Peace One Day

Mental Health Matters

There's no peace, without peace of mind.

A lesson guide to highlight mental health and prompt constructive reflection around the matter, for personal and communal well being.

Materials Needed:

- Presentation or short video on global mental health awareness
- Art supplies (paper, paints, markers, etc.)
- Optional: Access to calming music or guided meditation audio

Lesson Structure:

1. Introduction (10 minutes):
- Introduce the importance of Mental Health Day and why mental well-being matters.
- Share a brief overview of global mental health challenges and the importance of talking about mental health.

2. Discussion and Awareness (15 minutes):
- Facilitate a gentle discussion where students can share their thoughts on mental health in a safe and respectful space.
- Highlight that it's okay to talk about feelings and that everyone experiences challenges sometimes.

3. Creative Expression Activity (20 minutes):
- Allow students to choose a form of creative expression: they can paint, draw, write poetry, or create any form of art that helps them express their emotions about mental health and well-being.
- Optionally, provide calming background music or a short guided meditation to help them relax during the activity.

4. Sharing and Support (15 minutes):

- Invite volunteers to share their creative work if they feel comfortable, and encourage a supportive atmosphere.
- Discuss resources available for mental health support, like local organizations or helplines, and remind students that help is always available.

5. Conclusion (5 minutes):

- Wrap up by reinforcing the importance of taking care of mental health and being kind to oneself and others.
- Encourage students to continue these conversations beyond the classroom and to reach out if they need support.



#DoYourPeace