



Mental Health Awareness Week

It's OK to Not Be OK



Grades K-4

BLUE DAYS ARE OK

Time: 15 minutes

Materials: “Lucy’s Blue Day” YouTube Video: sdsfec.org/MHAW-F1, “My Blue Day” Worksheet

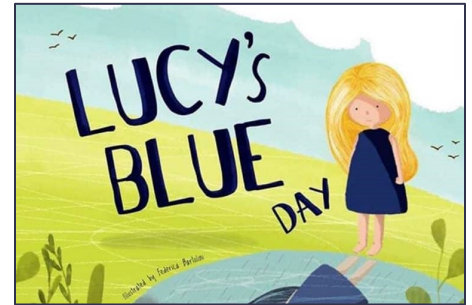
Directions:

Have students watch “Lucy’s Blue Day.”

Discuss how important it was that Lucy talked to people about her blue Day, including a friend, her parents, and even a teacher. Emphasize that it is a good idea to let other people know how you are feeling.

Discuss with the children the feelings mentioned in the book. Discuss if they have felt those different emotions and why. What would they do if they felt those emotions? What if their friends felt them?

Share that it is okay to have a blue day. We all have them. Share the “My Blue Day” worksheet with the class and ask them to write and/or draw about a blue day that they have had.





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My blue Day

Can you think of a time you had a blue day? Why were you feeling sad?
Draw a picture or write a few sentences below.