

THE COLLECTIVE

STUDENT EMPOWERMENT MONTH

LESSON 1 TEACHER PLANNING MAP

LETTING THE LIGHT IN IDENTIFYING SAFE PEOPLE/SPACES

OBJECTIVE:

Students will be able to define mental health, as well as identify people and safe spaces in their communities.

Begin the class by asking the students what **mental health** means to them. Continue the discussion using the vocabulary cards provided. Next, have the class watch the Letting the Light In video.

Materials Needed:
Vocabulary Cards 1 & 2
Informational Video

I DO...

Management Tip: Have students turn, talk and listen to a partner when providing their definitions of mental health.

Review the vocabulary term **community** with the students. Discuss what circles (communities) we all have in common and, write them on the board. If not already brought up, ask the students if this classroom is a community. Complete Activity Card 1 - follow up discussion prompts are located on the card.

Materials Needed:
"Here You Go"
Activity Card

WE DO...

Management Tip: Use chart paper to write class notes on so that students can go back and reflect throughout all lessons.

Using the Team Empowerment Packet students will work in groups or pairs to document their identified circles (communities). They will then reflect on the Varsity Brands Empowerment Rights and identify rules that will help achieve a safe and caring classroom. In closing all students will share their rules and the class will agree to approximately four.

Materials Needed:
Team Empowerment
Packet

YOU DO...

Management Tip: Be sure to document their agreed upon rules. End the lesson with a quick review of vocabulary.