

# THE COLLECTIVE

STUDENT EMPOWERMENT MONTH

## LESSON 2 TEACHER PLANNING MAP

### MINDING OUR MINDS IDENTIFYING RESOURCES

#### OBJECTIVE:

Students will be able to identify and locate resources in their communities that will bring mental health awareness and support to their school and student body.

Study Vocabulary Cards 3 & 4, define each term in your own words in your journal. Create a list of daily resources we use and think about how they support us (e.g., water, sunlight). Then brainstorm resources that support mental health. Write down at least three ideas. View the "Minding Our Minds" video and jot down key takeaways. Be ready to share your thoughts.

#### Materials Needed:

Vocabulary Cards 3 & 4  
Video  
Journal or Digital Notebook

**I DO...**

Start with a brief review of the vocabulary: Invite students to share their definitions and examples. As a whole class spend ten minutes discussing the following: What mental health resources did you think of? Why are they important?

#### Materials Needed:

Team Empowerment Packet  
Scavenger Hunt Activity  
Electronic Devices

**WE DO...**

In pairs or small groups, students will complete the Scavenger Hunt Activity to explore community and school-based mental health resources. Using the Team Empowerment Packet, students will investigate selected resources and answer guiding questions. If available, students may interview a school counselor or administrator about support systems in place at their school. Closing: Each group will present two key resources they discovered and explain how these could support student well-being. As a class, vote on which resources to highlight for all students during the school year.

**YOU DO...**

Management Tip: Have a counselor share the protocol that is followed in the building when there is a concern for a student's mental health.