



Educator guide: Healthy harvest game

Recommended for grades:

Kindergarten

Time:

5 minutes

Prerequisites:

In order for students to be successful in the game, they would benefit from participating in the following mental and emotional health lessons:

- Feelings lesson (Kindergarten)
- Managing feelings lessons (Kindergarten)
- Showing care and concern for self and others lesson (Kindergarten)

Learning objectives:

After completing this lesson students will be able to:

1. Recognize basic emotions and feelings.
2. Identify situations when help is needed from a trusted adult to make a decision regarding mental and emotional health.
3. Describe behaviors that show respect for self and others.
4. Identify at least two things they can do every day to be mentally and emotionally healthy.

Lesson description:

In this game students answer questions about having a healthy mind so they can pick vegetables from a garden that are needed for a healthy recipe. The game is complete once the students pick one of each of the four types of vegetables.



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Healthy harvest game. You may choose to use this list in any way that fits your needs.

- Angry – feeling mad or upset
- Calm – feeling peaceful and relaxed
- Feelings – how we react to things that happen in our lives
- Relationship – a connection between two people that involves showing care and concern
- Respect – showing you care
- Sad – feeling unhappy
- Scared – feeling worried about something or frightened by something
- Trusted adult – a grownup that you are close to and who cares about you, such as a parent, family member, teacher, school counselor, etc.

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Help your child manage their feelings

It can be hard for children to cope with their feelings. You can help them learn to handle strong feelings, like anger, excitement and sadness.

- Help your child name their feelings. Children who can name their feelings can better understand and talk about how they feel.
- Talk with your child about their feelings. Talking to a trusted adult helps your child learn how to manage their feelings.
- Show you care. When your child talks about their feelings, let them know you understand how they feel. This will help them feel supported and respected.

Children who practice showing kindness and understanding are more likely to have healthy relationships. If your child can think about how other people are feeling, that will help them get along with others. The first step is becoming aware of their own feelings.

Growing your child's self-esteem

Self-esteem is how we feel about ourselves.

High self-esteem and low self-esteem in children

Children who have high self-esteem feel good about themselves. They often feel liked, accepted and they believe in themselves. They are more willing to try new things and can cope better with their mistakes. Children with high self-esteem often do better in school and in relationships. Children who have low self-esteem can doubt themselves and feel like they are not as good as other kids. They can expect less of themselves and assume others do not think well of them.

There are some things you can do to help your child have higher self-esteem:

- **Offer positive attention and care.** Children begin to grow in their own self-esteem when they work towards a goal, make an effort or learn something new.
- **Help your child learn something new.** Allow your child to watch you and practice with you when they are learning something new. Then they can try it themselves.
- **Praise your child's effort no matter the outcome.** Knowing that their effort matters will help ground your child in what they can control. It rarely helps to criticize kids.
- **Focus on your child's strengths.** Allowing your child to be seen for what they are good at can do great things for their self-esteem.
- **Set a good example.** When your child sees you using positive self-talk and self-care even when making a mistake, they will be more likely to pick up these traits.

Recommended reading list

These books can be read aloud to help students relate to characters dealing with different mental and emotional health concerns. You may encourage students to check out one of these from the school library to bring home and read with their families.

“B is for Breathe” by Dr. Melissa Munro Boyd (2019, Ages: 4-10)

“Everyone” by Christopher Silas Neal (2016, Ages: 4-6)

“Frog Slime: A Child’s Guide to Calming Down” by Dr. Amanda DeSua (2017, Ages: 0-6)

“Grumpy Monkey” by Suzanne Lang (2018, Ages: 3-7)

“Listening to My Body” by Gabi Garcia (2019, Ages: 4-10)

“My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings” by Natalia Maguire (2020, Ages: 3-9)

“Ruby Finds a Worry” by Tom Percival (2019, Ages: 3-6)

“Taking a Bath with the Dog and Other Things That Make Me Happy” by Scott Menchin (2013, Ages: 4-8)

“The Color Monster” by Anna Llenas (2018, Ages: 4-8)

“Visiting Feelings” by Lauren Rubenstein (2013, Ages: 4-8)

“When I Feel Angry” by Cornelia Maude Spelman (2000, Ages: 4-8)

Resources for families and educators

- Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/
- Children's Wisconsin, childrenswi.org
- KidsHealth, kidshealth.org
- Mental Health America, mhanational.org
- National Alliance on Mental Illness (NAMI), nami.org
- National Institute of Mental Health (NIMH), nimh.nih.gov
- PBS Kids for Parents: Emotions and Self-Awareness, pbs.org/parents/learn-grow/all-ages/emotions-self-awareness
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw



Transcript

Introduction

You'll be making a healthy salad for dinner tonight and need to pick some vegetables from the garden for the recipe. But before you pick the vegetables, you'll need to correctly answer questions about having a healthy mind. Click the play button to get started.

Instructions

This is the list of ingredients you need to make the salad. Spin the spinner to see which vegetable you can pick, then answer a question about having a healthy mind. If you get it right you can pick the vegetable, if not you'll spin again.

Click on the spinner to begin your turn.

Spinner prompt

Click the spinner to begin the next turn.

Spin result – carrot

You landed on the carrot. Answer this question correctly and you can pick a carrot from the garden.

Spin result – lettuce

You landed on the lettuce. Answer this question correctly and you can pick a head of lettuce from the garden.

Spin result – yellow pepper

You landed on the yellow pepper. Answer this question correctly and you can pick a yellow pepper from the garden.

Spin result – tomato

You landed on the tomato. Answer this question correctly and you can pick a tomato from the garden.

Spin result – wildcard

Answer this question correctly and you can pick any vegetable from the garden.

Pick carrot

You can now pick a carrot.



Pick lettuce

You can now pick a head of lettuce.

Pick yellow pepper

You can now pick a yellow pepper.

Pick tomato

You can now pick a tomato.

Pick wildcard

You can now pick any vegetable you'd like.

Win

Great job! You picked all of the vegetables needed for a salad by using your knowledge of mental health. Way to go! Click the arrow button to play again.

Question 1

Which of these shows a child looking sad?

Question 1 correct

That's right!

Question 1 incorrect

Not quite. That child looks happy, not sad.

Question 2

Which of these shows a child looking angry?

Question 2 correct

You got it!

Question 2 incorrect

Sorry. That child looks calm, not angry.

Question 3

Which of these shows a child looking scared?

Question 3 correct

You got it!



Question 3 incorrect

That's not correct. That child looks happy not scared.

Question 4

Which of these shows a child looking excited?

Question 4 correct

Yes, that's correct!

Question 4 incorrect

Sorry, that child actually looks sad, not excited.

Question 5

Which of these shows a healthy way to deal with feeling frustrated?

Question 5 correct

You're right!

Question 5 incorrect

Actually, it is healthy to talk to a trusted adult.

Question 6

Which of these is a healthy way to deal with feeling angry?

Question 6 correct

You got it!

Question 6 incorrect

Sorry, it's healthy to take some belly breaths, not to keep it to yourself.

Question 7

Which is one way to deal with a big feeling?

Question 7 correct

That's right!

Question 7 incorrect

Sorry. One way to deal with a big feeling is to take a break, not yell at someone.



Question 8

Which is the best way to tell a trusted adult about your feelings?

Question 8 correct

Yes, that's right!

Question 8 incorrect

That's incorrect. The best way to tell a trusted adult about your feelings is to use an "I-feel..." statement.

Question 9

Which is one way to deal with a big feeling?

Question 9 correct

That's correct!

Question 9 incorrect

Sorry, ignoring a big feeling won't help. You should talk to a trusted adult instead.

Question 10

Which is one way to show a friend you care?

Question 10 correct

Yes, you got it!

Question 10 incorrect

Not quite. Talking to a friend shows you care, not saying mean things to them.

Question 11

Which is one way to show a friend you care?

Question 11 correct

Yes!

Question 11 incorrect

Sorry. The correct answer is to play a game with them, not yell at them.

Question 12

Which is one way to show respect for others?



Question 12 correct

Correct!

Question 12 incorrect

Actually, leaving a mess won't show respect for others. Saying kind words will.

Question 13

When do you need to talk to a trusted adult for help?

Question 13 correct

Correct!

Question 13 incorrect

That's not quite right. It's important to talk to a trusted adult when you're feeling really sad.

Question 14

When should you get help from a trusted adult?

Question 14 correct

Yes, you're right!

Question 14 incorrect

Sorry, you should get help from a trusted adult when you aren't sure how you feel.

Question 15

Which is one way to show respect for yourself?

Question 15 correct

That's the right answer!

Question 15 incorrect

That's not right. You can show respect for yourself by exercising, not eating junk food.

Question 16

Which is one way to show respect for yourself?

Question 16 correct

You got it!



Question 16 incorrect

Not quite. You can show respect for yourself by thinking positive thoughts.

Question 17

Which is the better way to show respect for a friend?

Question 17 correct

That's correct!

Question 17 incorrect

Actually, taking their marker without asking is disrespectful. You can show respect by having lunch with them when they're alone.

Question 18

Which is one way to stay mentally and emotionally healthy?

Question 18 correct

Yes, that's correct!

Question 18 incorrect

Sorry, keeping to yourself is incorrect. Playing with your friends will help you stay mentally and emotionally healthy.

Question 19

Which is one way to stay mentally and emotionally healthy?

Question 19 correct

That's right!

Question 19 incorrect

Sorry, saying a mean comment isn't healthy. Talking to a trusted adult is a healthy choice.

Question 20

Which is one way to stay mentally and emotionally healthy?

Question 20 correct

Yes, you got it!



Question 20 incorrect

Actually, eating junk food isn't healthy. Getting active is healthy!



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