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| Teacher:  | Subject/Grade: 8th |
| Objective/Standard: To gain applicable knowledge to maintain/improve mental health. | Materials: computer, paper, writing utensil |
| Length of Lesson:1.5 hr | Goal: To understand some basic techniques to improve/maintain mental health. |

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| Engage: Students watch a video showing people doing positive activities for their mental health. Students are asked to pick their favorite activity. |
| *Explore:* Ask students some actions that they have done that they feel improved their mental wellbeing. See if there are any common ones within the class and have them identify which techniques are most common. |
| Explain: Teach students different healthy habits for their mental health, including the effects of sleep, nutrition, social interactions, ect.. Also give them some techniques that help with dealing with stressors. |
|  Elaborate: Ask them to choose one thing they learned today and write down how they will implement it in their lives. |
| Evaluate: They should be able to explain the technique they wrote down, and explain why it is beneficialand how it |

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