

○ MUSIC  city COUNSELOR

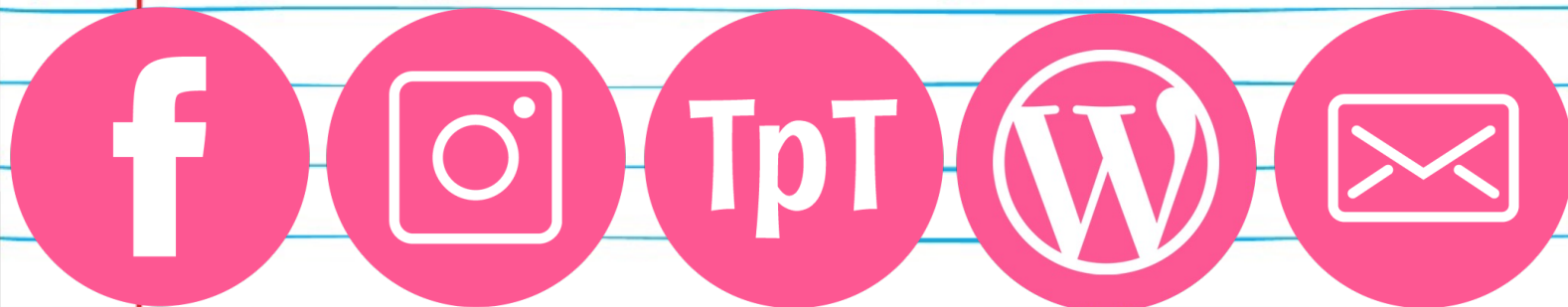
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♥ *laura oathout*

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## **Mental Health Lesson Directions:**

- This presentation teaches students all about mental health. Students learn the definition of mental health and 10 tips for taking care of our brains.
- 3 discussion questions are included. Students can type directly in the text boxes that say, "Type here."
- A PowerPoint version of the same presentation as well as printable materials are also included in the zip folder.
- PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns credits towards future resources, helps other educators find quality resources, and helps my small business grow!



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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ laura oathout

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