



Mental Health Awareness Week

We All Have Mental Health



Grades K-4

HEALTH IS BODY AND MIND

Time: 10-15 minutes

Materials: None

Directions:

Draw an outline of a person on the board or large poster paper, similar to a gingerbread man. Draw a line where the waist would be and another line where the shirt neck would be. Explain to students that we are going to talk about keeping ourselves healthy.

Have the students discuss how to keep each of three sections of the body healthy, starting with the legs and working up. For example, the legs need exercise, rest, and good hygiene. The mid-section needs good food, clean air, rest, and love (heart). The head might be a more difficult list to make. Discuss what puts us in a good mood and what makes us feel safe, capable, confident, useful, and accepted.

Once you've listed the ways to stay healthy in all three sections of the body, have the students draw a circle around the whole person, and discuss how it's all related. It's all part of well-being—good health includes good mental health.

Note: If students get stuck trying to think of ways to be healthy, have them think about what organs are in that part of the body, or how they use that part each day. You can ask "Have you ever had a time when this part of your body didn't feel well? What was it missing?"

