Subject: Health

Topic: Mental Health-emotions

Lesson: The Big 3

Materials Needed: Emoji Emotions Poster ideas
Life Events
Sources of Strength Wheel

Objective: Students will be able to recognize what their "go-to" emotions are in a variety of life events. They will also be able to recognize the similarities amongst their peers in regard to such life events.

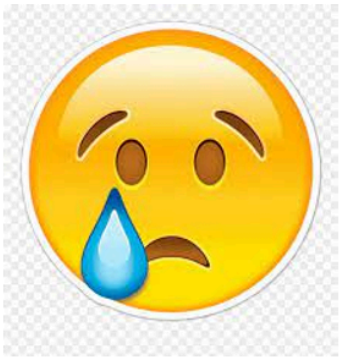
Structure: Before class, hang the emotion emoji's on the walls. Make sure each emoji has its own wall, leaving the wall in the front of the class blank. Instruct students once the activity begins, talking will not be allowed. Review "safe space" rules. (No judging others, what is talked about in class stays in class, etc.) Encourage students to really **THINK** before they react today. Introduce the BIG 3 emotions (anger, sadness and anxiety) that are on the walls around the classroom and let them know they will be moving around the room from one emotion to another today. However, if they find themselves not having any of the big 3, they are allowed to move to the wall in front of the room…this is the neutral zone. Proceed with reading the list of "Life Events", pausing between each to allow students an opportunity to reflect. Remind them that talking is not allowed. Have students return to their desks at the end and write down one emotion they seemed to stay at or return to often. This will be their "go-to" emotion. It is possible some students may identify two. Oftentimes I will gauge the class on how well the lesson went and if it seems appropriate, we will do a class share on what they observed about themselves as well as their peers. **IF** this doesn't seem appropriate, I will have them write a few sentences in regards to their "go-to" emotion as well as their observations of others. In conclusion, I show them the Sources of Strength Wheel and instruct them "today we have learned about our go-to emotions, tomorrow we will find the tools to help deal with them".

* Sources of strength: What is it? I personally believe Sources of Strength is one of the most effective tools we have to help students who are struggling. Below is their mission statement…

A best practice youth mental health promotion and suicide prevention program designed to harness the power of peer social networks to create healthy norms and culture, ultimately preventing suicide, violence, bullying, and substance misuse. The mission of Sources of Strength is to prevent adverse outcomes by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support, or protective factors, for young people so that when times get hard, they have strengths to rely on.

Assessment: Checking for understanding of the objective by either verbal (class share) or written (collected reflections).

Emoji Emotion Poster Ideas:







Life Events:

Here is an example of events I use during this lesson. You can add or take away based on your student's age, etc…

- First day of school
- Fighting with parents
- Trying out for the school's sports team
- Arguing with friends
- Eating lunch in the cafeteria
- Parents divorcing
- Pre-competition
- Moving
- Travel
- Global warming
- Brothers/Sisters
- Personal recognition

Sources of Strength Wheel:

