



Mental Health Awareness Week

We All Have Mental Health



Grades 5-8

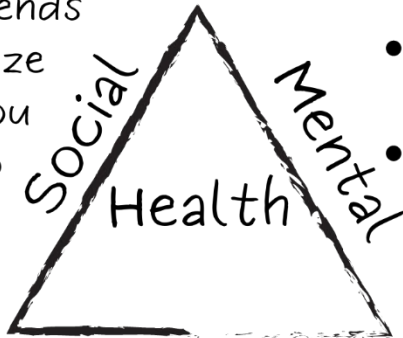
STAYING HEALTHY

Time: 15 minutes

Materials: None, “Introduction to Health” YouTube Video (Optional):
[sdsfec.org/mhaw-m2](https://www.sdsfec.org/mhaw-m2)

Directions:

- Spend time with friends
- Apologize when you need to



Physical

- Eat healthy
- Exercise
- Get a good night's rest

- Practice mindfulness
- Talk about feelings
- Practice calm down strategies

Draw a large triangle on the board. Write the word “Health” in the middle of the triangle. Label the three sides of the triangle with “Physical” at the base, “Social” on one side, and “Mental” on the third side. Explain to the students that there are three main components to health: physical, social, and mental. All three are important to us feeling well.

Lead students through a discussion of each side and what they can do to stay healthy in that area. List their answers on the board by that side of the triangle. An example of a list for “Physical Health” might include: eat well, get enough sleep, exercise, visit the doctor, etc.

An important discussion point might be “What do we do if this part of our life is unhealthy? Who do you go to?”

Once you have made a list for each of the three sides, ask the students what happens when one of the three is not healthy? Does it affect the other two sides? Reiterate that well-being means all three components are cared for. Draw a circle around the triangle to represent whole health.

If you’d like to make this activity an entire class period, you can add the following 12-minute video from YouTube:
[sdsfec.org/mhaw-m2](https://www.sdsfec.org/mhaw-m2)

