

# Mental Health Awareness During COVID 19

## [Link to Class Video](#)

**Date:** July 11, 2020 (Week 1)

**Time:** 10 - 11 AM EST

**Leaders:** Spandana Shankara and Mahika Gupta

**Subject:** Mental Health

**Age Range:** 11- 18

**Brief Description:**

- Smoothie demonstration
- Visualizing feelings by writing down answers to questions
- Tips on how to keep mental health in check during this time

**Links:**

- <https://www.youtube.com/watch?v=vXZ517G6T2I> - Meditation
- <https://lifedesignlog.com/rose-thorn-bud-activity-for-group-presentations/><https://lifedesignlog.com/rose-thorn-bud-activity-for-group-presentations/> - Rose Activity
- <https://psychcentral.com/lib/common-hotline-phone-numbers/> - Hotline numbers
- [https://www.youtube.com/watch?v=\\_pJucGovno&list=PL5GTwJOV9Tw2npIn3cgOx9CDSDCBjJoNu](https://www.youtube.com/watch?v=_pJucGovno&list=PL5GTwJOV9Tw2npIn3cgOx9CDSDCBjJoNu) - Smoothie demonstration

**Materials for Students:**

- Paper
- Writing utensil

**Introduction:** Ice breaker: Name, grade, Favorite tv show/book/movie? + Zoom tech questions

**Activity Directions:**

1. Introduction
2. Smoothie demonstration from youtube/google drive
3. Shakeout/ Stretching - 5...4...3...2...1...
4. Fun two Question Quiz:
  - a. What is your favorite animal...? 3 reasons/adjectives why...?
  - b. ask for a favorite article of clothing...? 3 reasons/adjectives why...?
    - i. Find the Freudian subconscious meaning of our choices!
      1. Favorite animal = Is the way that you view yourself
      2. Favorite article of clothing = How others perceive you
5. Talk about the experience during COVID and transition during the quarantine
6. Visualizing your feelings and crumple the paper
7. Breathing exercise: inhale positive and exhale negative
8. Rose Analogy
9. Go over tips for Mental health and Coping: Mental Health First Aid
  - a. Daily routine, balanced meal, exercise, stay connected...etc.
10. Meditation / Cool down

**Guiding Questions** (Indicate which step # in directions):

- #5 - How do you feel with a shortened school year, and if anyone would like to share something they missed out on?
- #5 - What is the first thing you are going to do when quarantine ends?
- #6 - Write down how you are feeling right now
- #6 - Write down what you feel anxious/worried about
- #6 - Write down something you are annoyed about

**Conclusion/Wrap Up:** What is one way to make a positive change in your life?