

Mental Health Awareness Toolkit

Mental Wellness Basics

We're excited to offer a bundle of activities to extend learning around mental wellness at home. Each activity will help students learn skills to support their mental wellness.

Step 1 Help your student access the online lessons:

1. Go to www.everfi.com/login & click **Register**.
2. Add the Registration Code from your school/teacher*.
3. Set up your profile (name, username, password).
4. Click **Get Started** for Mental Wellness Basics.

* No code? Visit everfi.com/familyresources to find your school's registration code.

Step 2 Use the table below for 12 days of mental wellness activities:

These icons tell you the activity type:



Online Lesson



Independent Activity






Discussion

Day	Topic	Activity Type	Estimated Time	Supporting Materials	Done? <input checked="" type="checkbox"/> if yes
Week One: Understanding the Issue					
1	Mental Health Basics		15 min	Graphic organizer	<input type="checkbox"/>
2			15 min	Worksheet	<input type="checkbox"/>
3			10 min	Discussion question	<input type="checkbox"/>


? What does stress feel like for you? What does it feel like for your family members? What are the similarities and differences for how you all experience stress?

Week Two: Discovering Mental Health Challenges					
4	Understanding Mental Health Disorders		15 min	Graphic organizer	<input type="checkbox"/>
5			15 min	Worksheet	<input type="checkbox"/>
6			10 min	Discussion question	<input type="checkbox"/>

? What are some ways that we promote and improve our physical health? What are some ways we can promote and improve our mental health?

Day	Topic	Activity Type	Estimated Time	Supporting Materials	Done? <input checked="" type="checkbox"/> if yes
Week Three: Importance of Self Support					
7	Healthy Coping Skills		15 min	Graphic organizer	<input type="checkbox"/>
8			15 min	Worksheet	<input type="checkbox"/>
9			10 min	Discussion question	<input type="checkbox"/>

? What are some healthy coping strategies that people can use when they are feeling upset?

Week Four: Seeking and Offering Support					
10	Getting Help		15 min	Graphic organizer	<input type="checkbox"/>
11			15 min	Worksheet	<input type="checkbox"/>
12			10 min	Discussion question	<input type="checkbox"/>

? Make a plan to continue to talk about mental wellness as a family. Some questions for discussion include: How can we best communicate with each other? How can we plan to reach out if we need help? What is the best way to let each other know if we need space or need to talk?

Mental Health Basics Day 1 | Mental Wellness Basics

Online Activity: Graphic Organizer

1. Log into www.everfi.com/login
2. Click “Get Started” Mental Wellness Basics and begin Lesson 1, Mental Health Basics.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Mental Health Basics Day 2 | Mental Wellness Basics

Independent Activity: Protective Factors

1. Read the article “The Risk & Protective Factors by Youth.Gov” at bit.ly/mentalwellnessbasics
2. Answer the reflection questions.

Which protective factor has been the most valuable to you during a difficult situation?

Provide an example of how you used this protective factor to your advantage:

What two protective factors would you like to improve on?

1.

2.

Describe how improving these protective factors might impact your personal health?

List the first few steps to making this a reality:

Mental Health Basics Day 3 | Mental Wellness Basics

Discussion Question: Discuss as a Family

What does stress feel like for you? For your family members? What are the similarities and differences for how you all experience stress?

Record any notes from your discussion here:

Understanding Mental Health Disorders Day 4 | Mental Wellness Basics

Online Activity: Graphic Organizer

1. Log into www.everfi.com/login
2. Click “Continue” Mental Wellness Basics and begin Lesson 2, Understanding Mental Health Disorders.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Understanding Mental Health Disorders Day 5 | Mental Wellness Basics

Independent Activity: Physical Vs. Mental Disorders

Complete the graphic organizer below with the information from your reading:

“Common Mental Health Disorders in Adolescence” at bit.ly/mentalwellnessbasics2

Disorders	Characteristics	% of Teens Experience	Possible Effects on Physical Health

Understanding Mental Health Disorders Day 6 | Mental Wellness Basics

Discussion Question: Discuss as a Family

What are some ways that we promote and improve our physical health? What are some ways we can promote and improve our mental health?

Record any notes from your discussion here:

Healthy Coping Skills Day 7 | Mental Wellness Basics

Online Activity: Graphic Organizer

1. Log into www.everfi.com/login
2. Click “Continue” Mental Wellness Basics and begin Lesson 3, Healthy Coping Skills
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Healthy Coping Skills Day 8 | Mental Wellness Basics

Independent Activity: Positive and Negative Stress

1. Read the article below.
2. Answer the reflection questions.

What Is Stress?

Firstly, let's debunk one myth: stress is not necessarily a 'bad' thing. Without this brilliant ability to feel stress, humankind wouldn't have survived. Our prehistoric ancestors, for example, used the onset of stress to alert them to a potential danger, such as a sabre-toothed tiger.

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

Through the release of hormones such as adrenaline, cortisol and norepinephrine, our prehistoric ancestors gained a rush of energy, which prepared them to either fight the tiger or run away. That heart pounding, fast breathing sensation is the adrenaline; as well as a boost of energy, it enables us to focus our attention so we can quickly respond to the situation.

In the modern world, the 'fight or flight' mode can still help us survive dangerous situations, such as reacting swiftly to a person running in front of our car by slamming on the brakes.

The challenge is when our body goes into a state of stress in inappropriate situations. When blood flow is going only to the most important muscles needed to fight or flee, brain function is minimized. This can lead to an inability to 'think straight'; a state that is a great hindrance in both our work and home lives. If we are kept in a state of stress for long periods, it can be detrimental to our health. The results of having elevated cortisol levels can be an increase in sugar and blood pressure levels.

Modified from: <http://www.stress.org.uk/what-is-stress/>

(Reflection worksheet on the next page)

Healthy Coping Skills Day 8 | Mental Wellness Basics

Independent Activity: Positive and Negative Stress

1. Why can stress be a problem for your health?

2. What is a time when you felt stressed recently? What did it feel like?

3. Based on what you've learned in Mental Wellness Basics, what is one healthy coping strategy that you would like to use when you feel stressed? Why did you pick that strategy?

Healthy Coping Skills Day 9 | Mental Wellness Basics

 **Discussion Question:** Discuss as a Family

What are some healthy coping strategies that people can use when they are feeling upset?

Record any notes from your discussion here:

Getting Help Day 10 | Mental Wellness Basics

Online Activity: Graphic Organizer

1. Log into www.everfi.com/login
2. Click “Continue” Mental Wellness Basics and begin Lesson 4, Getting Help.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Getting Help Day 11 | Mental Wellness Basics

Independent Activity: Physical vs. Mental Disorders

Complete the three-part worksheet below. Reference this site as needed: bit.ly/mentalwellnessbasics2

Part 1: First, consider a physical ailment or disorder that you or others may have experienced (i.e. the flu, a cold, a broken bone). With this disorder in mind, fill out the following chart.

	Physical Disorder/Ailment
Disorder	(Choose one) THE FLU • BROKEN BONE • FOOD ALLERGY
Symptoms/characteristics	
Who can help	
Treatment ideas	
Potential risks of not seeking treatment	
What might someone say to a person experiencing this ailment?	
How can someone who experiences this ailment show self-compassion?	

Getting Help Day 11 | Mental Wellness Basics

Independent Activity: Physical vs. Mental Disorders

Part 2: Now, spend some time answering the same questions, but applied to a mental health disorder (i.e. anxiety, bipolar disorder, depression).

	Physical Disorder/Ailment
Disorder	
Symptoms/characteristics	
Who can help	
Treatment ideas	
Potential risks of not seeking treatment	
What might someone say to a person experiencing this ailment?	
How can someone who experiences this ailment show self-compassion?	

Getting Help Day 11 | Mental Wellness Basics

Independent Activity: Physical vs. Mental Disorders

Part 3: Reflection Questions

Did you notice anything different between how people might treat a physical ailment and how they might treat a mental health disorder?

How can self-compassion and compassion towards others play a role?

How can what we say to others when they are struggling have an impact?

If you noticed that you'd treat your mental health and physical health differently, why do you think that is?

What role do you think stigma plays?

Getting Help Day 12 | Mental Wellness Basics

Discussion Question: Discuss as a Family

Make a plan to continue to talk about mental wellness as a family. Some questions for discussion include: How can we best communicate with each other? How can we plan to reach out if we need help? What is the best way to let each other know if we need space or need to talk?

Record any notes from your discussion here: