



LESSON #1- MENTAL HEALTH LITERACY

MATERIALS:

- Projector or smart board to display PowerPoint
- Printed web labelled Mental Illness for each student
- Printed web for brainstorming ideas on what Mental Health is or just discuss as a class
- Mental Health Pyramid labeled with proper section headings (large chart paper enough for 1 per group of five). Draw the pyramid labeled with the proper section headings (no distress, mental distress, mental problem, mental disorder/illness - see slide in the power point slide #6
- Sticky notes with words written on them or printable page with sections cut out (use tape or sticky tack) - see words below

Words : thoughtful, depression, down, sorrowful, upset, annoyed, sad, heartbroken, grieving, pensive, disconsolate, glum, demoralized, mournful, distressed, unhappy, disgusted, bitter, angry, blue, sorry, forlorn, despondent, despairing, pessimistic, dejected, disappointed

**** Background information on the following lessons and other mental health information can be found here:

<https://mhlcurriculum.org/wp-content/uploads/2018/11/final-teacher-knowledge-update.pdf>



ADDITIONAL RESOURCES CAN BE FOUND AT saskatooniec.ca/mindovermatters
For more information, contact admin@saskatooniec.ca

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1. POWER POINT

- Begin lesson by having students write down what comes to mind when they think of someone with a mental illness
- Brainstorm “Mental Health” record responses on board together or print off copy attached, and they can write on their own. **remind students that there is no right or wrong answer. This is just to brainstorm, and they will look at it again at the end of lesson as well as Lesson #2
- Introduce Mental Health Literacy; Watch video on slide #4 of PP

2. TRIANGLE ACTIVITY

(10 to 15 minutes)

- Review each section of the pyramid (is first presented in the video)
 - Create 5 groups and have students go to their groups with the premade poster and sticky notes. Encourage them to discuss what the words mean and then decide as a group where to place on the pyramid.
 - Discuss any discrepancies between groups as to where words were placed. You may need to clarify depression. Students may place depression as a mental health problem because the term depressed is often used as a feeling however “Depression” is a Mental illness
- ***Have them look at their brainstorming webs from the beginning of class and see if they can recategorize. Example: If the put OCD in mental health, they could move to mental illness

3. END LESSON WITH DEFINITION OF MENTAL HEALTH

Use slide and have students give ideas of a working definition. Take jot notes and then show the definition. Be sure to point out that good mental health does not mean that you will never have a bad day. In fact, good mental health means feeling all the emotions and includes the ability to overcome adverse situations (resiliency).

This is also a good opportunity to create your own class definition of Mental Health



SUGGESTED END ACTIVITY OR FIRST ACTIVITY NEXT LESSON: 3, 2 ,1

3-new things you learned

2-things you enjoyed

1-thing you did not like

OR

3- things you enjoyed

2-things you would like to learn more about

1-thing you did not like



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