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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 3–5: Understanding Feelings & Healthy Habits

Students begin by reading age-appropriate articles from the **Britannica Library** to understand stress, emotions, and simple ways to look after their physical and emotional well-being. Encourage students to identify situations that may make them feel stressed and explore healthy ways of managing those feelings.

Students explore topics such as:

- Stress and emotions
- Importance of sleep
- Exercise and physical activity
- Hobbies and relaxing activities
- Talking about feelings

You may guide them using prompts like:

- What can you do when you feel worried or upset?
- How can sleep, exercise, or hobbies help you feel better?
- Who can you talk to when you need support?

Task: Cause–Coping Chart Organizer

Students will express their understanding by completing a **two-column Cause–Coping Chart**.

**Situations That
Make Me Feel
Stressed**

**Healthy Ways I
Can Cope**

Encourage students to use **simple words, drawings, and familiar examples**. Remind them that different strategies may work for different people and that talking to a trusted adult is an important way to seek support when they need it.



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Name:

Date:



T-Chart

**Situations That Make Me
Feel Stressed**

Healthy Ways I Can Cope
