

**RING A BELL for Kids' Mental Health!**  
**Lesson Plan (K-5)**

***12 Ways to Boost Your Mental Fitness Handout Activity***

- Description:** The students will learn more about ways to boost their mental fitness and reflect on which components they are already doing and which they can start!
- Date:** Sometime in the week prior to the Dots for Kids Day - *Ring a Bell* event
- Time:** 30 to 45 minutes
- Theme:** **Positive mental health**
- The Public Health Agency of Canada defines positive mental health as the capacity of each and all of us to feel, think, act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity" (2006, p. 2).
- Learning outcomes:** In this lesson students will:
1. Develop an understanding of positive mental health
  2. Demonstrate familiarity with simple ways to promote positive mental health
- Resources:** Positive Mental Health Toolkit  
<https://www.wmaproducts.com/JCSH/>  
12 Ways to Boost Your Mental Fitness – pdf

## Introduction

- Engage students in a discussion on positive mental health.
- Introduce the concept (using the image below) that mental health is a component of overall wellness.



## Suggested Activities

- Divide the class into groups of 12. Give each student a tip from the *12 Ways to Boost Your Mental Fitness* handout. Have each student become an 'expert' in the one way to practice mental fitness described in the tip they were given. Ask students to pretend they are at a party. As they mingle, they will share their positive mental health expert advice.
- Using the mental fitness tips, students will create a chart to tally the number of times they practice the suggestions for mental health over a 2-3 day period.
- Once students have collected this data, they will construct a bar graph to display their efforts to boost mental fitness.
- In small groups, students will share their mental fitness graph. Ideally, a discussion of how the individual puts the mental fitness strategies into action will ensue.

## Extension Activity

- Invite students to share the mental fitness bar graph they've developed with their parent(s)/guardian(s). As a family, host a mental fitness challenge. Over the course of a week, family members will track and record the ways they practiced mental fitness.
- At the end of 7 days, invite students to share their results with the class.