



Activities to Support the Mental Health of Your Students

Mental Health Resources For Grades K-12

Classroom activities under the [CASEL 5](#) competencies for social emotional learning (SEL):

Self-Awareness

Activity	Examples
1. Get rid of the stigma and discuss mental health Video: Reducing Stigma	<ul style="list-style-type: none">• Grades K-5• Grades 6-8• Grades 9-12
2. Get rid of identity crisis Video: Repairing the identity crisis	<ul style="list-style-type: none">• Grades K-5• Grades 6-8• Grades 9-12
3. Help students find their identity Video: Finding Your Identity	<ul style="list-style-type: none">• Grades 3-5• Grades 9-12
4. Teach students to meditate Video: Teach your children to meditate	<ul style="list-style-type: none">• Grades K-5• Grades 6-8• Grades 9-12
5. Teach students to breathe deeply Video: Deep Breathing	<ul style="list-style-type: none">• All
6. Acknowledge emotions, don't ignore them Video: Understanding our feelings	<ul style="list-style-type: none">• Grades K-5• Grades 6-12
7. Open a Mental Health Dialogue Videos: We all have mental health What is mental health?	<ul style="list-style-type: none">• Grades K-8• Grades 9-12
8. Create a Mood Tracker	<ul style="list-style-type: none">• Grades K-5



Video: Mood Tracker Ideas	<ul style="list-style-type: none"> • Grades 6-8 • Grades 9-12
9. Facilitate Mental Health Check-Ins Video: A Teachers Mental health Check In	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-8 • Grades 9-12
10. Help them to picture a circle of control Video: Circle of control	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-12 •
11. Encourage your students to keep journals Video: 4 Benefits of Journaling	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-12
12. Helping students reflect on thoughts, feelings and behaviors Video: Turn off the news Website: Lesson Plan	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-8 • Grades 9-12
13. Help student recognize emotions Video: Emotional Wellbeing	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-12
14. Learn from fiction: discuss the feelings of book characters Video: Mental Health and fiction	<ul style="list-style-type: none"> • Grades K-8 • Grades 9-12
15. All Dolled Up (Body image) Video: Brenna's Story	<ul style="list-style-type: none"> • Grades K-5 (p. 12)

Self-Management

Activity	Examples
1. Give an anonymous mental health quiz or self care check up Video: What are mental health problems?	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-12
2. SMART Goal Setting	<ul style="list-style-type: none"> • Grades K-5



Video: SMART Goals	<ul style="list-style-type: none"> • Grades 6-12
3. Provide Brain Breaks Video: Brain Breaks	<ul style="list-style-type: none"> • Grades K-8 • Grades 9-12
4. Give students time to mindfully color and draw Video: Benefits of Coloring	<ul style="list-style-type: none"> • Grades K-8 • Grades 6-8 • Grades 9-12
5. Play fun group games Website: 40 Games	<ul style="list-style-type: none"> • Grades K-8 • Grades 9-12
6. Let the kids play board games Mental Health Management Bingo - Video	<ul style="list-style-type: none"> • Grades K-8 • Grades 9-12
7. Get Active! Go for a walk or Exercise outdoors Video: How to manage your mental health	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-12
8. Go on an adventure trip Video: Jill's Story	<ul style="list-style-type: none"> • Grades 9-12
9. Teach Social, Emotional Skills. <i>(This activity is a different one so we have included a link to CASEL SEL implementation.)</i> Video resources: PBS	<ul style="list-style-type: none"> • All

Social Awareness

Activity	Examples
1. The Safe Deposit Box. Think of this as an anonymous "suggestion box" that students can drop a note in about their own or a fellow student's mental health.	<ul style="list-style-type: none"> • Grades 9-12



2. Create an atmosphere where all feelings are allowed Video: Helping Bob Belong	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-12
3. Build Healthy relationship skills Video: 8 Best Videos for all ages	<ul style="list-style-type: none"> • Grades K-12
4. Conduct class meetings Video: Tips for class meeting	<ul style="list-style-type: none"> • Grades K-8 • Grades 9-12

Relationship Skills

Activity	Examples
1. How to Teach Relationship Skills Video: Social-Emotional Learning: Relationship Skills	<ul style="list-style-type: none"> • Grades 9-12
2. The Kindness Clock Craft Pinterest	<ul style="list-style-type: none"> • Grades K-8
3. Show kindness to others 4. Video: 5 Simple Ways	<ul style="list-style-type: none"> • Grades K-8 • Grades 9-12
5. Write Positive Post-Its Video: Acts of Kindness	<ul style="list-style-type: none"> • Grades K-8 • Grades 9-12
6. Have students practice gratitude Video: Benefits of Gratitude	<ul style="list-style-type: none"> • Grades 9-12

Responsible Decision-Making

Activity	Examples
1. Mental Illness: Myths and Reality Video: Separating Mental Illness fact from fiction	<ul style="list-style-type: none"> • Grades K-5 • Grades 6-8 • Grades 9-12



2. Build coping skills Video: Tools for supporting emotional wellbeing in children and youth	<ul style="list-style-type: none">• Grades K-5• Grades 6-8• Grades 9-12
3. View life through pink glasses Website: What does it mean to Look thru Rose colored glasses	<ul style="list-style-type: none">• Grades 6-8• Grades 9-12
4. Making students aware of support and resources Website: Access to Care	<ul style="list-style-type: none">• Grades 6-8• Grades 9-12
5. Health Resource "Commercial Breaks: Commercial Breaks - Script	<ul style="list-style-type: none">• Grades 6-8• Grades 9-12