

Lesson Plan for Mental Health/Yoga/Meditation

Resources:

MENTAL HEALTH:

<https://www.canada.ca/en/public-health/topics/mental-health-wellness.html>

YOGA: https://www.emedicinehealth.com/yoga/article_em.htm

MEDITATION:

<https://tmhome.com/benefits/10-benefits-of-meditation-for-students/>

- 1) Teacher frames the lesson that everyone has experienced a variety of feelings during this time. It is important to release these feelings and to not keep it to oneself.
- 2) Ways to help release this:
 - a) Generally have students share what type of feeling they have experienced Eg. Sadness, loneliness, loss, enclosed, trapped, stressed
 - b) Share (generally) what each student has experienced verbally as a class or small group settings
 - c) Write what each student has experienced on paper - then tear that paper up.
- 3) Talk about ways to cope as a teenager
 - a) Open discussion
 - b) Put students in small groups to discuss

SUGGESTIONS: Journal writing, talking to a friend, listen to music, workout, go for a walk, write positive affirmations, create a playlist of uplifting music, meditate, do yoga, etc.

Enjoy this mini lecture, yoga and meditation session!