

Extension Activity List

1. What Do You Like?
2. Look to the Stars
3. Post It
4. Draw to Inspire
5. Positive Vibes
6. Write About It



Mental Health Awareness



Slide: Extension Activity List

Facilitator Notes:

1. What do you like
2. Look to the stars
3. Post it
4. Draw to inspire
5. Positive vibes
6. Write about it



Slide: What do you like

Facilitator Notes:

Ask students to think about what makes them feel good. This can be hanging out with family/friends, hitting a homer in etc.

Their ideas can be put down as a:

- collage representing the things that are important to them and make them feel good;
- Story incorporating what makes them feel good; or
- Slide show with each slide representing a different thing they value.



Slide:

Facilitator Notes:

Have students research a famous/influential person who lived/lives with a mental illness and share what they accomplished/have accomplished.

They can put what they found/ researched on a:

- poster;
- slide show; or
- biography

Extension #3: Post It



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Mental Health Awareness



Slide:

Facilitator Notes:

Research facts about mental illness that reduce stigma and have students create a poster to put up in the classroom.



Slide:

Facilitator Notes:

Have students draw a picture of something they find inspiring. Have them add a quote that motivates them with a list of de-stress tips. Put their own creation in a place they see every day. (locker, binder, bedroom).



Slide:

Facilitator Notes:

Write positive affirmations or compliments in the classroom, and place around the school for all to see

Extension #6: Write About It

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Slide:

Facilitator Notes:

Have students write a paragraph about their “happy” place. Encourage students to close their eyes and “go” to the happy place by thinking about it whenever they are feeling overwhelmed or sad at school.