

TEACH MENTAL HEALTH AWARENESS MONTH



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WEEK 1: Finding anxiety relief

WEEK 2: Asking for help

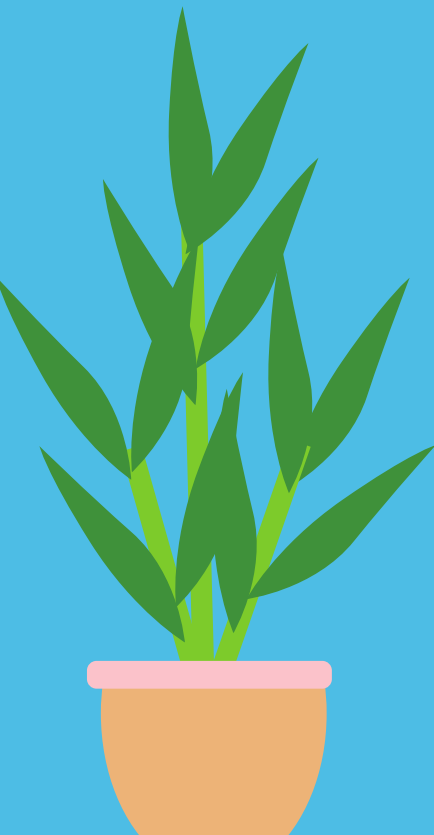
WEEK 3: Navigating complex decisions

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.

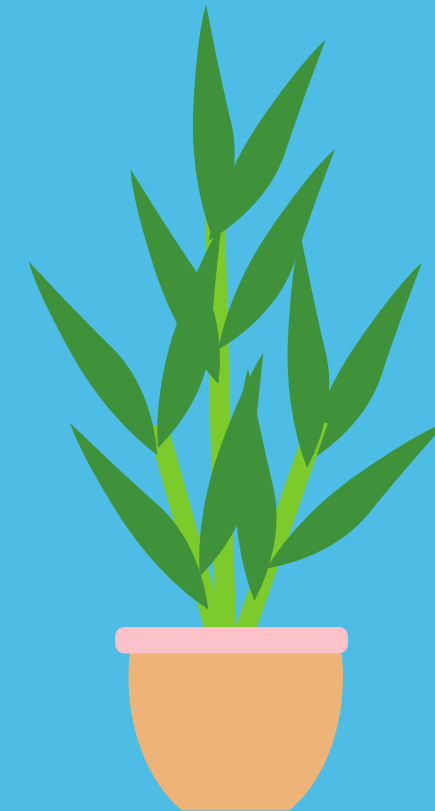
See the [Answer Key](#) here!

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](#).

