

Lesson Overview and Objective

TOTAL INSTRUCTION TIME

45 minutes

FORMAT

Small Group Work and Full Class Discussion

PARTICIPANTS

Lead Instructor/Co-Instructors (Classroom Teacher and/or Mental Health Staff Person)

MATERIALS

LESSON 3 STUDENT PACKET, one copy for each student.

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Lesson 3 of *The Erika's Lighthouse Program* is designed to raise students' awareness of what might help them when they're having a difficult time, including what kinds of people they find supportive during times of stress.

This lesson is also designed to raise students' awareness of how they can help create a positive mental health culture in their school.

LESSON 3 OUTLINE

- 2 minutes Pass out packets and read lesson introduction aloud.
- 10 minutes Prior to breaking students up into small groups, have students work through the packet individually and jot down some notes for each of the questions.
- We suggest that students are allowed to keep these packets for themselves, but if you plan to collect their packets, please let the students know at the start of the lesson.*
- 25–30 minutes Break class into groups of 4 students and have them go through question by question and share their answers with one another. You can either let students pick their own groups or mix it up so students get to know their classmates.
- 5–10 minutes Wrap up with full class discussion questions found at the end of the student packet.