



## Explore: Mental Wellness

7th Grade

Mental Health

Mental Wellness

5-10 min

1. Show the *Mental Wellness* Video.
2. Invite students to discuss the following:
  - a. What is mental wellness?
  - b. What factors influence mental wellness?
  - c. How can you care for your mental wellness?
  - d. What are some signs that you or someone you know might need to ask for help?
  - e. Who can you talk to about mental wellness?
3. Give students the *Anxiety Signs and Symptoms* Student Resource and the *Finding Calm: Strategies for Managing Anxiety* Student Resource for support.