

**Gold Award Mental Health Matters “At A Glance” Chart**

	Week 1- Opening/Course Overview	Week 2- Wellness	Week 3- Mindfulness	Week 4- Time Management	Week 5- Coping Skills	Week 6- Developing Self Worth and Confidence
Materials Needed	-Coloring pages, coloring utensils -Pre-Questionnaire -Post-Questionnaire	-Jar, glitter, water -Pre-Questionnaire -Post-Questionnaire	-Yoga mats - Journal -Pre-Questionnaire -Post-Questionnaire	-Time Tracking Sheet -Pre-Questionnaire -Post-Questionnaire	-Blank paper, coloring utensils -Pre-Questionnaire -Post-Questionnaire	-Beach ball -String, beads -Pre-Questionnaire -Post-Questionnaire
Goal of Lesson	Educate students on how and where to find mental health resources.	Educate students on how to find wellness and balance in their lives.	Educate students on healthy mindful practices for relaxation.	Educate students on how to manage their time wisely when under deadlines.	Educate students on how to cope with stress in healthy ways.	Educate students on how to think positively about themselves and others.
Guided questions for the lesson	-What resources are out there for mental health? -How and where can you find resources? -Who is someone you can talk to?	-What is wellness? -How do you find balance? -How do you determine values? -What is gratitude? -What is the importance of sleep?	-What is mindfulness? -How can you practice mindfulness?	-What are time management strategies? -How can you strategize to make better use of your time while also taking care of yourself? -How does good time management impact our ability to help others and ourselves?	-What is stress and causes? -What are the effects of stress? -What is a coping strategy? -What is stress to screen connection?	-How do thoughts shape your reality? -What are daily affirmations? -How can positive affirmations be used?
Discussion	-Discuss trust and trusted adults.	-Discuss balance and what students value.	-Discuss relaxation and what students do to feel relaxed.	-Discuss benefits and challenges using each strategy.	-Discuss benefits and challenges using each strategy.	-Discuss positive affirmations that can be used.
Activity	-Explore the website -Coloring	-Gratitude Meditation -Mind Glitter Jar	-Yoga -Journaling	-Time Tracking Sheet	-Drawing effects of stress on teens -Breathing exercises	-Affirmations -Bracelets