



#GetLoud

about what **MENTAL HEALTH** really is.

Mental Health Week Fill-in-the-blank Activity

All of the Mental Health Week characters know what they feel, and they know how to express their feelings, in words and using body language. Knowing how we feel is important. Expressing how we feel is a great way to make sure other people understand us.

This activity encourages students to think about how they are feeling and to make a statement about it.

Here's what's included in this PDF

1. Introduction page (you're on it!)
2. 6 images and statements of Mental Health Week characters
3. 6 fill-in-the-blank pages
4. *Your own mental health checklist*

Suggested ways to use these materials in an activity:

1. Print off the Mental Health Week characters (the first six posters in the PDF). This is an opportunity to discuss with your students the six themes related to "what mental health really is". The six themes are:
 - A sense of self = I don't worry too much about what people think of me.
 - A purpose and sense of meaning = I feel like I'm reaching my potential.
 - Belonging = I feel like I belong.
 - Contribution = I make the world a better place.
 - Hope and enjoyment = I enjoy my life.
 - Resilience = Knock me down and I'll get back up again.

Additional statements that reflect these themes can be found at the end of this PDF (*Your Own Mental Health Checklist*).

2. Print out the "fill-in-the-blank" posters and ask your students to choose one that speaks to them. You can explain that their feelings are part of their mental health. Ask your students to fill in the blanks. You may want them to journal about what their answer means to them. You can also prompt discussion in small or large groups, both about how to express themselves both in words, and in gestures or body language.

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3. Hang the students' posters around the classroom to help mark CMHA Mental Health Week.