

We All Have Mental Health

Mental Health Education Program for Grades 4-6

Lesson 4: Unit Assessment

Objective: To show what you know about mental health

Overview: In lesson 4, students will show what they know about mentally healthy behaviors, mental health challenges, and seeking mental health resources.

National Health Education Standards

NHES 1 - Comprehending Concepts

NHES 3 - Accessing Information & Services

NHES 7 - Self Management

Learning Objectives: /a

Teacher Preparation:

Prior to lesson implementation, the teacher will review the assessment options and determine which assessment to require of students or to allow students to choose between 2-3 options. Teacher should determine if students are to work independently or in partners/trios, depending on the needs of students and the culture/expectations of the learning environment.

Materials

- Kahoot links:
 - [Vocab Check](#)
 - [Knowledge Check](#)
 - [Managing Strong Emotions](#)
- 1 to 1 student devices to join Kahoot game

For Assessment Option 1:

- Paper, pencils, computers, assessment worksheet

For Assessment Option 2:

- Paper, pencils, computers, video recording equipment, assessment worksheet

For Assessment Option 3:

- Paper, pencils, computers, colored pencils/crayons/markers, assessment worksheet

Introduction

Teacher says: "Over the past few lessons, we've explored mental health, especially focusing on what to do when everyday feelings become overwhelming feelings. Today you'll get the chance to show what you know. We'll start with a Kahoot game!"

Kahoot Game(s) - students play while the teacher facilitates.

Teacher explains assessment options. Note: Facilitator/teacher should determine the need for requiring/recommending drafts and revisions based on student needs.

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Assessment Activity Option 1:

You are a poet with a large audience of 4th and 5th grade students. Write a poem in any style you choose (acrostic, free verse, etc.) highlighting what you think 4th and 5th graders should know about mental health. Include in your poem:

- An explanation of what everyday and overwhelming feelings are;
- How to practice at least two mentally healthy behaviors for when a person is experiencing everyday feelings and overwhelming feelings; and
- What to do if/when those feelings become too big for you to handle.

Assessment Activity Option 2:

You are an expert in kids and have a popular blog and/or YouTube channel. 11-12 year olds from around the country leave you messages asking for advice. After talking with *your* trusted adults, you share your advice with your audience. The following message recently came in:

Hey Kid Expert! I've been hearing LOT about mental health lately. I've always known about keeping my body healthy, but my mind? What!?! I need to know more about mental health. What do I need to know to keep my mind healthy?

Your task: Write a 3 paragraph blog or record a 2-3 minute video. Your blog or video should include:

- An explanation of what everyday and overwhelming feelings are;
- How to practice at least two mentally healthy behaviors for when a person is experiencing everyday feelings and overwhelming feelings; and
- What to do if/when those feelings become too big for you to handle.
- If doing a video, students should write out a script with talking points.

Assessment Activity Option 3:

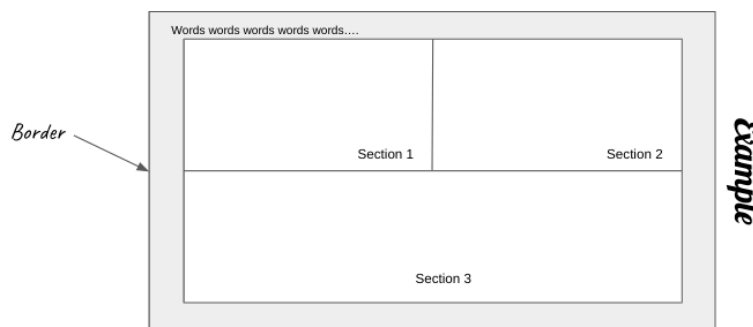
You are a classmate to someone who has been absent, so your teacher asked you to summarize everything you've learned about mental health during this unit onto one page. Use images, words, and colors to explain mental health to your classmate. Be sure to include:

- An explanation of what everyday and overwhelming feelings are;
- How to practice at least two mentally healthy behaviors for when a person is experiencing everyday feelings and overwhelming feelings; and
- What to do if/when those feelings become too big for you to handle.

Requirements:

- Make a border with key words related to mental health
- Organize your thoughts/information into 3-5 different sections
- Use images/pictures

Example template:



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Once students have a clear understanding of the assessment, work begins. Teachers should circulate to support students and encourage them to utilize their student workbook (their resources) as they create.

Closure

Invite students to share their creations, as well as challenges and successes that accompanied the creation of them.

Ask:

- What mentally healthy behaviors did you include in your creations?
- Who can 4th/5th graders go to or help when feelings are overwhelming?

Discuss with students: *What should we DO with these creations?* Guide students towards the idea that these creations can be shared in the school's counseling center, clinic, nurses office, principal's office to support students who may be experiencing overwhelming feelings.

Teacher says: Remember that if anything shared today gives you feelings that you need to talk to someone, trust that feeling and reach out to a trusted adult. Mental health is as important as physical health!

Unit Assessment Rubric

Needs Improvement	Meets Expectations	Exceeds Expectations
	Accurately identifies mentally healthy behaviors for everyday feelings	
	Accurately identifies mentally healthy behaviors for overwhelming/stressful feelings	
	Accurately identifies who can help kids when mental health / feeling are challenging or troublesome	