

TEACH MENTAL HEALTH AWARENESS MONTH



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WEEK 1: Finding anxiety relief

WEEK 2: Asking for help

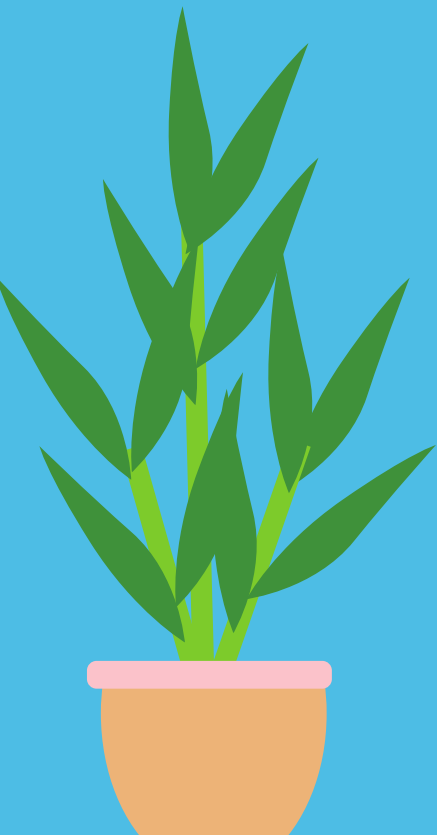
WEEK 3: Navigating complex decisions

WEEK 4: Managing emergencies



FREE MONTH PLANNER BUNDLE

READ TO LEAD



WEEK 1: Finding anxiety relief

Finding outlets for anxiety and stress relief is becoming more and more important in our every-day life, and how we all manage this is different. This week, **play *Vital Signs game 4: High Anxiety*** with your students. When students take on the role of the boss in this immersive workday, students are challenged with diagnosing a patient who might be suffering from Anxiety.

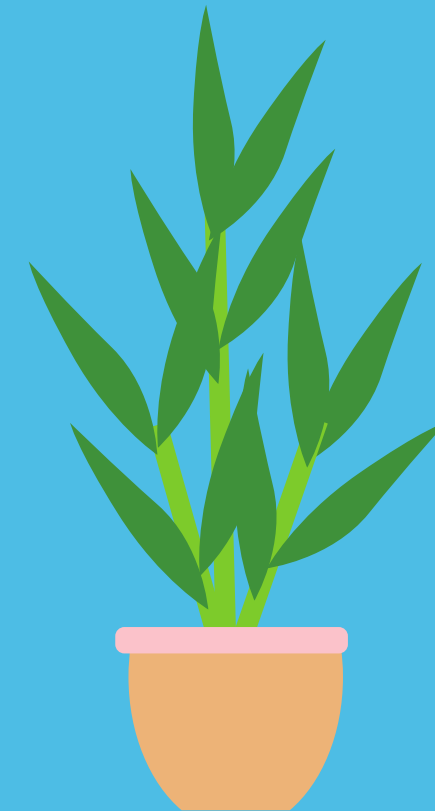
See the [Answer Key](#) here!

Later in the week, spark a discussion with your students to help them identify their feelings, explore strategies to manage anxiety, and make space to uplift each other with our Mental Health Awareness Supplemental lesson [Anxiety Relief](#).

WEEK 2: Asking for help

Knowing you're never alone in life is key to managing mental health. This week play ***Vital Signs game 10: Diagnosis Unknown!*** As the director, students will need to work with their team to figure out the mysterious symptoms a patient is experiencing. [Answer Key](#).

Take it one step deeper and use [Look for the Helpers](#) supplemental lesson for students to find reassurance and hope while practicing compassion for the helpers in their communities.



WEEK 3: Navigating complex decisions

Being able to navigate tough decisions is a muscle that has to be built over time. This week play ***Community in Crisis game 9: Medical Mystery*** to help students build that muscle. During this game, the community center team discovers a mold issue at the community housing complex. As the director, students must decide what they should do for the apartment residents while resolving the mold issue. Answer Key.

Later in the week, reinforce the importance of making informed decisions based on multiple forms of information using this supplemental lesson plan, Prioritizing Aid.

WEEK 4: Managing emergencies

Unfortunately, in life, students will at some point have to manage emergency situations. To help them prepare, play ***After the Storm games 1 - 4: Emergency Management***. During this game, the day after a hurricane hits the town, the editor-in-chief needs to decide the best method to get vital news and information out to the community while managing staff who are also dealing with the storm's effects. Answer Key.

Take it one step deeper and reinforce reading comprehension while promoting thoughtful reflection of the decisions made during the immersive work-day with this Discussion Guide.

