

## **CLASS ACTIVITIES TO PROMOTE MENTAL HEALTH AWARENESS**

### **Activity 1: Mental Health Dialogue**

Ask How is mental health currently perceived in the United States? Or....  
How can mental health awareness impact your school?

### **Activity 2: Brain Break**

Ask students to sit quietly for a few minutes, close their eyes, or meditate. This allows them to return fully focused on assignments.

### **Activity 3: Stop the Stigma**

Have students create colorful mini-posters with quotes that promote mental health awareness. Hang around the classroom.

### **Activity 4: Mental Health Check-In**

Give time for students to write in their journals (computer is acceptable).

### **Activity 5. Positive Post-its**

Have a designated bulletin board for positive messages on sticky notes. They do not have to be signed. This may open discussions and make others more aware of Mental Health.

## **SELF-CARE, MENTAL AWARENESS, MENTAL HEALTH, WELL-BEING RESOURCES**

**Many of these have free materials.**

[education.gov.scot/improvement/learning](http://education.gov.scot/improvement/learning)

[kidshelpphone.ca](http://kidshelpphone.ca)

[help4me.ca](http://help4me.ca)

[calgaryconnectteen.com](http://calgaryconnectteen.com)

[Youthsmart.ca](http://Youthsmart.ca)

[Cmha.ca/highschool/studentsH.htm](http://Cmha.ca/highschool/studentsH.htm)

[Rightbyyou.ca](http://Rightbyyou.ca)

[Mindyourmind.ca](http://Mindyourmind.ca)

[7cupsoftea.com](http://7cupsoftea.com)

[Mind.org.uk](http://Mind.org.uk)

[Jak.org](http://Jak.org)

[www.annafreud.org/on-my-mind/resources/](http://www.annafreud.org/on-my-mind/resources/)

[www.samhsa.gov/childrens-awareness-day/](http://www.samhsa.gov/childrens-awareness-day/)

[place2be.org.uk/our-services/services-for-schools/](http://place2be.org.uk/our-services/services-for-schools/)  
[teachforamerica.org/stories/mental-health-resources-for-educators](http://teachforamerica.org/stories/mental-health-resources-for-educators)

[studentwellbeinghub.edu.au/educators/resources](http://studentwellbeinghub.edu.au/educators/resources)

[www.education.com/resources](http://www.education.com/resources)

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# **How is Your Classroom Culture?**



## **Weaving Well-Being Into the Classroom**

