

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR  
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

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# ASCA MINDSETS & BEHAVIORS

## Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being
- M 2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment

## Category 2: Behavior Standards

- B-SMS 7: Effective coping skills
- B-SS 2: Create positive and supportive relationships with other students
- B-SS 3: Positive relationships with adults to support success
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment



# DIRECTIONS PAGE I

This lesson will take approximately 45 minutes to teach.

## Materials Needed:

- Printable materials
- Pencils
- Markers or crayons
- Scissors
- Glue sticks

## Recommended Sequence:

1. Review the PowerPoint or digital for Google Slides™ presentation.
2. Review the instructional posters.
3. Use the discussion cards.
4. Complete a craft, worksheet, or coloring page.
5. Set up the bulletin board in your space.

## PowerPoint Presentation:

This presentation teaches students all about mental health. It defines mental health and teaches students **10 ways to take care of their brains**. The presentation closes with 3 discussion questions. Students can "turn and talk" with a partner and discuss them. A digital for Google Slides™ version of the same presentation is also included in the zip folder.

## Instructional Posters:

A total of **14 posters** are included. You may use these in instruction, create a bulletin board with them, or display them in your space.

# DIRECTIONS PAGE 2

## Bulletin Board:

This bulletin board includes lettering and 12 posters. Please print the letters and cut them out. Please print the posters and arrange them on the board. Here is a sample bulletin board:





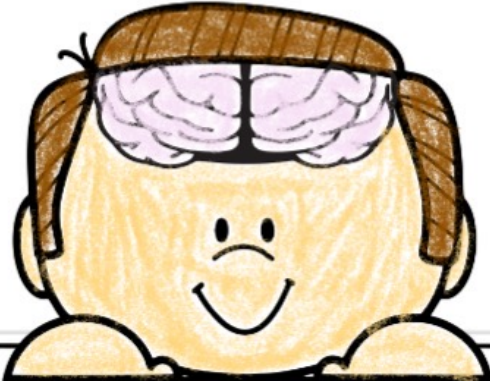
# DIRECTIONS PAGE 3

## Discussion Cards:

20 discussion cards are included. You can choose how best to use these! I recommend dividing students into groups of 3-4 students. Give each group a few cards to discuss with each other and then share out with the class.

## Craft:

Please give each student a copy of the page that says "MY MENTAL HEALTH" at the top. There are 3 options for "boy" clipart kids and 3 options for "girl" clipart kids included. I like to let students choose the character that looks the most like them. Students can write on the lines how they take care of their brains. Then, they can color the clipart kid, cut it out, and glue him/her to the top of the page as shown in the sample below.



**MY MENTAL HEALTH**

I take care of my brain when I...

take breaks, name my feelings,

use coping skills, and ask for

support when I need it.

© Music City Counselor

# DIRECTIONS PAGE 4

## Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included. Please choose those that best fit the needs and abilities of your students, and the amount of time you have. The worksheet that asks students to write how they take care of their brain includes 3 "girl" versions and 3 "boy" versions. You may choose to have students decorate the profile to look like them. (add in their eyes, mouth, hair color, etc.).

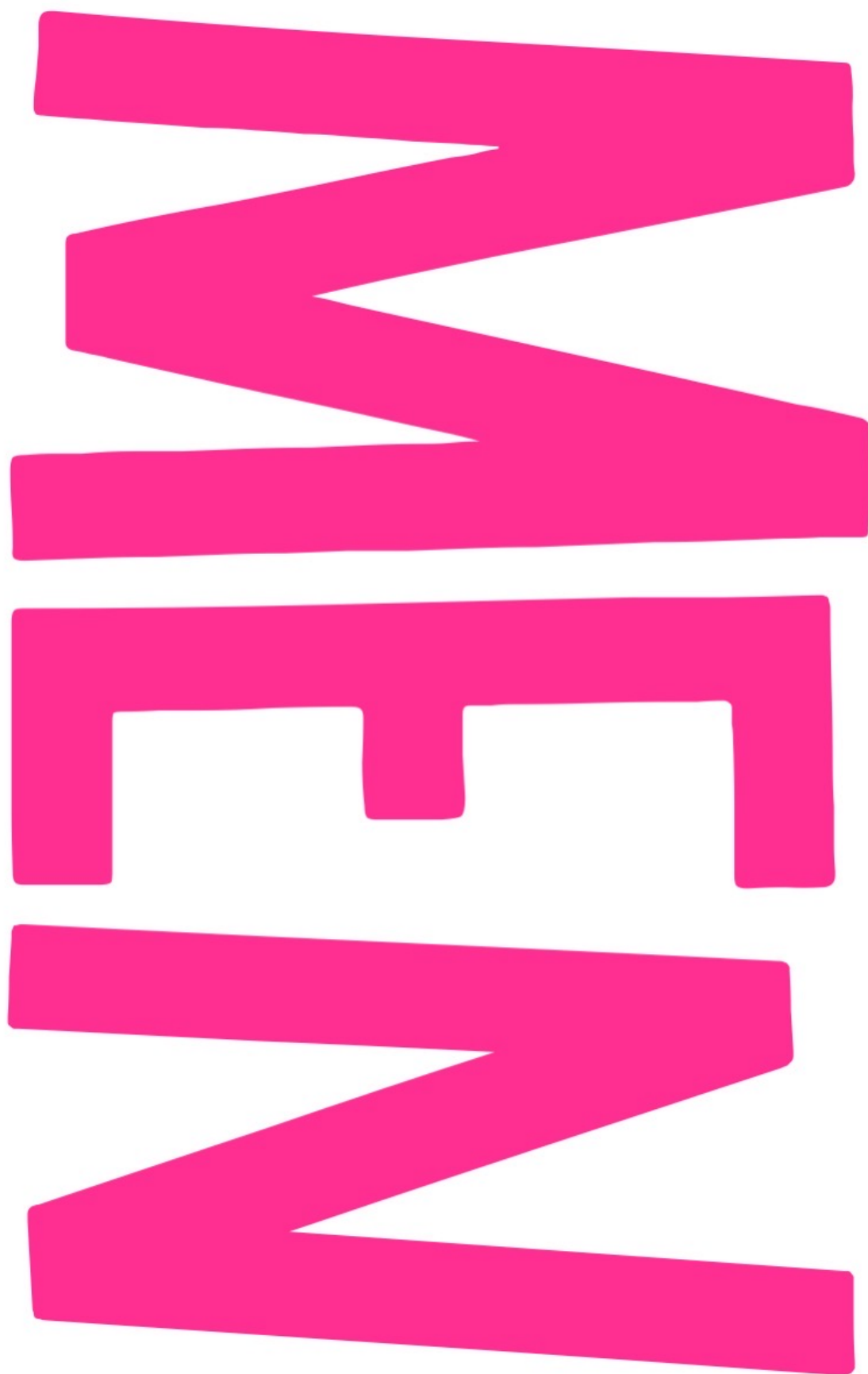
Questions, comments, or suggestions? Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com).

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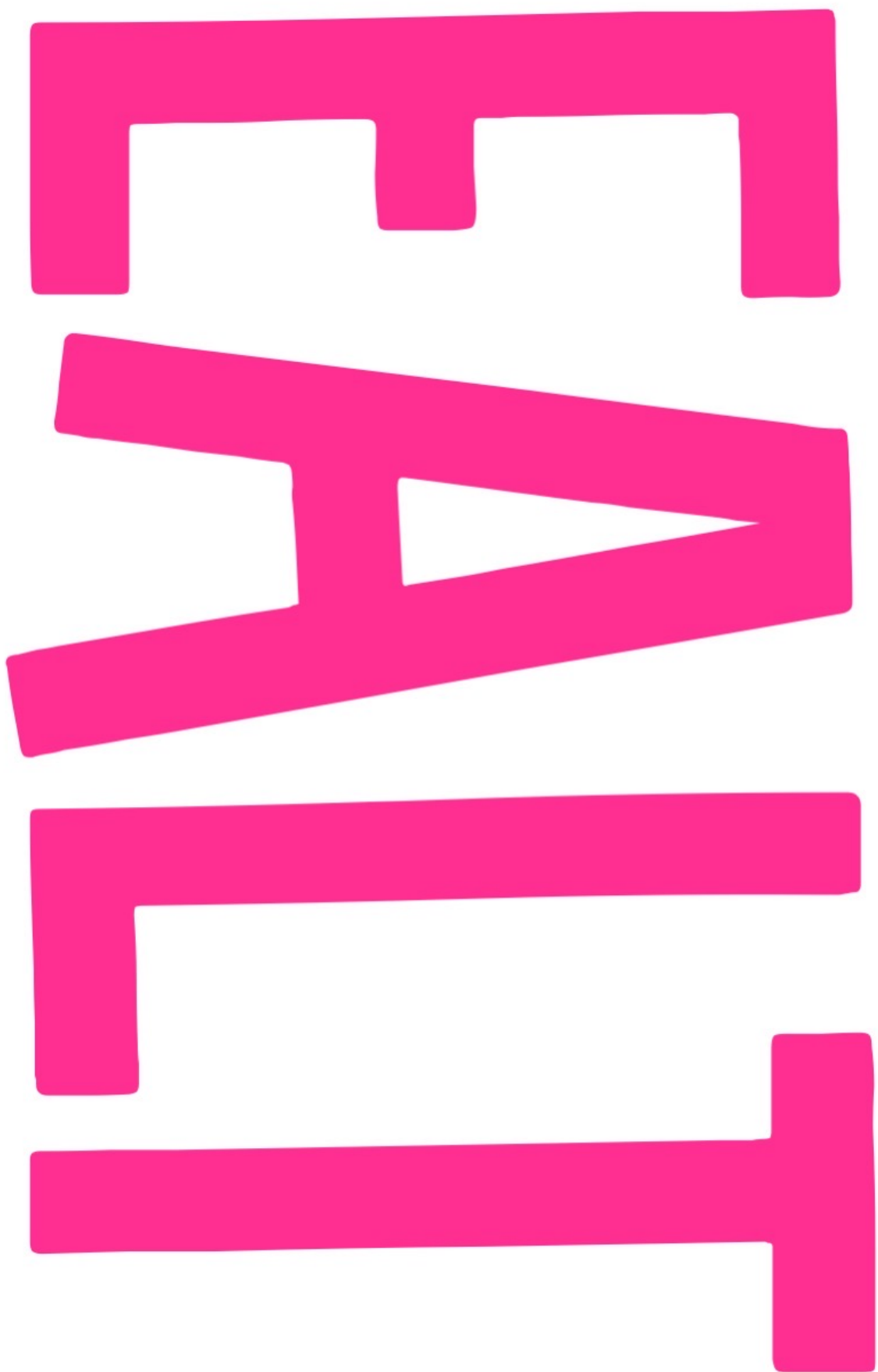
**BULLETIN**

**BOARD**

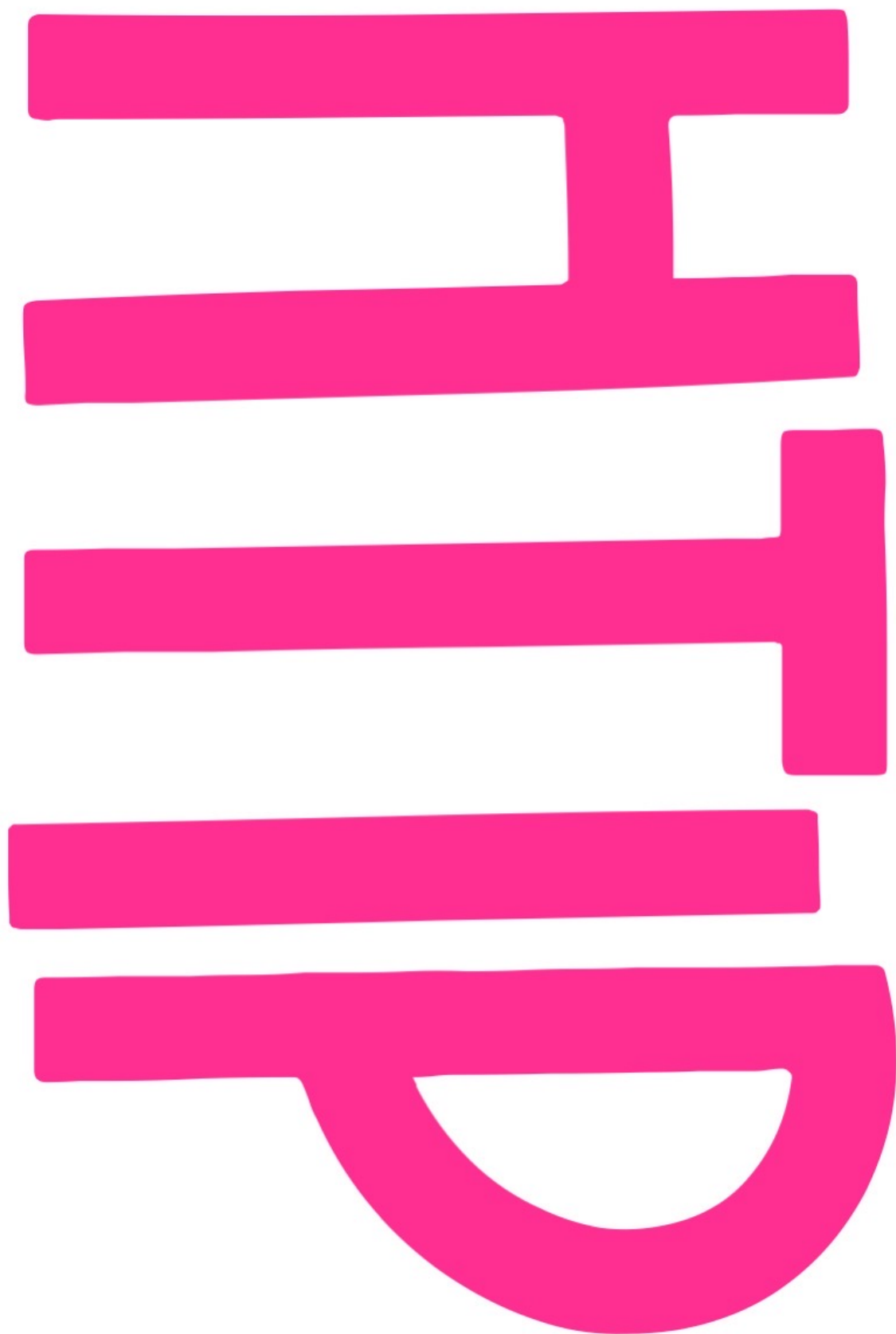


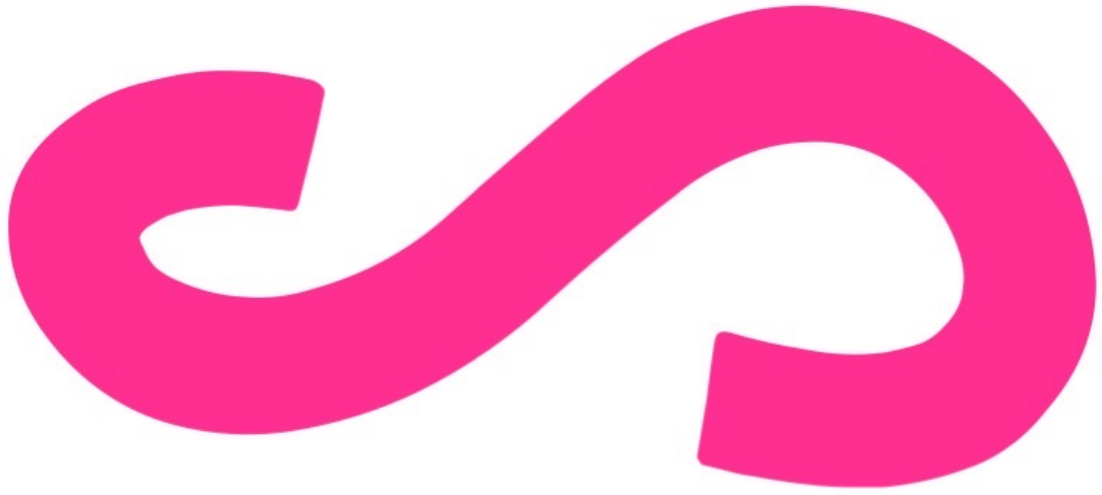


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# What is MENTAL HEALTH?

Mental health means taking care of how you think and feel on the inside. It means loving and protecting your brain!



# GET ENOUGH SLEEP

## Fuel your body.





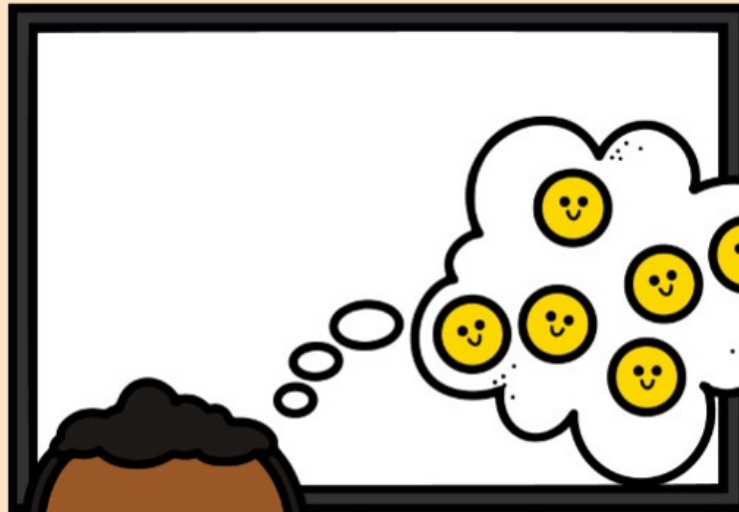
# THINK POSITIVE

## Expect good things.

Aa Bb Cc Dd Ee Ff Gg Hh Ii Mm Nn Oo  
Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz



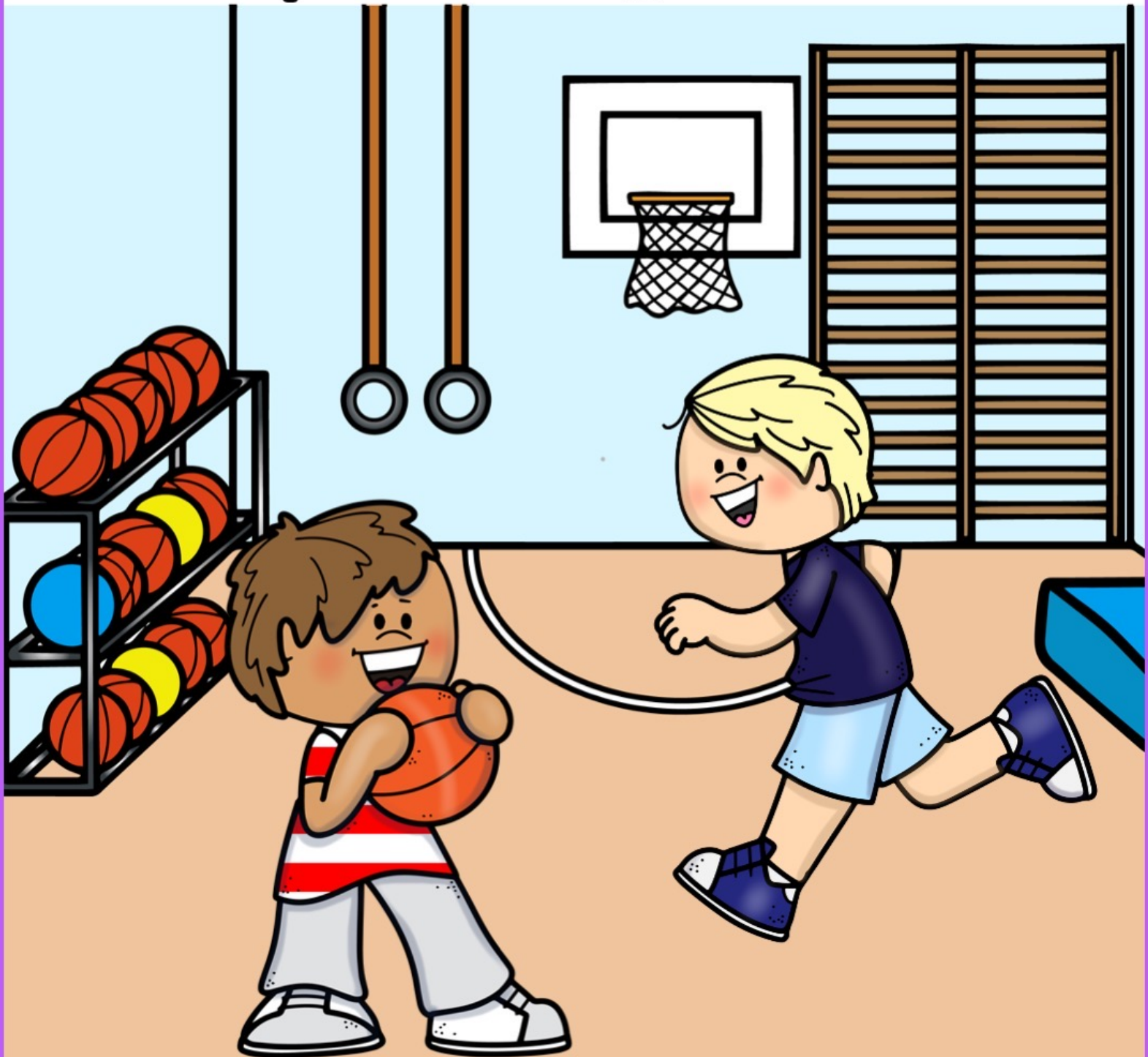
0 1 2 3 4 5 6 7 8 9 10  
11 12 13 14 15 16 17 18 19 20





# MOVE YOUR BODY

Get up and get active.



# EXPLORE & PLAY

## Build, imagine, create.





# CONNECT & LOVE

## Spend quality time.





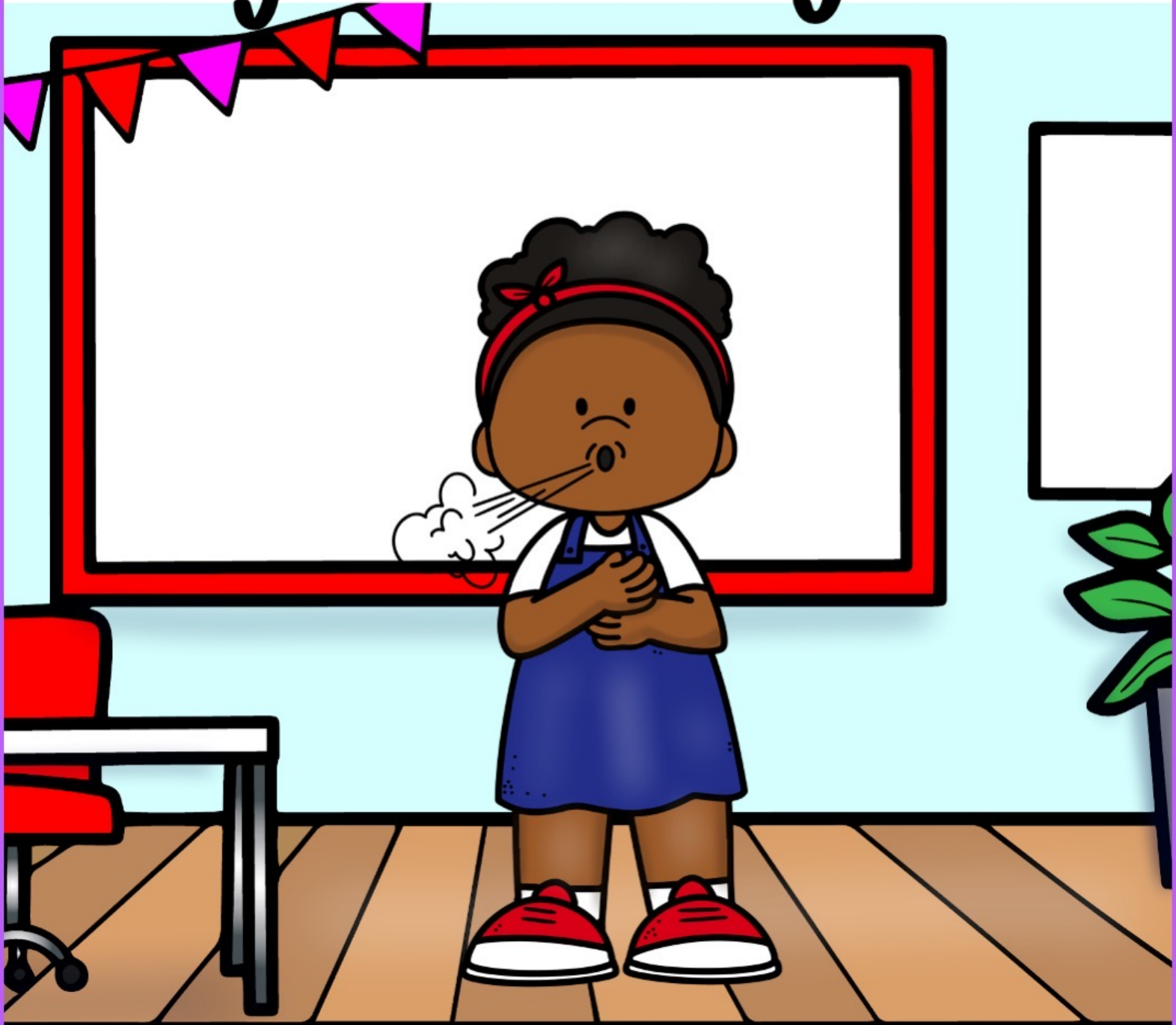
# NAME FEELINGS

"I feel \_\_\_\_\_"



# USE COPING SKILLS

## Let your feelings out!



# TRY MINDFULNESS

Be present.





# TAKE BREAKS

Take a moment for you.





# ASK FOR HELP

Reach out for support.



**EXTRA**

**POSTERS**

# MENTAL HEALTH

## Tips for Kids!

Get enough  
sleep



Think positive



Move your body





# MENTAL HEALTH

## Tips for Kids!

Explore & play



Connect & love



Name feelings





# MENTAL HEALTH

## Tips for Kids!

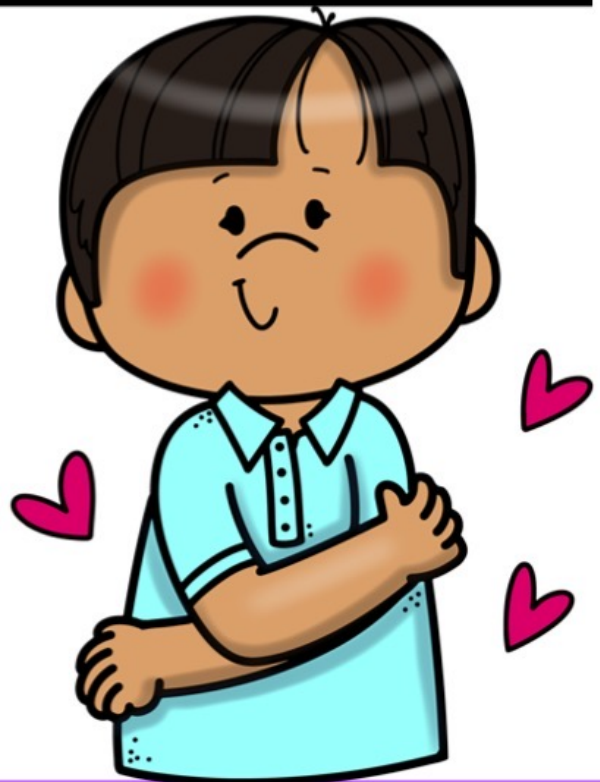
Use coping skills



Take breaks

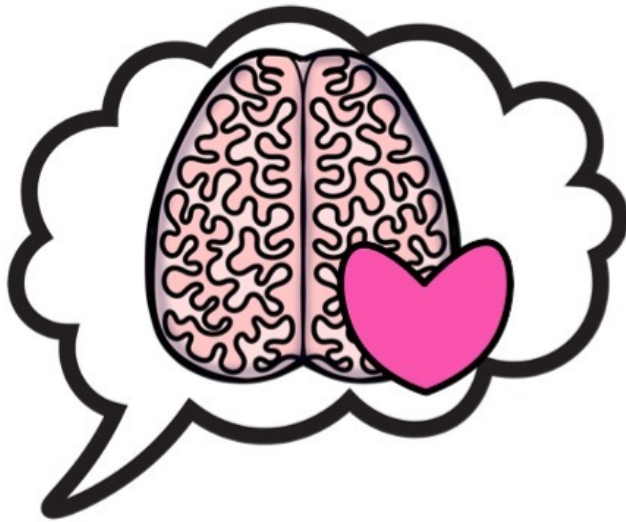


Ask for help



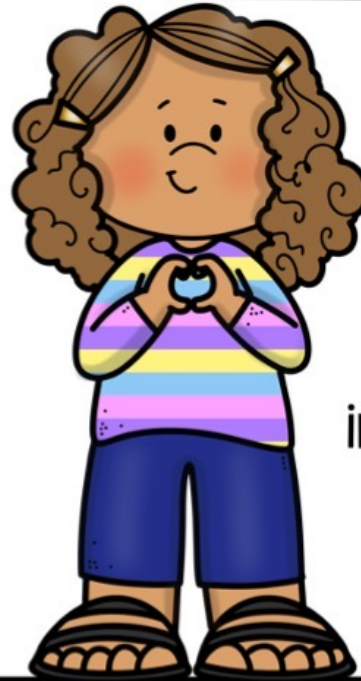
# **DISCUSSION CARDS**

What is mental health?



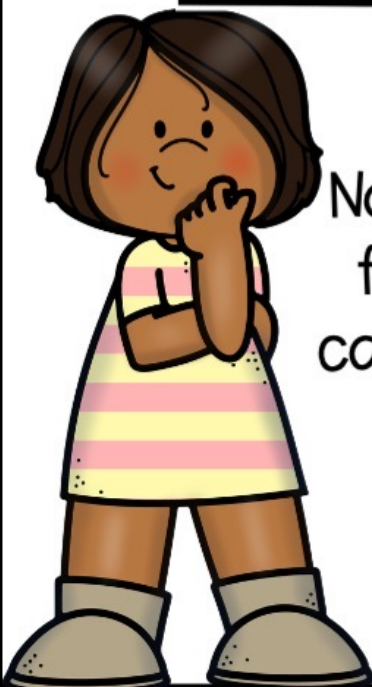
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Why is mental health important?



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Name 2 tips for taking care of your mental health.



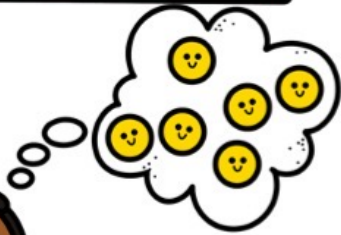
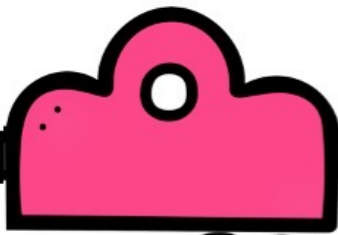
© Music City Counselor

Why is sleep important for your mental health?



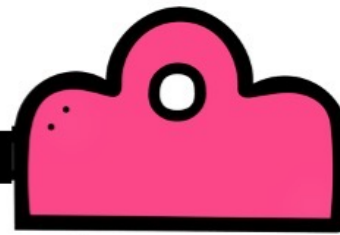
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What does it  
mean to "think  
positive?"

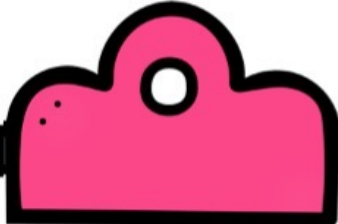
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How does exercise  
help your brain?



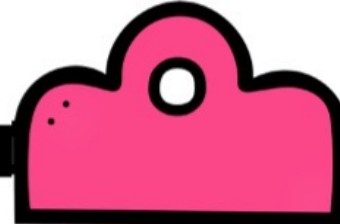
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Why is  
important to  
limit screen  
time?



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How does play help  
your mental health?



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What are your favorite ways to connect with others?



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Tell us how you are feeling today.



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What are your favorite coping skills?



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Practice mindfulness.  
Notice the sights, sounds,  
and smells around you.



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How do you like to take breaks? What helps you recharge?



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Who is someone at home that you can reach out to for support?



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Who is someone at school that you can reach out to for support?



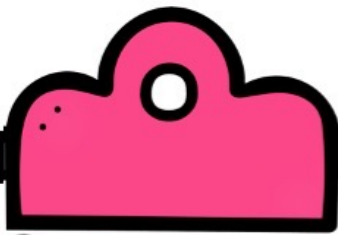
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How can you take care of your mental health?



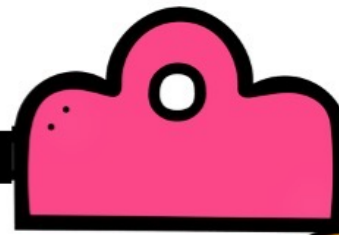
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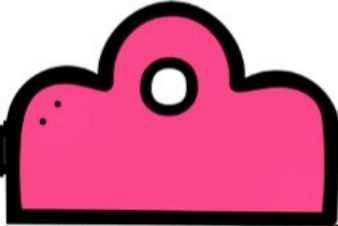
What is the difference between physical health and mental health?

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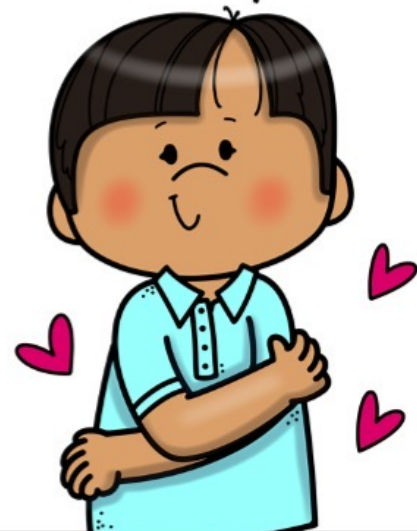
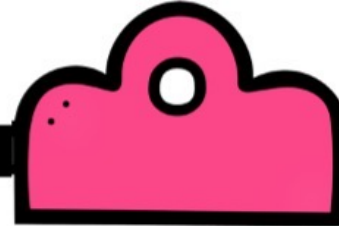
Lead the group in a breathing exercise.

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How do you cope with big feelings?

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How can you show kindness to yourself?

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**CRAFT**

# MY MENTAL HEALTH

I take care of my brain when I...

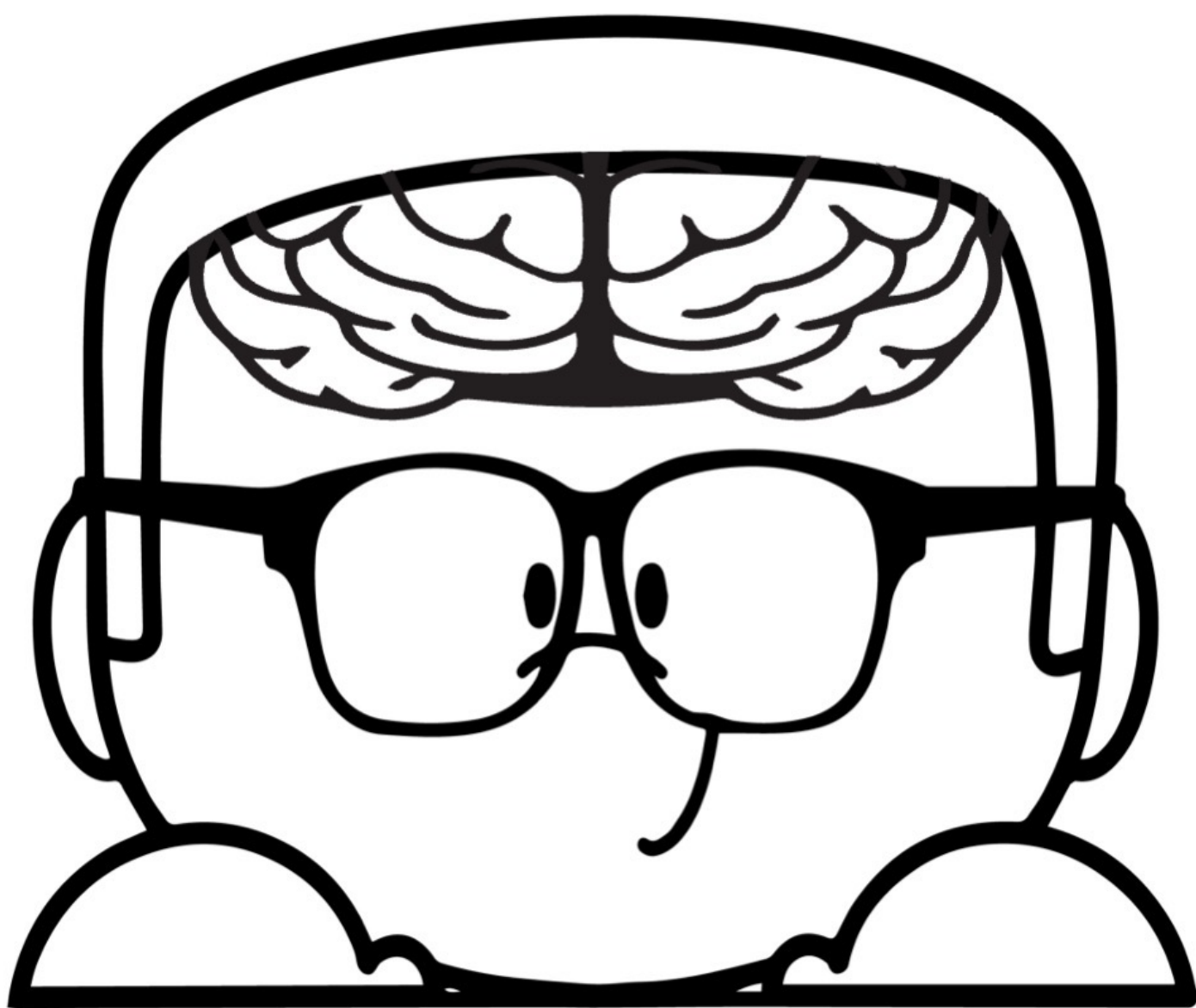
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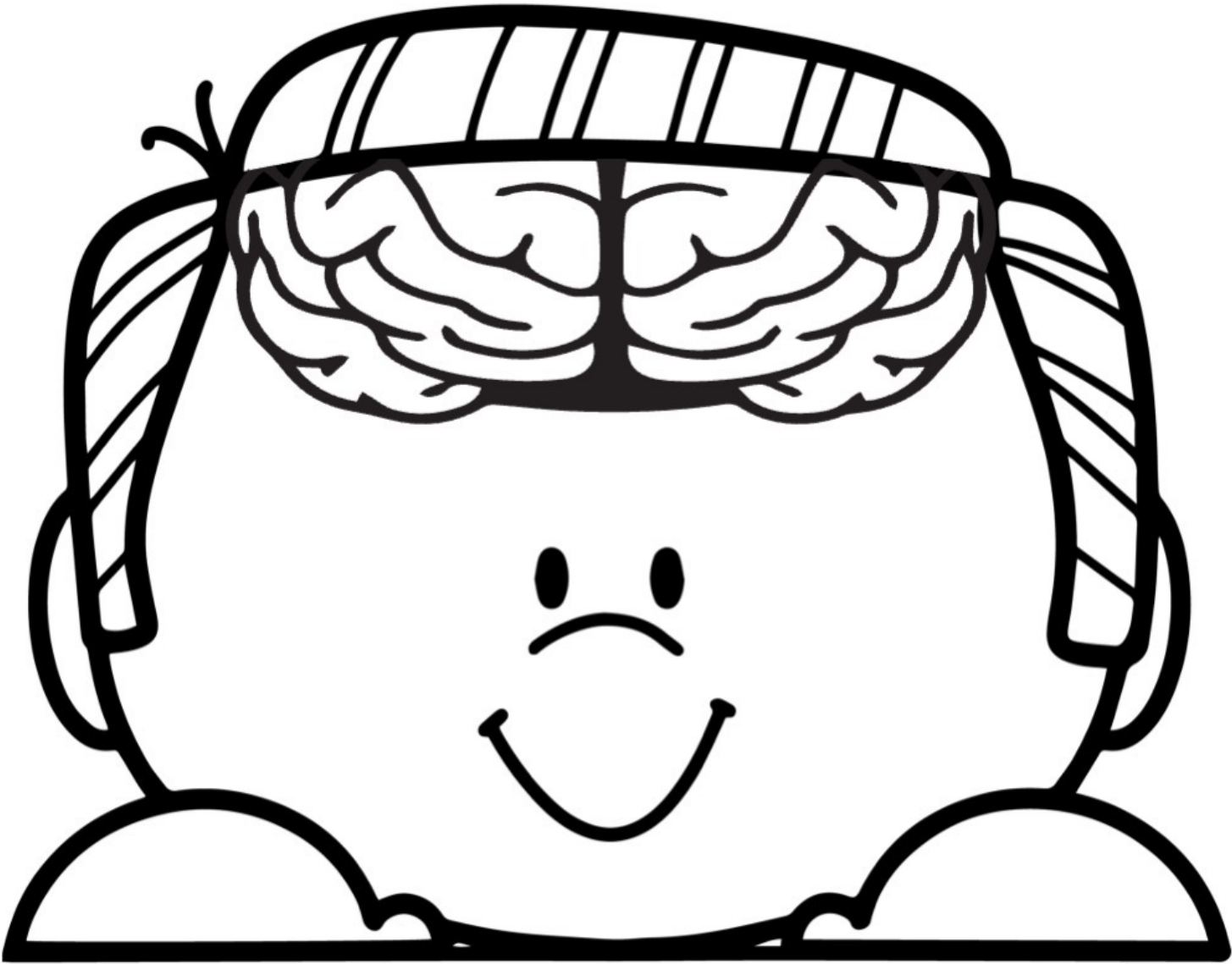
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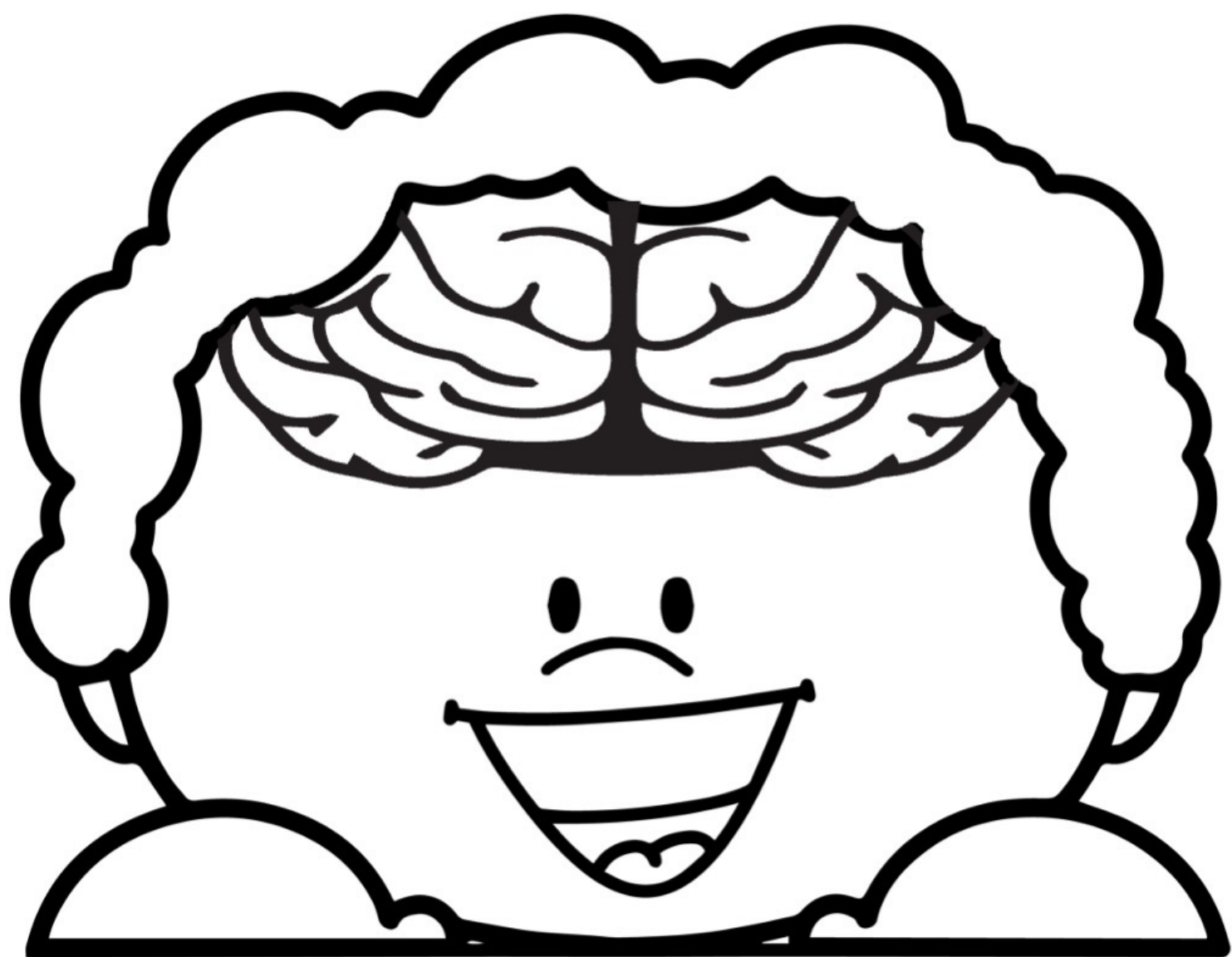
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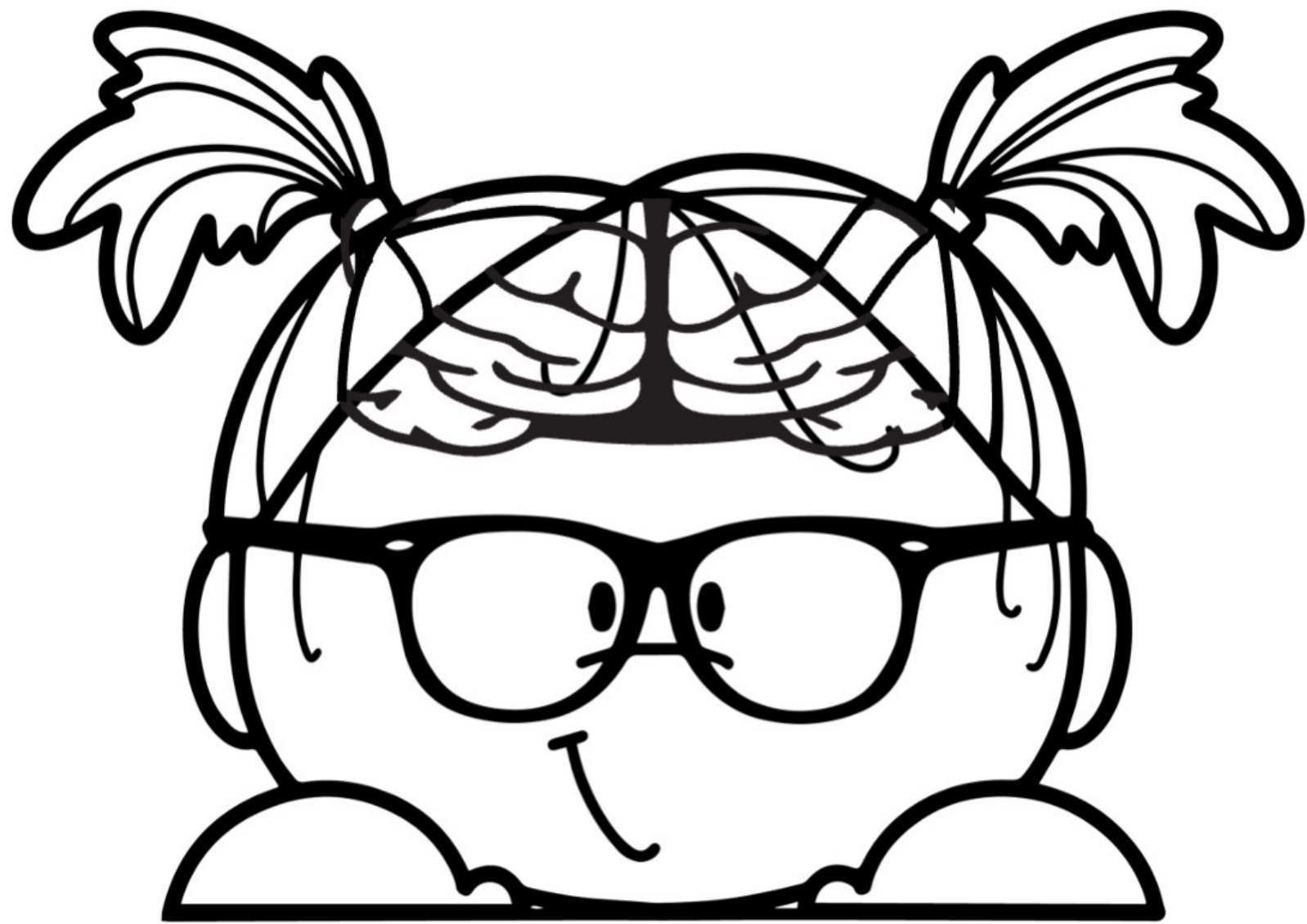


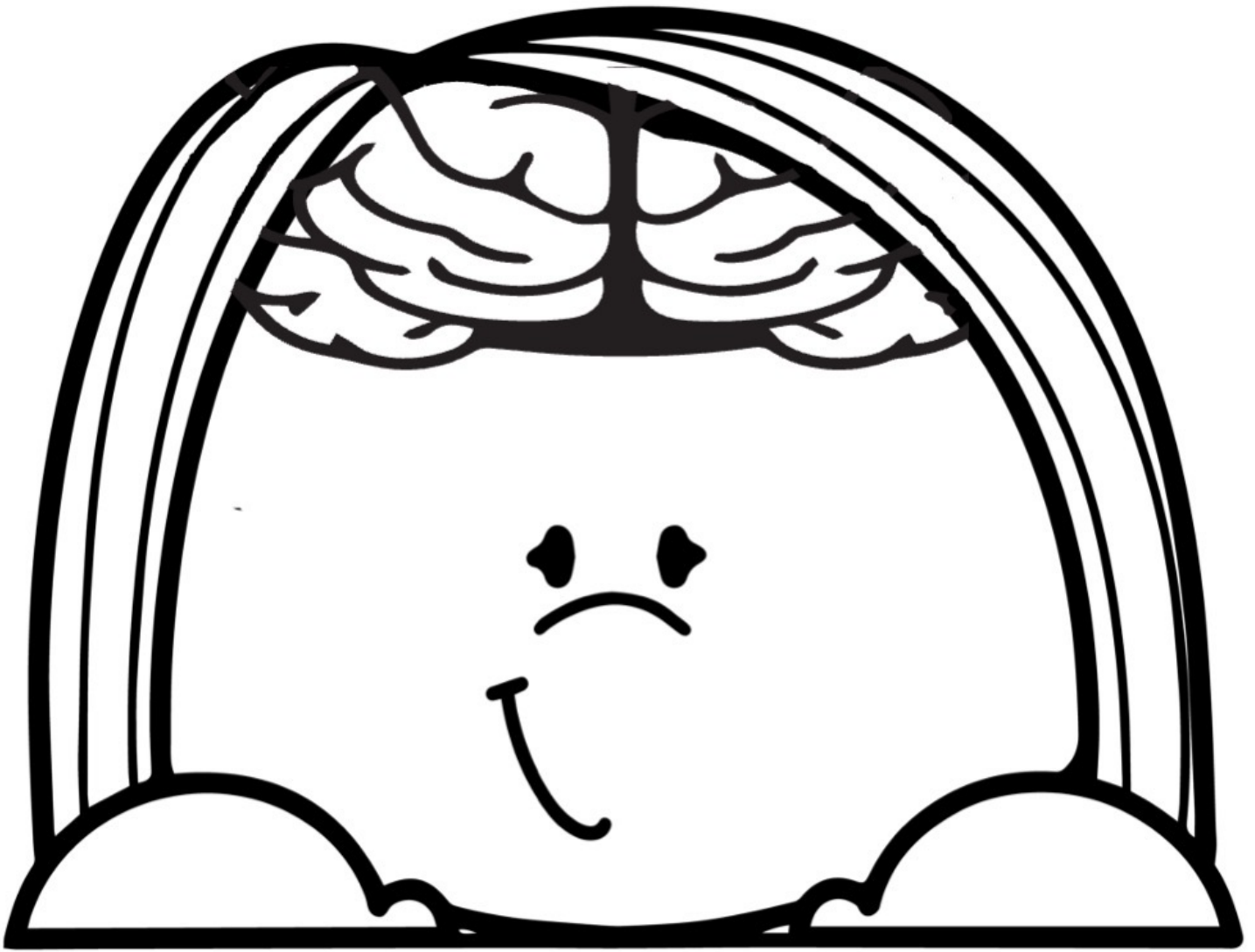


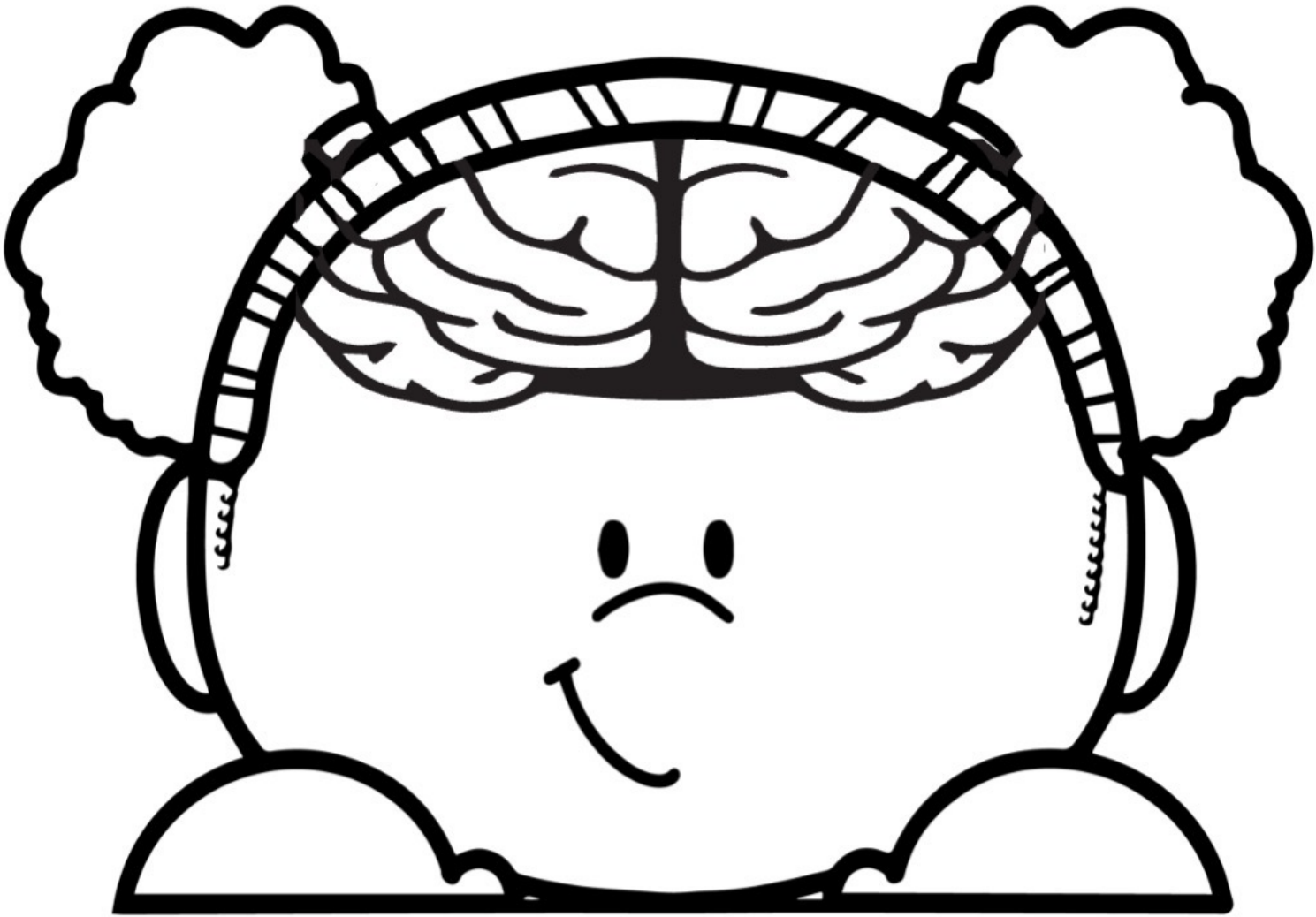










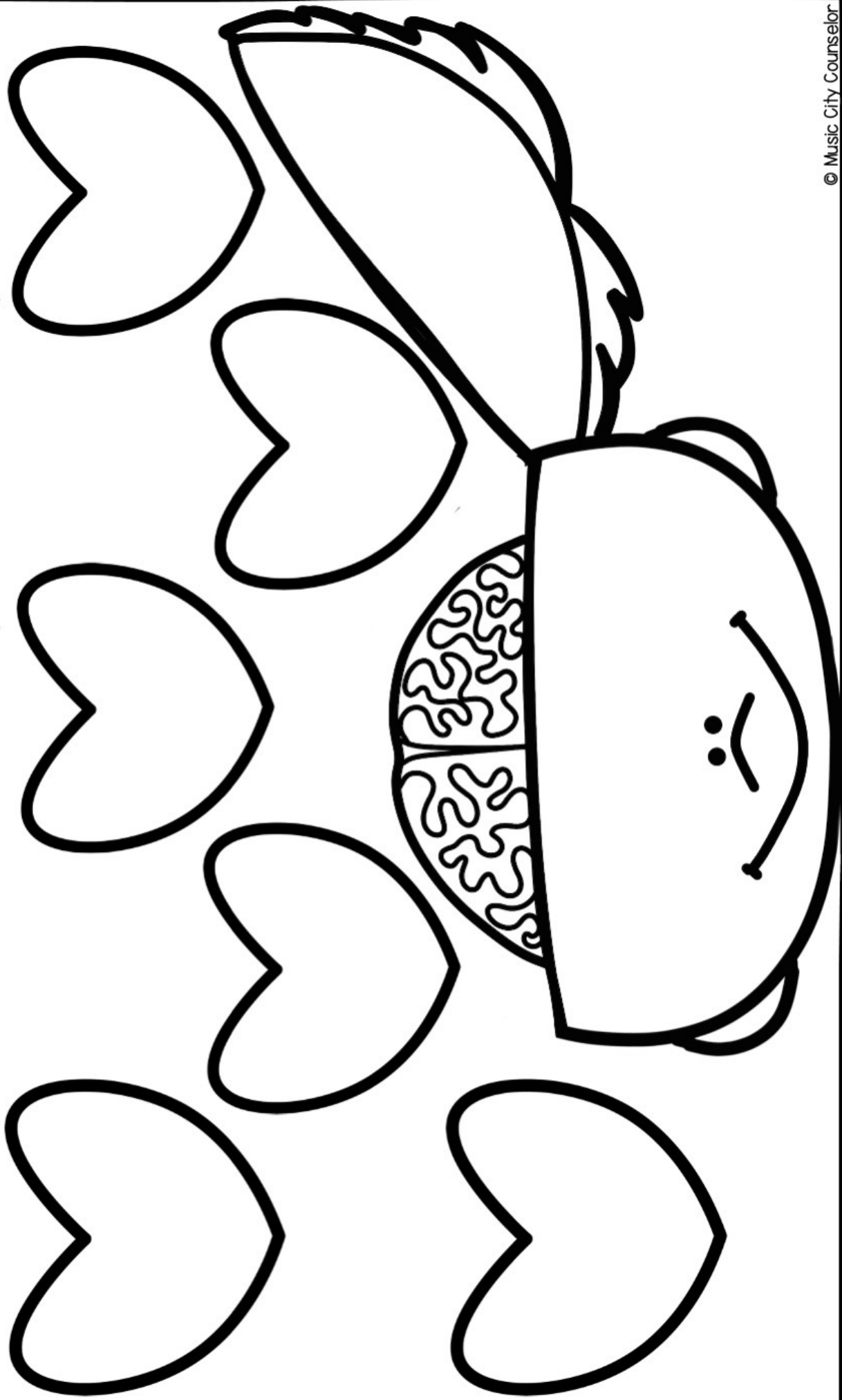




# **WORKSHEETS & COLORING PAGES**

# MY MENTAL HEALTH

Write on each of the hearts one way to take care of your brain.



Name: \_\_\_\_\_

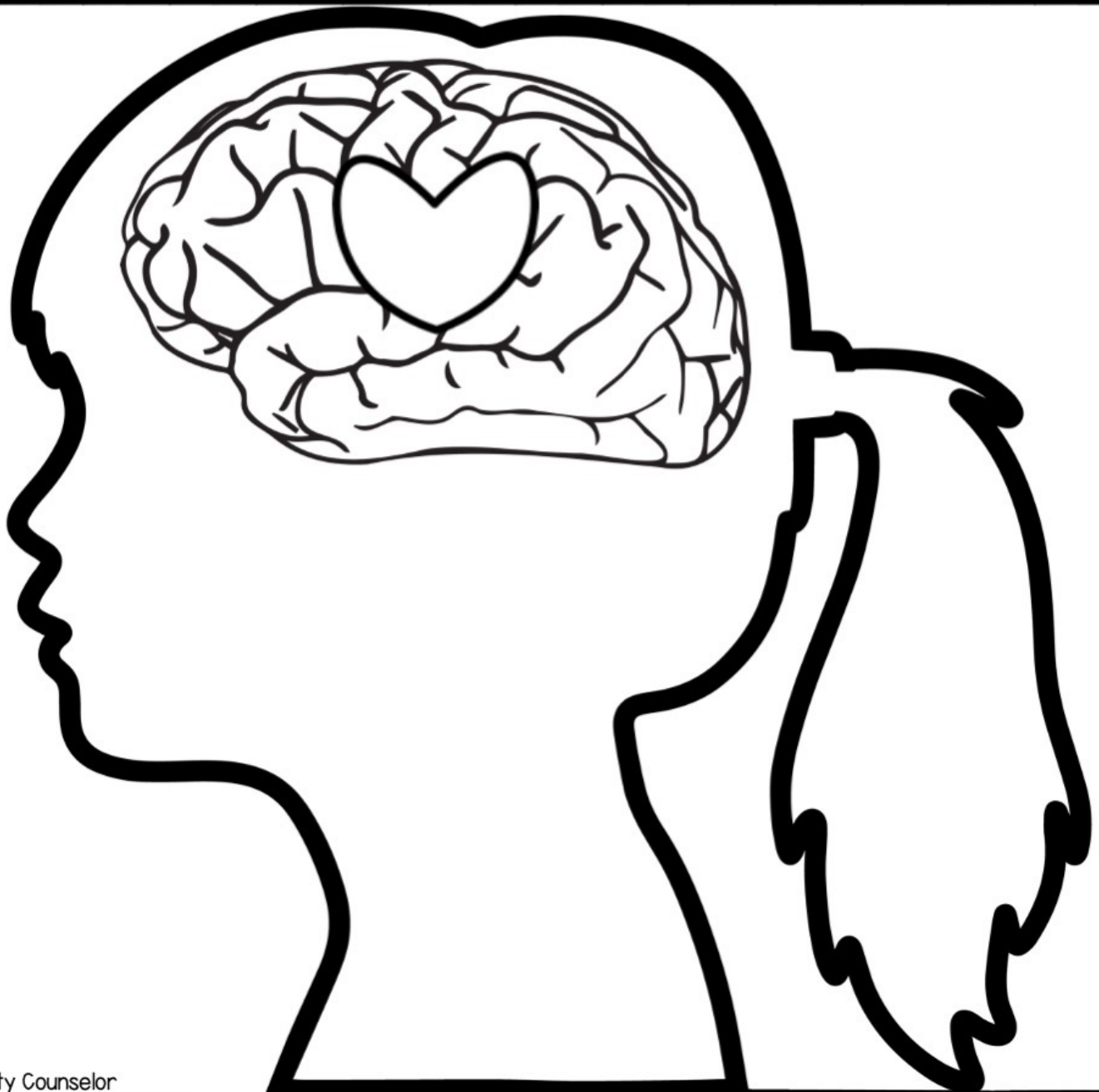
# MY MENTAL HEALTH

I take care of my brain when I...

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Name: \_\_\_\_\_

# MY MENTAL HEALTH

I take care of my brain when I...

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Name: \_\_\_\_\_

# MY MENTAL HEALTH

I take care of my brain when I...

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Name: \_\_\_\_\_

# MY MENTAL HEALTH

I take care of my brain when I...

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Name: \_\_\_\_\_

# MY MENTAL HEALTH

I take care of my brain when I...

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Name: \_\_\_\_\_

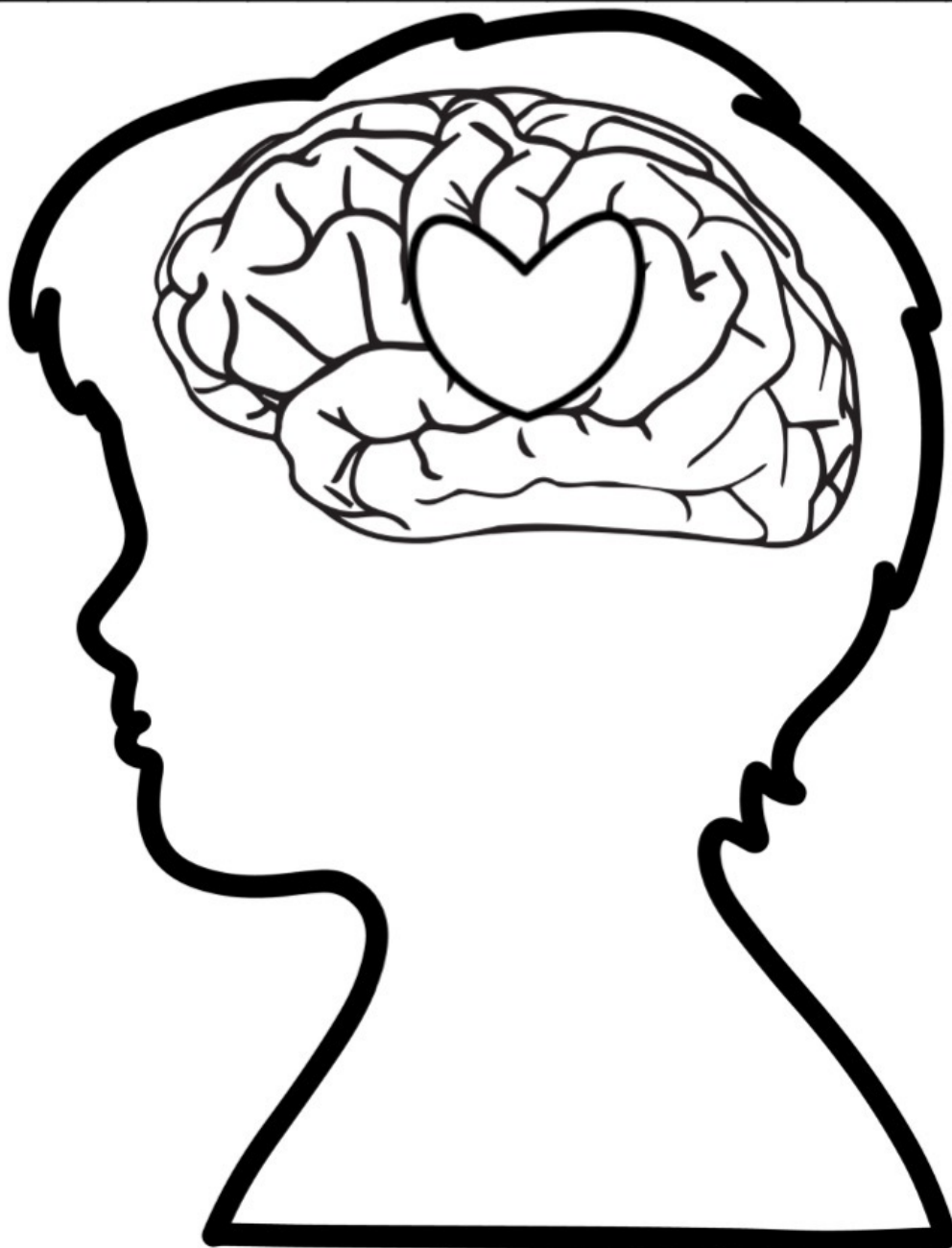
# MY MENTAL HEALTH

I take care of my brain when I...

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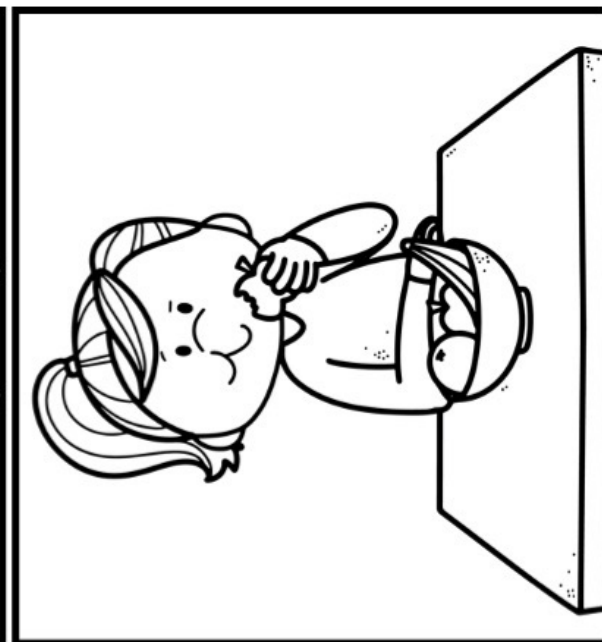
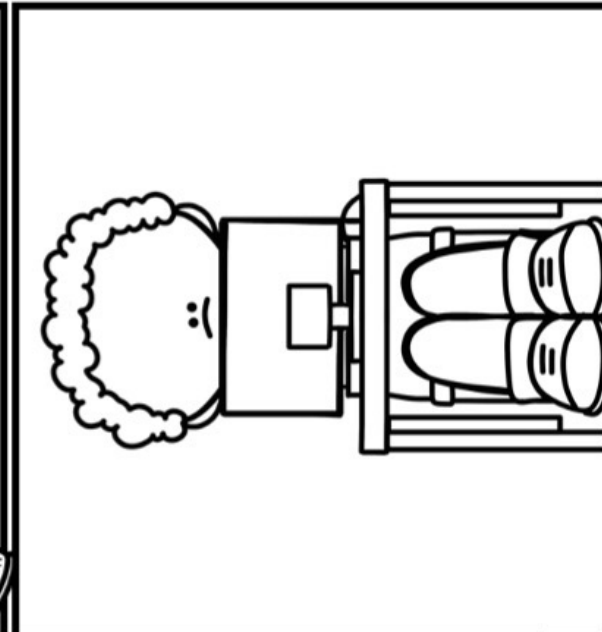
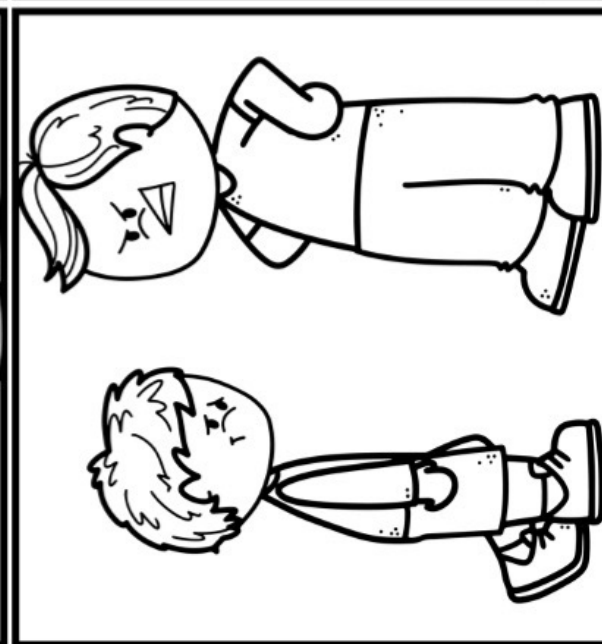
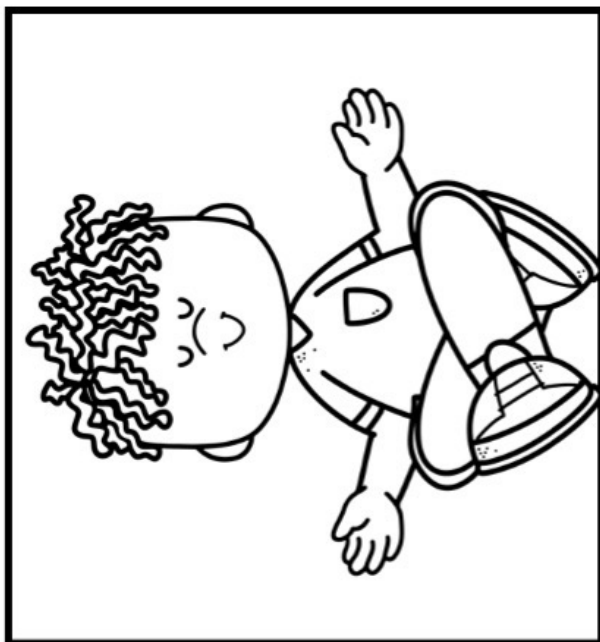
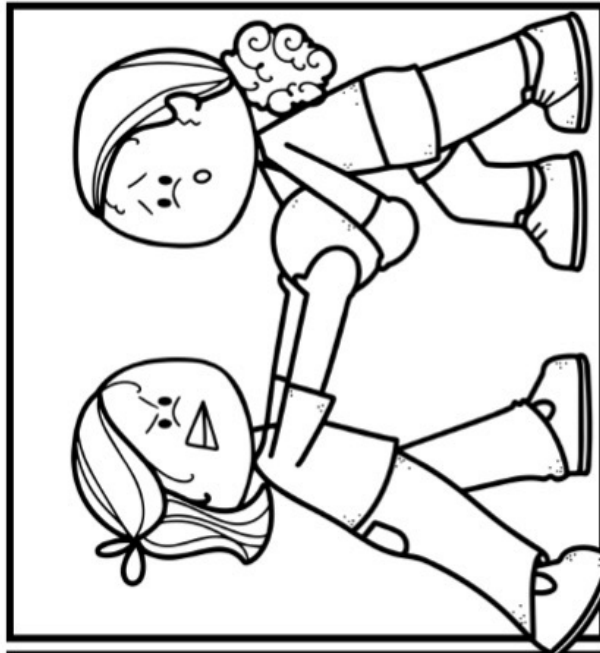
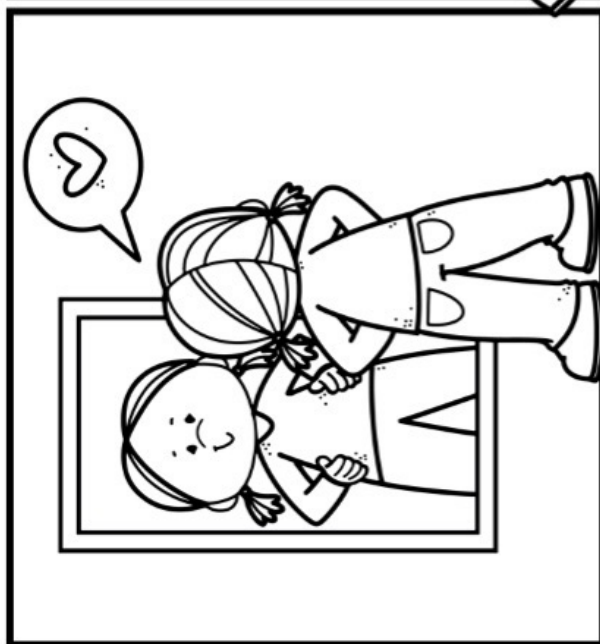
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Name: \_\_\_\_\_

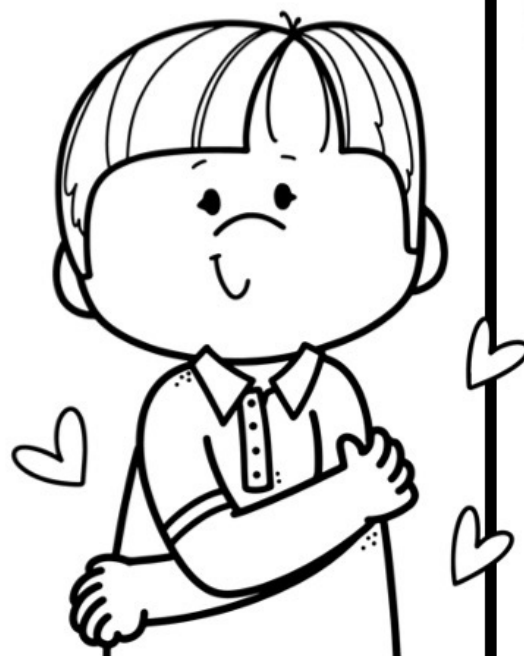
Color the pictures that are good for your

**MENTAL HEALTH.**



Name: \_\_\_\_\_

Write and draw about how you take care of  
**YOUR MENTAL HEALTH.**



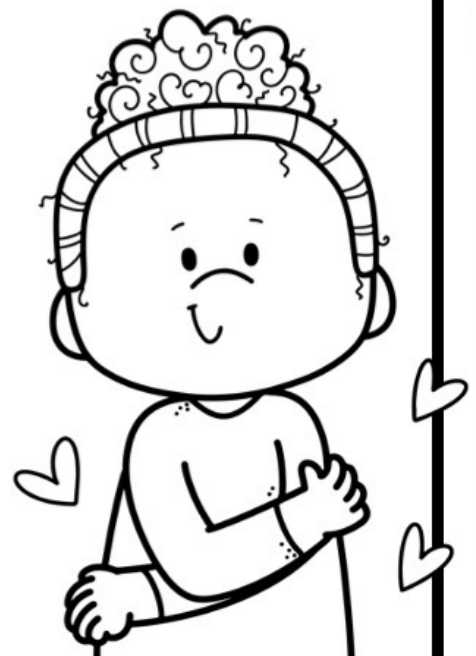
Name: \_\_\_\_\_

Write and draw about how you take care of  
**YOUR MENTAL HEALTH.**

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Name: \_\_\_\_\_

I can take care of my  
**MENTAL HEALTH.**





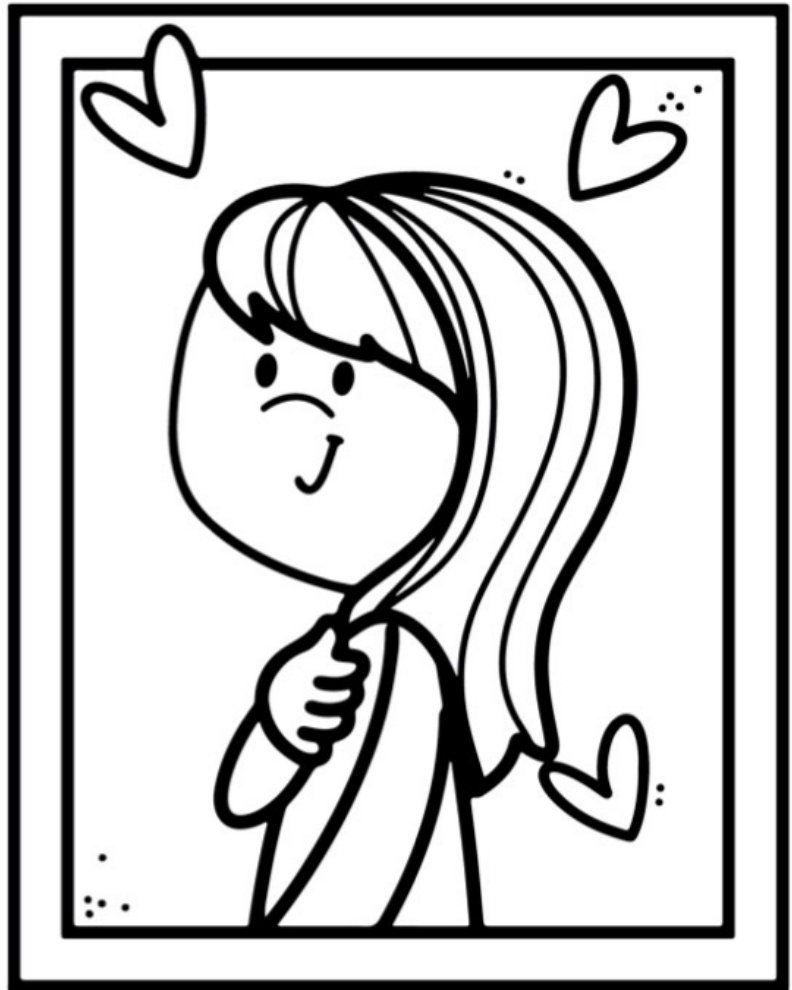
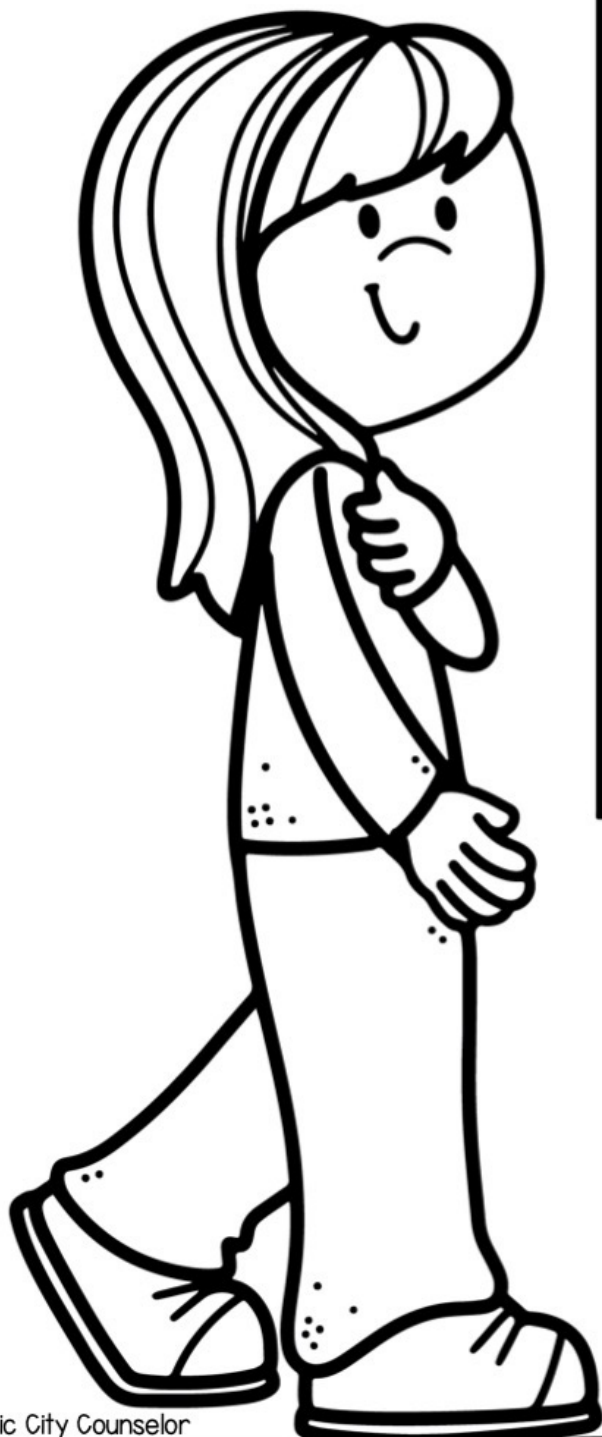
Name: \_\_\_\_\_

I can take care of my  
**MENTAL HEALTH.**



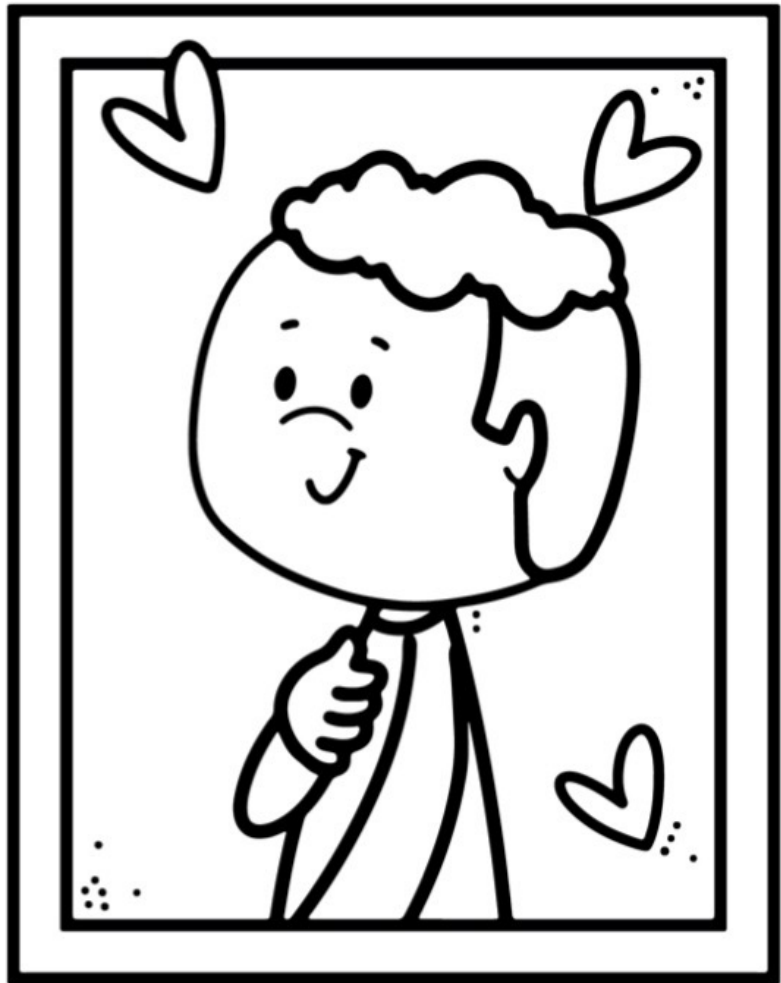
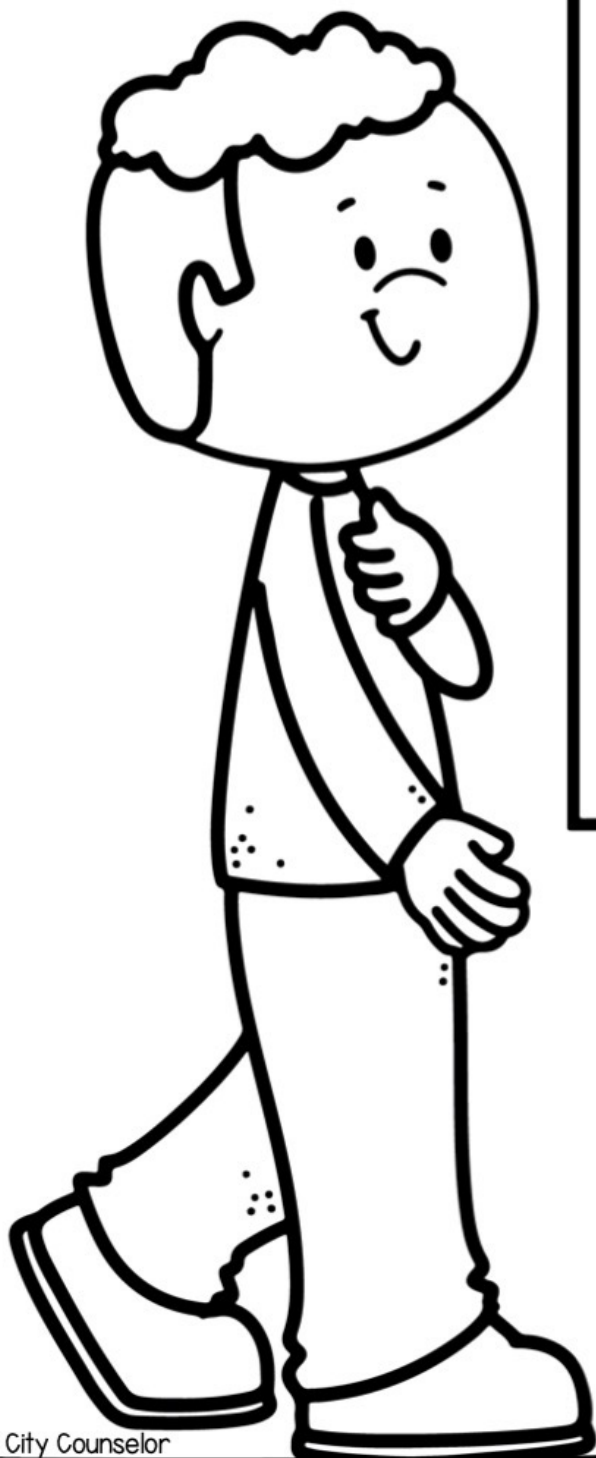
Name: \_\_\_\_\_

I can take care of my  
**MENTAL HEALTH.**



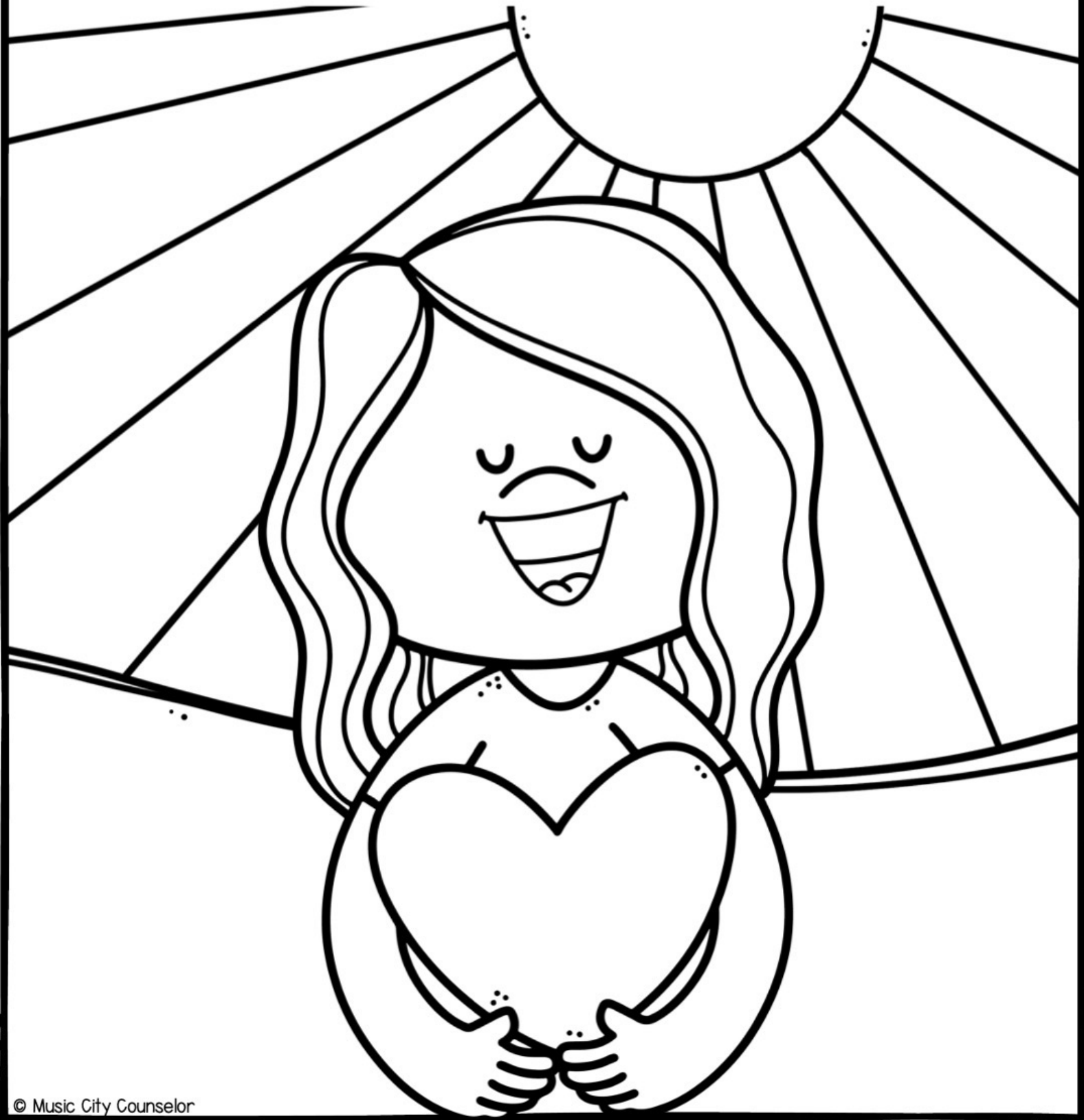
Name: \_\_\_\_\_

I can take care of my  
**MENTAL HEALTH.**



Name: \_\_\_\_\_

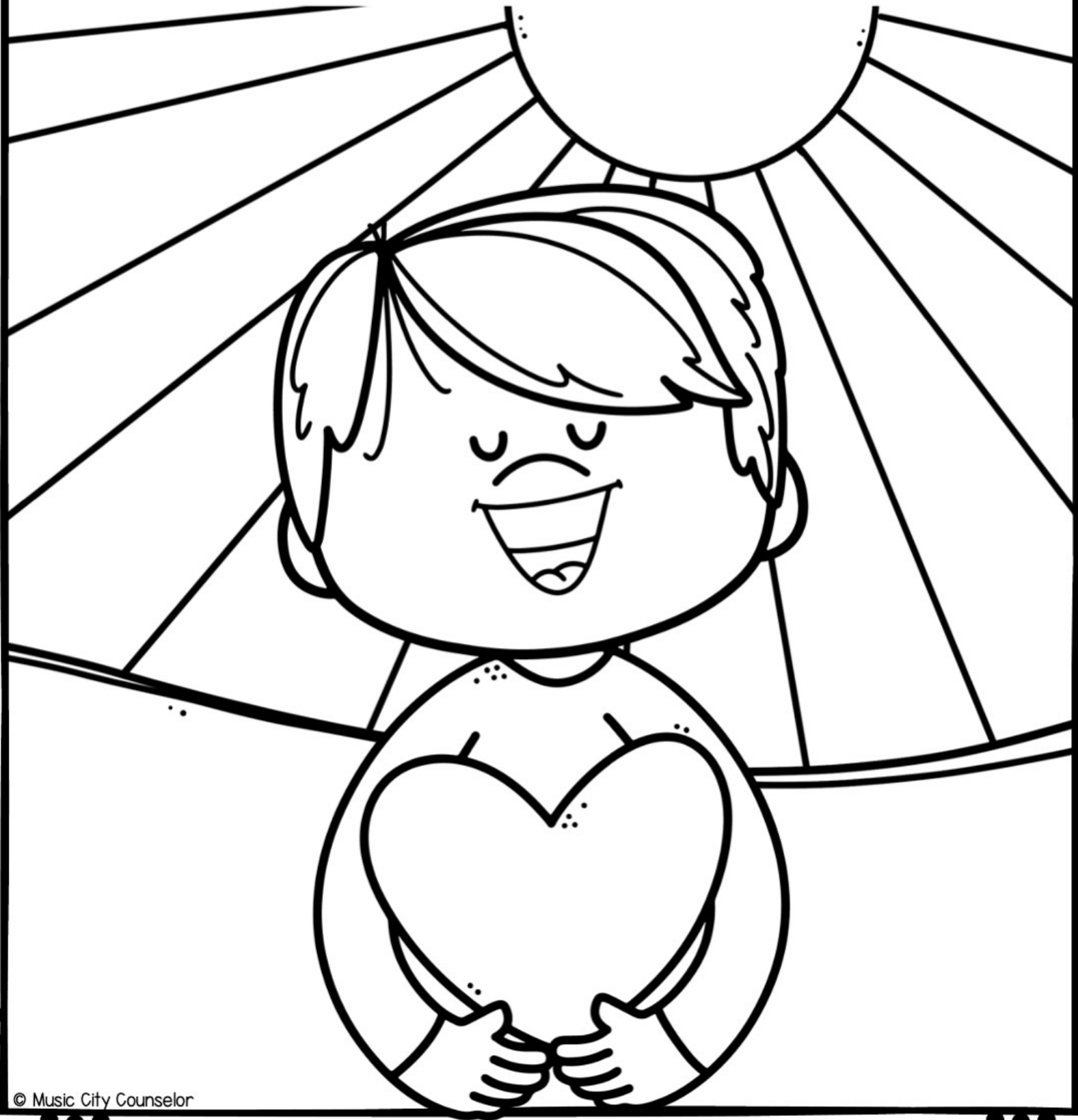
I can take care of my  
**MENTAL HEALTH.**





Name: \_\_\_\_\_

I can take care of my  
**MENTAL HEALTH.**



Name: \_\_\_\_\_

I can take care of my  
**MENTAL HEALTH.**



Name: \_\_\_\_\_

I can take care of my  
**MENTAL HEALTH.**





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♥ Laura Oathout

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