

NAME

DATE

ASSESSMENT - BLOG OR VIDEO POST

You are an expert in kids and have a popular blog and/or You Tube channel. 11-12 year olds 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 A 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?"

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

- An explanation of everyday and overwhelming feelings
 - How to practice at least two mentally healthy behaviors for when a person is feeling everyday feelings as well as overwhelming feelings
 - What to do if/when those feelings become too big for you to handle
- (If you are doing a video, write out a script with your talking points)



Lined writing area with 20 horizontal lines.

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ASSESSMENT - SUMMARY

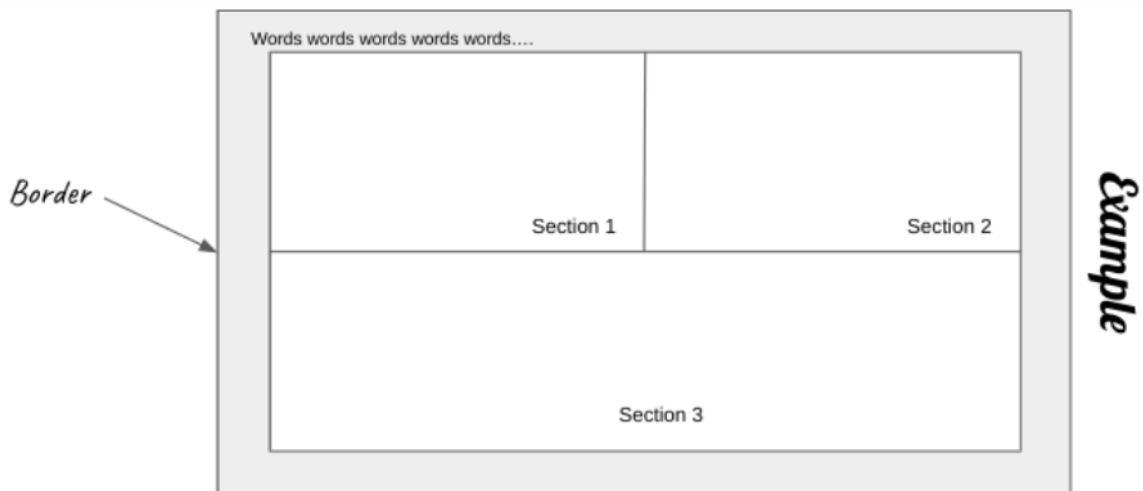
You are a classmate to someone who has been absent, so your teacher asked you to summarize everything you've learned about mental health onto one page. Use images, words, and colors to explain mental health to your classmate.

Be sure to include:

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

Be sure to:

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



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