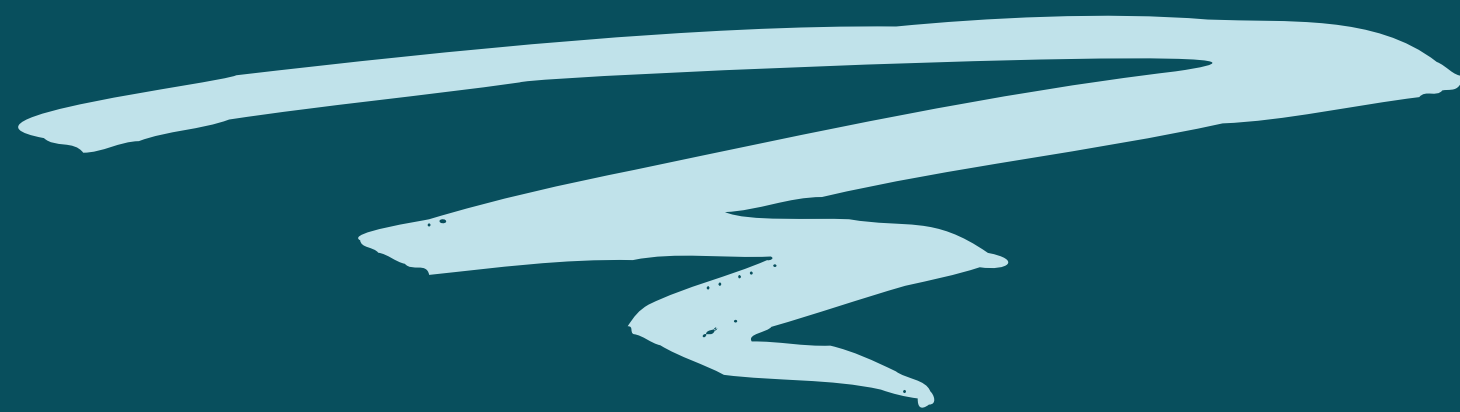




**YOUR CHOICE:
CHOOSE WISELY**

MY MENTAL HEALTH MATTERS



INTRODUCTION

Today, we will:

- * Analyze and discuss our reactions to LeBron's message, emphasizing the significance of mental health in managing stress and promoting well-being.
- * Understand the importance of mental health and its impact on overall well-being by responding to different scenarios.

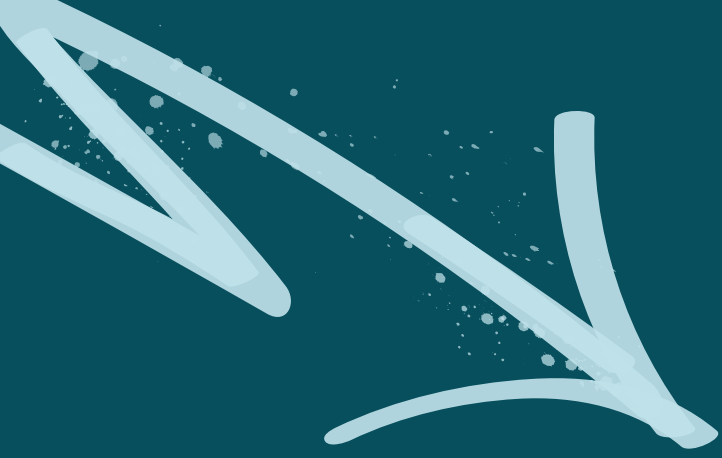


SEL CONNECTION



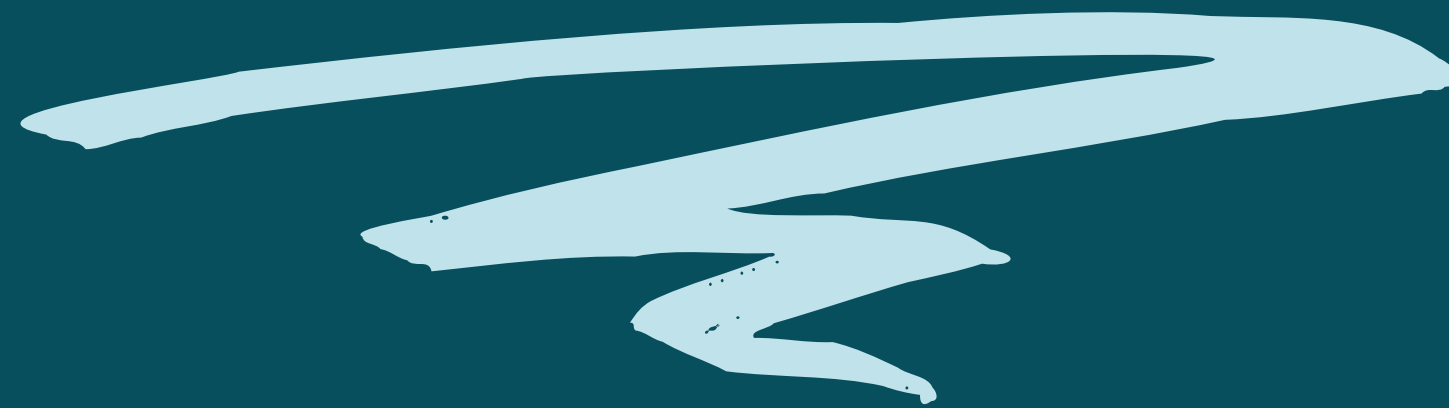
Today, we will practice **relationship skills** and **self-management** as we learn about strengthening our mental health.





ICEBREAKER

PLAYLIST OF PEACE



ICEBREAKER

➤➤➤ GET MOVING!

PLAYLIST OF PEACE

- 1) Think of a song with a positive message that you listen to when you want to find peace.
- 2) Pair up with a classmate, share your song, and explain why it brings you peace.
- 3) Find a new partner and repeat the sharing process.



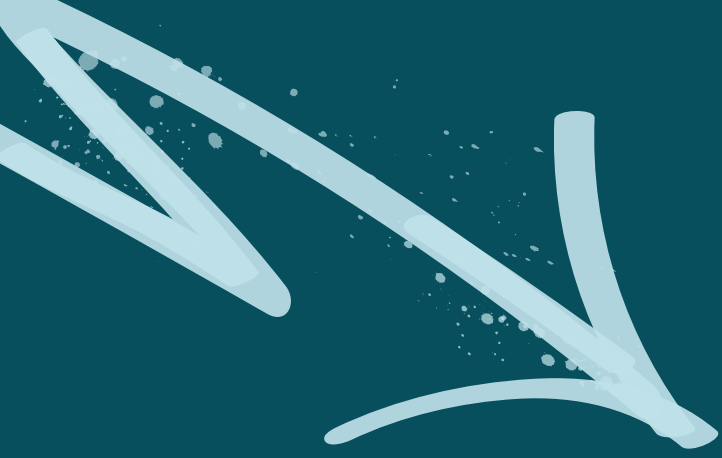


PLAYLIST OF PEACE

WHOLE GROUP CYPHER

Share your song and/or what your partner shared if you have permission.

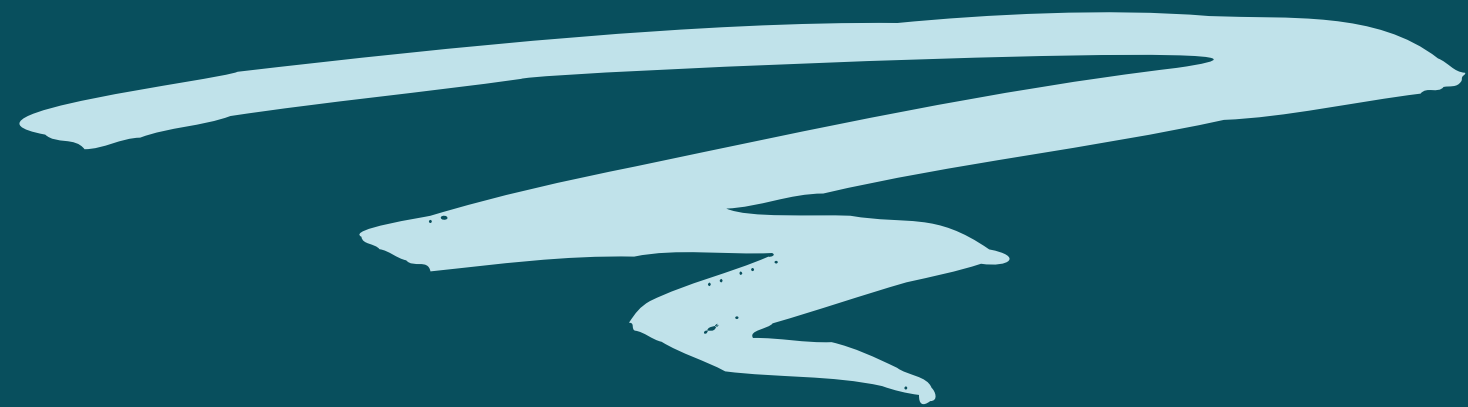




LESSON

PART ONE

ADVICE TO MY YOUNGER SELF



LESSON: PART ONE



DEFINITION

ADVICE TO MY YOUNGER SELF

MENTAL HEALTH

How we think, feel, and act. It's like taking care of our brain and emotions, just like we take care of our body. Good mental health helps us handle stress, relate to others, and make good choices.



LESSON: PART ONE



WATCH A VIDEO

ADVICE TO MY YOUNGER SELF

- 1) Watch LeBron's Mental Health Message to Young LeBron
- 2) Independently reflect





ADVICE TO MY YOUNGER SELF

- What stood out to you the most in LeBron James' message about mental health, and why do you think it resonated with you?
- LeBron mentioned the importance of talking to people when feeling stressed. Who are some trusted individuals in your life that you can talk to about your mental health, and how can they support you?
- Why do you think mental health is often overlooked compared to physical health, and what are some ways we can change this perception in our schools and communities?
- How can taking care of our mental health improve other areas of our lives, such as academic performance, relationships, and personal goals?



LESSON: PART ONE



WORK TOGETHER

ADVICE TO MY YOUNGER SELF

- 1) Stand up and find a partner.
- 2) Share and Discuss:
 - Take turns sharing your initial thoughts and reactions to the video
 - Focus on answering at least two of the four discussion questions on the note catcher





ADVICE TO MY YOUNGER SELF

- 3) Join another pair to form a group of four (a square)
- 4) Expand the discussion by sharing key points from your pair discussions.
- 5) Come together as a class so each group can share one or two insights.





LESSON

PART TWO

NAVIGATING LIFE





NAVIGATING LIFE

Break up into five groups.

Each group will receive a scenario to discuss.

SCENARIOS

- Group 1: Test Anxiety
- Group 2: Peer Pressure
- Group 3: Feeling Isolated
- Group 4: Struggling with Assignments
- Group 5: Conflict with a Classmate



LESSON: PART TWO



WORK TOGETHER

NAVIGATING LIFE

- 1) Read your scenario together with your group.
- 2) Talk about how you'd handle the situation, what could help, and who you could talk to for support.

Make sure one person in your group writes down the important things you talk about.



LESSON: PART TWO



TALK ABOUT IT

NAVIGATING LIFE

PRESENT

Share out your group's scenario and how you would handle each scenario.

WHOLE CLASS CYPHER

How can you use what we talked about in your own life?

