



Mental Health Awareness Week Who Can Help?



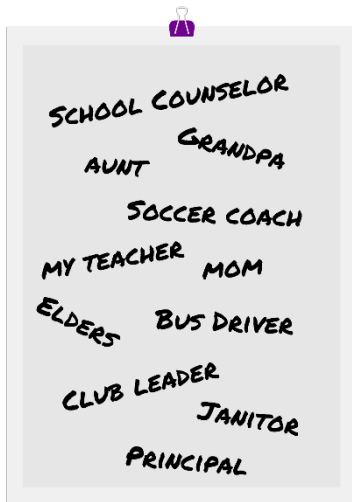
Grades K-4

MY TRUSTED ADULTS

Time: 15-20 minutes

Materials: “Talking Mental Health” YouTube video: [sdfec.org/MHAW-TH1.1](https://www.sdfec.org/MHAW-TH1.1), “Bring It Down Meditation” YouTube video (optional): [sdfec.org/MHAW-TH1.2](https://www.sdfec.org/MHAW-TH1.2)

Directions:



Watch “Talking Mental Health” as a class. This video features Princess Catherine of the United Kingdom talking about how important it is to ask for help. An animated story follows.

After showing this video, have the class make a list of trusted adults they could go to if they wanted to talk or needed help with “big feelings.” This list should include helpers inside and outside of school. You can hang this list of trusted adults in your classroom as a reminder of all the helpful people they could go to.

If time is available, do the “Bring It Down Meditation” together as a class.

Preface the video by sharing that there are many ways to deal with big feelings and practicing mindfulness is one of the most effective.