

THE COLLECTIVE

STUDENT EMPOWERMENT MONTH

LESSON 3 TEACHER PLANNING MAP

BREAKING THE STIGMA TAKING MEANINGFUL ACTION

OBJECTIVE:

Students will plan activities to be implemented community wide during Mental Health Awareness month to help break the stigma surrounding mental health.

Read both Scenario Cards. Respond to the questions/prompts from one card using a personal journal or digital notebook. Review Vocabulary Cards 5 & 6. In your journal draw or write examples of each word in context. Watch Breaking the Stigma video. Write or draw a connection between the video and what was learned in the scenario cards.

Materials Needed:

Scenario Cards 1 & 2
Vocabulary Cards 5 & 6
Video

I DO...

Management Tip: These scenarios can be difficult to discuss. You may need to be purposeful with pairing students, or discuss with the entire class.

In pairs or small groups, have students revisit the two scenarios. Have the students share insights from pre-class reflections. As a class, define stigma and mindfulness. Introduce the mindfulness activities. Record student suggestions on chart paper. Brainstorm ideas and choose two or three to try as a class.

Materials Needed:

Mindfulness Activities
Supplies for Activities
Team Empowerment
Packet

WE DO...

Management Tip: The teacher may choose several activities prior to the lesson and set up rotation stations and supplies around the classroom.

Using the Team Empowerment Packet develop a plan how to share the following with your school / organization: 1. How can we help others define mental health? 2. How can we spread the word about resources? 3. How can we help others feel safe? 4. How can we promote positive mental health?

Materials Needed:

Team Empowerment
Packet

YOU DO...

Management Tip: Work with your building leadership team to calendarize these activities/events. Consider having a schoolwide assembly to kick it off. Be sure to notify and include other teachers in the activities.