

The Big Adventure

**Introduction and Strategies to Manage Mental Health
2023-2024 School Year**

Kindergarten-5th Grade Outline

(K-2nd Grade program is 30 minutes / 3rd-5th Grade program is 45 minutes)

Portions of the program will be omitted if less time is permitted.

Introduction

Students begin with an interactive game introducing them to Journey, who is starting her first day at a new school. Through Journey's adventures, students learn Super Tools to help manage their mental health.

Introduction to Emotions

Tool #1 - Deep Breathing: Students practice a technique to help regulate their emotions in a healthy way.

Expressing Emotions - We don't have to keep our emotions to ourselves, we get to share/express them to others. It's important to express emotions because it keeps us healthy and helps others know how to care for us.

Object Lesson Game: Students identify and act out how different situations can make us feel different emotions.

Relationships

Tool #2 - Friendship: Good friends can help us through difficult things. Friends can influence you to make positive choices or negative choices. We are "stronger together" when we choose friends who encourage us to make positive choices.

A good friend:

- shares with others / encourages you (*All Grades*)
- is someone who is kind / helpful / plays fair (*K-2nd Grade*)
- is someone you can trust / understands your feelings / listens when you need to talk (*3rd-5th Grade*)

Adult Helpers (K-2nd) or Trusted Adults (3rd-5th):

- Encourage you
- Listen when you need to talk
- Get your family or friends involved to help you
- Do not ask you to keep secrets but encourage you to seek help from parents or counselors

Conflict Resolution

Tool #3 - Point of View: When you change your view, you are choosing to see things the way another person sees them.

Students play a game that demonstrates there are things we can control and things we can't control.

Make positive choices in things we can control and work on accepting things we cannot control.

Nutrition

Tool #4 - Brain Food: Students identify examples of healthy foods vs. junk foods.

Brain food can help keep your brain healthy so you can focus on doing well on your schoolwork.

Knowing who you are

Tool #5 - Positive Self-Talk: Look at yourself in the mirror and tell yourself, "I am capable, I am lovable, and I can be a good friend".

Just like our friends and family encourage us to feel confident, we can talk about ourselves in a positive way.

Conclusion / Survey

Students are challenged to use the Super Tools they learned on their own Big Adventure.

A voluntary, anonymous survey is offered to 3rd – 5th Grade students.

Response averages/comments are sent to the school.