



Mental Health Awareness Week

It's OK to Not Be OK



Grades 9-12

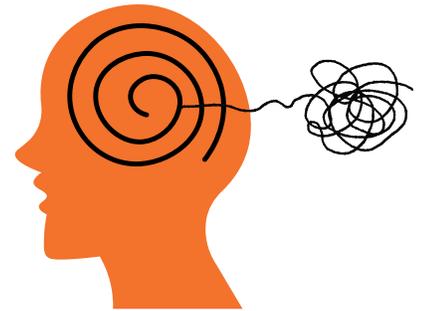
IT'S OK TO HAVE A MENTAL HEALTH CHALLENGE

Time: 30 minutes

Materials:

- Access to website: sdsfec.org/families/healthy-minds/
- Chart paper
- Markers

Directions:



1. Preview content at sdsfec.org/families/healthy-minds/ to prepare for this activity.
2. Divide the class into 4 groups.
3. Give each group a piece of chart paper with one of two terms written at the top: Physical health or Mental health
4. Give the groups five minutes to brainstorm all the words that come to mind when they see their term.
5. After five minutes, ask groups to tape their sheets up on a wall for all groups to see.
6. Discuss with students what they notice about the type of words used on each sheet.
7. Discuss the similarities and differences in student responses to mental and physical aspects of people's health using the following discussion questions:
 - What does physical health look like?
 - What does mental health look like?
 - Is it ok to have a mental health challenge?
 - Is it ok to have a mental health challenge?
 - Does society sees mental health challenges differently than physical health challenges? How? Why?
 - Which is more important: physical or mental health?
 - How is mental health and physical health connected?
 - What gets in the way of physical health?
 - What gets in the way of mental health?
 - What are the benefits of investing in your physical and mental health?

