

# Week 1- Course Opening

## Objective:

Educate students on how and where to find mental health resources. Introduce students to the Mental Health Matters Website.

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## Materials:

1. Coloring pages
2. Coloring utensils
3. Pre-Questionnaire/Post-Questionnaire

## Pre-Questionnaire Questions:

1. Do you know where to look to find mental health resources?
2. Do you feel like you have someone trusted to talk to if you are in need?

## Guided Questions For The Lesson:

1. What resources are out there for mental health?
2. How and where can you find resources?
3. Who is someone you can talk to?

## Discussion:

What do you think makes a trusted adult?

## Activity:

Explore [bpgold.github.io](https://bpgold.github.io)  
Color

## Post-Questionnaire Questions:

1. Do you feel that you now know where to find mental health resources?
2. Would you use a resource if needed?
3. Can you identify a trusted adult you can talk to?

# Week 2- Wellness

## Objective:

Educate students on how to find wellness and balance in their lives.

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## Materials:

1. Small clear jar with lid
2. Craft glitter
3. Water
4. Pre-Questionnaire/Post-Questionnaire

## Pre-Questionnaire Questions:

1. What is wellness?
2. Do you find balance in life? If yes, how?
3. Do you find it easy to fall asleep at night?

## Guided Questions For The Lesson:

1. What is wellness?
2. How do you find balance?
3. How do you determine values?
4. What is gratitude?
5. What is the importance of sleep?

## Discussion:

What is your definition of balance? What do you think students value?

## Activity:

Gratitude Meditation  
Mind Glitter Jar

## Post-Questionnaire Questions:

1. What are three good things in your life that you are thankful for?
2. Do you better understand how to find balance?

# Week 3- Mindfulness

## Objective:

Educate students on healthy mindful practices for relaxation.

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## Materials:

1. Yoga Mat
2. Journal
3. Pre-Questionnaire/Post-Questionnaire

## Pre-Questionnaire Questions:

1. Do you currently use any mindfulness practices?
2. When do you feel relaxed?

## Guided Questions For The Lesson:

1. What is mindfulness?
2. How can you practice mindfulness?

## Discussion:

What is your definition of relaxation? What do you do to feel relaxed? What can others do to feel more relaxed?

## Activity:

Journaling  
Yoga

## Post-Questionnaire Questions:

1. Do you find these mindful practices helpful?
2. Would you try these practices on your own time?

# Week 4- Time Management

## Objective:

Educate students on how to manage their time wisely when under deadlines.

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## Materials:

1. Time Tracking Sheet
2. Pre-Questionnaire/Post-Questionnaire

## Pre-Questionnaire Questions:

1. What are time management strategies?
2. How can you strategize to make better use of your time while also taking care of yourself?
3. How does good time management impact our ability to help others and ourselves?

## Guided Questions For The Lesson:

1. What are time management strategies?
2. How can you strategize to make better use of your time while also taking care of yourself?
3. How does good time management impact our ability to help others and ourselves?

## Discussion:

Discuss benefits and challenges using each strategy.

## Activity:

Time Tracking Sheet

## Post-Questionnaire Questions:

1. Do you find these time management skills helpful?
2. Would you try these skills on your own time?

# Week 5- Coping Skills

## Objective:

Educate students on how to cope with stress in healthy ways.

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## Materials:

1. Paper
2. Coloring utensils
3. Pre-Questionnaire/Post-Questionnaire

## Pre-Questionnaire Questions:

1. How do you handle stress?
2. Do you know healthy ways to handle stress?

## Guided Questions For The Lesson:

1. What is stress and causes?
2. What are the effects of stress?
3. What is a coping strategy?
4. What is stress to screen connection?

## Discussion:

Discuss benefits and challenges using each coping skill.

## Activity:

Draw what the effects of stress look like on teens

Breathing exercises

## Post-Questionnaire Questions:

1. With this information about stress, is there anything that you plan to change in your life to reduce your stress?
2. Do you plan to use any of the coping strategies you learned today?

# Week 6- Developing Self Worth and Confidence

## Objective:

Educate students on how to think positively about themselves and others.

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## Materials:

1. Beach ball
2. String
3. Beads
4. Pre-Questionnaire/Post-Questionnaire

## Pre-Questionnaire Questions:

1. Do you have a positive view of yourself?
2. Do you feel accepted?

## Guided Questions For The Lesson:

1. How do thoughts shape your reality?
2. What are daily affirmations?
3. How can positive affirmations be used?

## Discussion:

Discuss positive affirmations that can be used to increase self confidence.

## Activity:

Affirmations  
Bracelets

## Post-Questionnaire Questions:

1. Do you feel that affirmations will have a benefit for you?
2. Would you be open to trying to add affirmations into your daily routine?