



## Educator guide: “Healthy Minds” song

### **Recommended for grades:**

4<sup>th</sup> grade

### **Time:**

4 minutes

### **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

### **Learning objectives:**

After completing this lesson students will be able to:

1. Identify at least two things they can do every day to stay mentally healthy.
2. Identify two trusted adults that can help with mental health goals or concerns.

### **Activity description:**

“Healthy Minds” is a fun, high energy song that talks about what it means to have a healthy mind. This song could be a great way to start or end each day! It may also be fun for each student to get a copy of the song lyrics to sing along and think about what the lyrics mean. They may even be inspired to write their own song! Lyrics can be found later in this guide.

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at [figureheadsinc@gmail.com](mailto:figureheadsinc@gmail.com) or 414-520-3275 or [Facebook.com/figureheadsinc](https://Facebook.com/figureheadsinc).



**Vocabulary:**

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

- Emotion – a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Feeling – an emotional state, such as happy, sad, excited, scared, etc.
- Goal – something you decide to work towards achieving
- Mind – the part of a person that allows them to be aware of the world and their experiences, to think and to feel

# “Healthy Minds” Lyrics

Lyrics by Deonta Griffin, Jeremy Bryan, and Doc Harrill

Produced by Nate Willard

Mixed and Mastered by Lee Harrill of Refresh Collective

Chorus:

Healthy Mind Healthy Vibes

That's how we roll

When I'm mad I talk it out with my people

All my heroes got me focused on these big goals

Focused on my health, yeah, physical and mental

Told you I love you and I meant it because your special

Destiny is calling to your heart come on let's go

Healthy Mind Healthy Vibes that's how we roll

Verse 1:

Healthy Minds healthy vibes, I was born to thrive

Feelin' so alive when I share what's inside

No need to hide, no need to pretend

I'm surrounded by good people mentors teachers and a few friends

They treat me like family yeah they look out for me

Who know me on the real yeah they know about my story

My teacher said that I'm unique and that that's a really good thing

When the bell rings I might ask what she means

went up to her right after class she asked what was up

I told her that I'm feelin' low and how I'm not sure what is what

She nodded for a moment looked me in the face

And said you're right on time

You're entering a new phase

And it can be confusing and it can feel strange

So much change all at once, but these are growing pains

Just make sure to keep talking about it with those that care

And don't forget to have fun, run around, lots of fresh air

Make sure you're sleeping well and eating three square meals a day

A few snacks along the way, and not too much media play

all in all you're doing great and I'm super proud of you

Remember there's people around you that really love you

Chorus



Verse 2:

First I think. Then I act.

It's like lookin up directions, google the map to a peaceful track

If I'm thinkin about peace. Got a good nights' sleep

And I had something to eat, so I'm filled with energy

I can take a deep breath, you know, breathe

Then I tell a trusted friend, man I need to speak

And my friend said "chill baby chill"

It's gonna be alright, "Still baby still"

And I know he's right, I can calm my body down

I'm in control of my thoughts and my actions now

It's a cycle, healthy body, healthy brain

Healthy actions, healthy ways, healthy friends, help me change

I'm thinking how I'm loved, no matter how I feel

I'm a take that peaceful track I'm not a hot wheel

Slow down, cool down, think about solutions.

First I think, then I act, this is how I do it.

Chorus

# Handouts

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



# Anxiety disorders in children

## What are anxiety disorders?

Children with anxiety disorders have too much fear and worry that lasts a long time. Children with anxiety often have problems at school or home because of it.

A small amount of anxiety is normal in childhood. At different ages, some fears are common like fear of being away from parents and fear of the dark. Children can also have anxiety when they are in new or stressful situations.

Children can have so much anxiety it causes problems.

Some children:

- Have aches and pains, like headaches or stomachaches
- Feel restless, tired or tense
- Have trouble focusing or sleeping
- Can also have tantrums or meltdowns because of anxiety

## What Causes anxiety disorders?

There are many reasons why a child may have anxiety. It can run in families and start at birth. It can also start after exposure to stressful events and problems meeting developmental milestones.

## What are the symptoms of anxiety disorders?

Children with anxiety may:

- Be very upset when caregivers leave them
- Be very shy and quiet in new situations and with people not in their family
- Stay away from places or activities that make them feel nervous
- Worry a lot about many things, and not be able to control the worry
- Talk about or ask questions about the things they worry about
- Not talk in stressful places, but talk easily at home
- Feel very scared of certain things like animals, heights, being in an airplane or seeing blood



## **How are anxiety disorders treated?**

Anxiety will not get better without help. Treatment for mild anxiety starts with psychotherapy. In psychotherapy a health care provider helps your child by understanding how they think and feel about things.

Children will learn to:

- Replace their anxious thoughts with helpful ones
- Control their anxious feelings with coping skills

Your child will need to practice what they learn outside of sessions. This is an important part of therapy. Parents are often part of therapy sessions so they can help their child practice the skills. Psychotherapy is usually done by psychologists, mental health counselors and clinical social workers.

- Medicine can help decrease feelings of anxiety. Medicines may be prescribed to help your child's anxiety.
- For moderate to severe anxiety, treatment that uses psychotherapy and medicine together may be most helpful.

## **How can I help my child's anxiety?**

- Be with your child and support them during stressful times. If your child gets anxious remain calm. Have them take deep and slow breaths. They can pretend they are blowing up a balloon. Do not let your child pass up things that raise their anxiety.
- Ask your child to talk about their worries. You can tell them what you saw that made you think they were anxious. For instance, if their body shakes when they are anxious, this is called a non-verbal cue. Do not tell your child not to worry.
- Have a daily routine or use a schedule so your child knows what to expect.
- Praise your child for facing fears and being brave in stressful situations.
- Talk with your child's school to let teachers know how they can help your child practice using their coping skills. If anxiety causes problems for your child at school a special plan called a 504 Plan or IEP may be needed.



# Recognizing depression in children

## What is depression?

Depression is a mood disorder that affects the way you think and feel. The most common symptom is a feeling of deep sadness. People who are depressed may also:

- Feel hopeless
- Feel that life isn't worth living
- Have thoughts of suicide or death

## Depression in children

Children as young as age 6 may feel depressed. But they can't always tell you how they feel. Instead, your child may:

- Eat more or less than normal
- Sleep more or less than usual
- Seem unable to have fun
- Think or speak about suicide or death
- Seem fearful or anxious
- Act in an aggressive way
- Use alcohol or other drugs
- Complain of stomachaches, headaches or other pains that can't be explained
- Have problems at school or home

## What can you do?

Children with depression can be helped with treatment. Here are some ways you can help:

- Talk with your child's healthcare provider about medicine and psychotherapy. Both can help.
- Look for mental health resources at your child's school, local mental health center, social service agency or hospital.
- Let your child know that they will not feel this way forever.
- Offer your love and support.
- If your child talks about death or suicide, seek help right away.





# Resources for families and educators

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



# Acknowledgements

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of mental and emotional health lessons and activities for 4<sup>th</sup> grade:

Stephanie Hamann, MA, LPC, Children's Wisconsin

Ashley Jors, Milwaukee Public Schools

Elizabeth Krubsack, MS LPC, Wisconsin Department of Public Instruction

Tim Riffel, MS, LPC, Children's Wisconsin

Nicholas Schneider, LPC, Children's Wisconsin

Tricia Schutz, MSW, LCSW, Children's Wisconsin

A special thank you to Jen Morrison, owner of Orange Leaf – Waukesha, WI, for her help in making our program videos possible.





Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

