do all the things you want and need to do each day.

### Slide 8

Quinn: Wow! There's a lot you can do to keep your mind healthy! I never knew that exercise and eating healthy can help keep you mentally healthy.

Miguel: There's a lot of other things you can do too. Fresh air and nature can be great for your mind, as well as practicing mindfulness.

Quinn: And, if you've been having a hard time, or haven't felt like yourself, make sure to find a trusted adult to talk to. They can help you with all the things you've learned about today, and help you feel better.

Miguel: There are trusted adults at school like teachers, school counselors, school nurses, or anybody else in the building. A trusted adult could also be a parent, grandparent, aunt, uncle, or a close family friend. Don't be afraid to talk to them...if they can't help you they will find someone who can.

Quinn: Well, we better get going. See you soon!



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