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EDUCATION

Weekly Task

October: Week 2



World Mental Health Day – Caring for Our Mind, Caring for Ourselves

Objective

To help students understand the importance of mental health and emotional well-being, while developing reflection, inquiry, and research skills through guided use of the Britannica Library.



Expected Learning Outcomes

Students will:

- Understand what mental health means
- Recognize the importance of emotional well-being
- Identify healthy coping strategies
- Develop reflection and structured thinking skills
- Build empathy and awareness towards mental health issues

Introduce the Theme

Begin with a class discussion:

- What does it mean to feel happy, sad, or worried?
- Is mental health as important as physical health?
- Who can we talk to when we feel upset?

Explain that **World Mental Health Day is observed on 10 October** to raise awareness about mental well-being and reduce stigma.

Skills & Values

Skills:

- Self-Awareness
- Reflection
- Inquiry
- Research
- Critical Thinking
- Communication

Values:

- Empathy
- Compassion
- Respect
- Self-Care
- Responsibility
- Kindness
- Resilience



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Suggested Activities by Grade Band

Grades 1–2: My Happy Toolbox

Students begin with a short, teacher-led conversation supported by simple Britannica visuals to explore the idea of people and activities that help us feel safe, calm, and happy. Encourage students to talk about their feelings in a comfortable and reassuring environment.

Students explore topics such as:

- People who help us feel safe – parents, teachers, grandparents, friends, or other trusted adults
- Feelings like worried, sad, angry, or upset

You may guide them using prompts like:

- Who can you talk to when you feel upset?
- Who makes you feel safe and cared for?
- What do you like to do when you feel sad or worried?

Keep the conversation simple, positive, and reassuring, allowing students to share only what they are comfortable sharing.

Students will express their understanding by completing a “Support Tree” worksheet.

- **The Trunk – Me:** Write their name on the trunk and decorate it.
- **The Branches – People I Can Talk To:** Draw or write the names of trusted adults and friends they can talk to when they feel upset, worried, or need help.
- **The Leaves – Things That Help Me:** Draw or write activities that help them feel calm, safe, or happy, such as drawing, playing, reading, deep breathing, or talking to someone.

Encourage students to use colours, drawings, simple labels, and familiar examples to complete their Support Tree.



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Support Tree Diagram

