

MENTAL HEALTH

Overview

We are talking about an important topic: *Mental Health*. Our purpose is to help students understand their thoughts, feelings, and actions—and know what to do when emotions feel big or overwhelming. In this unit, students will learn how to:

- Recognize and name their emotions
- Practice healthy ways to feel calm
- Know who to talk to when they need support

These lessons will help students take care of themselves and others in kind, safe, and healthy ways. Thank you for partnering with us to help your child build these lifelong skills!

Conversation Starters



- Who would you talk to if you were feeling really sad or worried?
- What helps you feel calm when you're upset?

I Know Rule

In this unit, students will learn how to respond to situations using the **I Know Rule**, which includes three key steps:



I Know How I Feel – Students learn to recognize their emotions and understand when something doesn't feel right.



I Know What to Say – Students are encouraged to use their strong voice to stop a situation or ask for help.



I Know Where to Go – Students explore different ways to find and connect with a trusted adult for support.

Additional Family Resources

Access our family page to learn more!

<https://www.characterstrong.com/personal-safety>



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Pursuit #1

Create a “Feel Better” Box! Gather items that help you feel safe and calm—like a soft stuffed animal, a favorite book, or a list of kind words. Use the box when someone in the family is feeling sad, mad, or overwhelmed. Check-in and share how you are feeling.

Pursuit #2

Feelings Check-In Together

Sit together and check-in.

- What’s one word to describe how you feel right now?
- What was something hard this week? What helped?
What’s something you’re proud of?

Pursuit #3

Take a short walk together as a family. Along the way, pause and try the **5-4-3-2-1 strategy** to calm your body and focus your mind:

- 5 things you see
- 4 things you hear
- 3 things you can touch
- 2 things you smell
- 1 thing you’re thankful for