



Grade 6

Time Allocations

## Lesson #9

### Whole Body/Holistic Mental Health

45 minutes

#### Lesson Objectives

Students will:

- ☀️ Learn about the mind-body-spirit connection, and practice our “3 Ms”.
- ☀️ Define mental health, and practice naming emotions, and understanding the role of self-care in holistic wellbeing.
- ☀️ Consider and honor our bodies and our spirits as important companions on our journey to liberation
- ☀️ Practice skills to deepen our respect and care of our wellbeing.

#### Lesson Overview

In this lesson, we will continue to discuss the 3 M's, and how self care can create a mind-body connection that contributes to holistic health. Students will discuss how to offer support to others, and will work to create their own self care plan and how to inspire others to do the same.

#### Vocabulary Words

**Self Care**  
**Holistic**

#### Materials Needed

1. Slide Presentation
2. Computer with A/V setup
3. Internet Access
4. Student Journals/Notebooks
5. Whiteboard or Chart Paper
6. **Holistic Health Awareness Handout**




## Resources

## Instructional Materials

- **Video:** [5 Minute Seated Stretch](#)
- **Video:** [Self Care](#)

## Instructional Considerations


 **\*Compassionate response reminder\*:** Teaching prevention education helps provide students with language and tools to define and identify abuse. Often while teaching prevention education, students will disclose experiences of harm or abuse to trusted adults. This lesson is trauma-informed and has been designed to acknowledge the varied experiences students may have. Before teaching please be sure you feel equipped to respond to instances of disclosure with a compassionate, trauma-informed approach. Please also confer with other school staff on how to handle student disclosures and navigate sensitive topics raised during these lessons.

 Powerpoint guide:

*Italics* are teacher notes (not to be read aloud)

Standard text can be read verbatim to the class

Yellow highlights are special considerations or modifications

 There are small group breakouts within this lesson. Be prepared to split your students into small groups.

## Instruction

45 mins

*Have the presentation displayed with speaker notes visible to you. As you become familiar with the content, you are welcome to use your voice, but feel free to use the verbal instruction notes we have included as a guide.*