

Mental Health Education Assessment Tool for MS/HS Classroom Teachers

A separate survey should be completed for each subject area at each grade level so teachers can share ideas with colleagues who are teaching the same courses. Information from the surveys should then be compiled by the Mental Health Task Force to develop a district action plan to improve mental health education and awareness for students and staff.

Subject Area _____

Grade Level _____

Date _____

Mental Health Content	Teacher Name	Evidence, Details, Notes	Colleague Comments/Questions
<p>Explain ways you incorporate mental health content into your lessons</p> <p>Unit of Study: Comparative Religion</p>	<p>Example: Jen Dean</p>	<p>I teach meditation when students are learning about Buddhism in Global 9. I use a 8-10 minute video to have students practice meditation techniques in class.</p> <p>https://www.mindfulmuscle.com/5-top-guided-meditations/</p>	<p>Maureen Powers - I also use meditation in this unit and then reinforce it by allowing students to meditate for a few minutes every Monday morning. I lead a simple 2-minute breathing exercise routine using ideas from videos like https://www.health.com/mind-body/meditation-videos?slide=465927#465927</p> <p>Joe Ryan - I also teach a few yoga poses when teaching Buddhism. I do it myself but a good short video to start with is https://www.youtube.com/watch?v=5XQ1WNGUxRg</p>
<p>1. Unit of Study:</p>			

2. Unit of Study:			
3. Unit of Study: Keep adding more rows for examples if needed.			

NOTE: reflect on the assessment above and consider adding opportunities to add mental health content to your curriculum and/or strategies to support mental health for your students (include your name)