How Do You Feel: The Importance of Mental Health

**Introduction**

This lesson focuses on the importance of mental and emotional health and how it improves the quality of life. Mental and emotional health has the potential to be a very sensitive topic for some students; therefore, respect should be expected from all students and other resources (i.e. guidance counselor) should be acknowledged for students who may need them. Students will explore a mental or emotional condition of their choice and create a Prezi about their topic. After a week of researching and preparing, students will then give a presentation about their mental or emotional condition to the class.

**Group Size**

Any Size

**Learning Objectives**

Students will be able to accurately define the importance of mental and emotional health and how it relates to our overall well being.

**Guiding Questions**

What is mental and emotional health?

What can I do to monitor my own mental and emotional health?

What can I do to help improve others’ mental and emotional health?

**Materials**

Computer (1 per student)

Prezi

**Procedures**

1. The instructor will begin the lesson by directing students to the web address: <http://www.halfofus.com/video/?videoID=83&chapterID=1> and watching the video “Emotional Health 101”.
2. Class will discuss mental and emotional health (what it is, its significance, and what we can do about it).
3. Students will then be instructed to choose a mental or emotional condition and to research their chosen topic.
4. Students will compile their research into a Prezi that will be shown to the class at a later date. Since this is the first class for this project, students are expected to choose a topic and to begin researching their topic by the end of the period.

**Assessment**

Students will be assessed by the quality and thoroughness of information in the Prezi and the quality of their presentation.

**Benchmark/Standards**

HE.912.B.2.1

Explain skills needed to communicate effectively with family, peers, and others to enhance health

HE.912.B.2.4

Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others

HE.912.B.3.1

Determine the value of applying a thoughtful decision-making process in health-related situations

HE.912.B.3.2

Examine barriers that can hinder healthy decision-making