



Tips to Teach

Lesson 3 - Good Mental Health is For Everyone

(Lesson 3 from the Erika's Lighthouse Middle School Program)

Preparation:

- Determine which online tool (Zoom, Google Classroom, etc.) you will use
- Open Lesson 3 slideshow found under the Middle School section of the [Resource Portal](#) and prepare to share your screen
- Open and follow the [script](#) for lesson 3 slideshow

Lesson Delivery:

This lesson from Erika's Lighthouse is about stress; the ways to reduce it and ways to promote good mental health.

- Introduce the lesson by assuring students that we all are feeling the stress of being in this environment of separation and isolation. Yet, many of the decisions we make everyday about what we eat, how much we sleep, how active we are and the ways we manage our lives can make an enormous impact on the way we feel emotionally.
- Share the Lesson 3 slideshow in its entirety and provide the lecture. (10 minutes)
- At the end of this slideshow is a 3-minute mindfulness exercise. You can pause before this exercise and invite your students to get out of their chair and find a spot to lay down or put their heads down on the desk or table. This can also be done at a later time or another day. Be sure to ask the students how they liked the mindfulness exercise!
- After completing the slideshow, it is time to ask some questions! Ask your students to raise their hands or provide a thumbs up and type answers in the chat box. Questions will focus on their behaviors and habits around nutrition, sleep, and exercise in this time of self quarantine. For example, "How have your bedtime habits changed over the past months? What is one new way you are exercising? What have you found that helps you cope when you are feeling stressed?" Feel free to share examples from your own quarantine situation on ways your behaviors have changed or have been challenged or improved!
- Lastly, share the [Mental Health Checklist for Students](#), which can be found on page 4 of the Student Workbook. Have the students review each category and pick a new behavior they would like to try for the week (or a few days) to see how it affects their overall stress level and mental health. The student workbook also includes a sample journal. An optional exercise is to journal on this new behavior and share an overview of their observations with you next week in the chat box.

Optional Extension Assignments:

- Play the [Jeopardy Game on the resource portal](#) with family
- Participate in the May Mental Health Month activities by choosing something from the [Erika's Lighthouse Positivity Pledge Calendar](#)