



Educator Guide: What is a Healthy Mind?

Lesson

Recommended for Grades:

Kindergarten

Time:

3 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.

For more information about the National Health Education Standards, visit the SHAPE America website: 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 be mentally and emotionally healthy.

Lesson Description:

In this lesson students will learn about mental and emotional health concepts. They will hear about different ways to keep their minds healthy.

Vocabulary:

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

- Angry – feeling mad or upset
- Feelings – how we react to things that happen in our lives
- Mind – where your thoughts, feelings and dreams are
- Sad – feeling unhappy
- 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.



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)

Mental and Emotional Health Resources for Families and Educators

- 988 Lifeline, 988lifeline.org, call or text 988
- Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/
- Children's Wisconsin, childrenswi.org/find-care/mental-behavioral-health
- 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

Slide 1

Belinda Badger: I'm Belinda and there's nothing I love more than learning new ways to keep my mind healthy and strong. Did you know that you have a mind and that it's important to keep it healthy? But what is a mind? And how do you keep yours healthy? Well...let's find out!

Slide 2

Belinda Badger: Your mind is where your thoughts, feelings and dreams are. Just like brushing your teeth, eating healthy foods and exercising will keep your body healthy, there are things you can do every day to keep your mind healthy.

Slide 3

Belinda Badger: Click on each of my friends to learn different ways to keep your mind healthy.

Miguel: I think of things I am thankful for every day. My mom told me that's called being grateful.

Quinn: I keep my mind healthy by doing martial arts. It always helps me feel and learn better!

Zoe: I like to write and draw in my journal. It helps me get my thoughts out of my head!

Devonte: If I start to feel sad or angry, I know I can always talk to my Grandma. She listens to me and helps me feel like everything will be okay.

Slide 4

Belinda Badger: Those are all great ways to take care of your mind. Talking about your feelings with trusted adults, dealing with your feelings in a healthy way and showing kindness to yourself and others will help keep your mind healthy. Having a healthy mind will help you enjoy your life and the people around you! That's all for now, but I'll see you soon!

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