

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 Scenario Card 1. In pairs the students will discuss the questions/prompts located on the card. Read Scenario Card 2, and as a whole group discuss the questions/prompts. Ask the students what is occurring in both scenarios. Define stigma and mindfulness. Apply these definitions to the scenarios discussed. Watch Breaking the Stigma video.

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.

The students will discuss the mindfulness activities provided by The Collective. Write them on the board or chart paper. Have students brainstorm and share other possible activities they may use to support mindfulness in their own life. The class will then choose two or three to try.

Materials Needed:

Mindfulness Activities
Supplies for Activities

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 Action Plan located in the Team Empowerment Packet, students work together to plan Mental Health Awareness Month activities. Things to consider: How can you help others understand/define mental health? How can you spread the word about resources? How can you help others feel safe? How can you 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.