

# 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 awareness and support to their school and student body.

Review the vocabulary from Day 1. List different **resources** that we use on a daily basis (water, sunlight, air). Have the students determine that they are all resources and define the term **resources**. Ask the students to list resources that could be helpful for our mental health. Write them down. Define **awareness**. Show the Minding Our Minds video.

**Materials Needed:**  
Vocabulary Cards 3 & 4  
Video

### I DO...

Management Tip: Prior to this lesson, talk with your admin or counselors to identify resources you may already have to help your students and/or invite the admin or counselors to your classroom to support this lesson. Part of the lesson will be researching and looking at resources.

Using the Scavenger Hunt Activity provided, students will identify and explore **resources** available to them outside of their school. Ask students to share at least two things they found and would like to share with the student body to help bring **awareness** about mental health.

**Materials Needed:**  
Scavenger Hunt Activity  
Electronic Devices

### WE DO...

Management Tip: The scavenger hunt can be completed individually or students can work in pairs/groups. You could also assign each group a different resource.

Using the Team Empowerment Packet, students will work in groups or pairs to identify and locate building and community resources. If possible, bring in administrators and/or counselors for students to interview. In closing, the class will decide which resources to use/promote in May.

**Materials Needed:**  
Team Empowerment Packet

### 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.