

TEACHING MENTAL WELL-BEING THROUGH ART

CLASSROOM READY RESOURCE

GRADE LEVEL: 4 to 7

CURRICULUM AREAS

Physical and Health Education + Arts Education

MATERIALS NEEDED

Art supplies

This will depend on the medium(s) you would like to offer students for the project (e.g., paint, paper, markers, or clay)



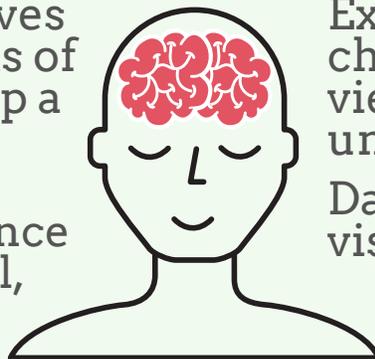
OBJECTIVES

For student to express and reflect on their strategies for promoting their mental well-being using the arts

BIG IDEAS

Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle

Healthy choices influence our physical, emotional, and mental well-being



Experiencing art challenges our point of view and expands our understanding of others

Dance, drama, music, and visual arts are each unique languages for creating and communicating

CURRICULAR COMPETENCIES

ARTS EDUCATION

Grades 4 to 7: Express feelings, ideas, and experiences in creative ways/through the arts

Grades 6 and 7: Take creative risks to express feelings, ideas, and experiences

PHYSICAL AND HEALTH EDUCATION

Grades 4 to 7: Describe and assess strategies for promoting mental well-being



LESSON DESCRIPTION



STEP 1: Decide on the art materials you would like to provide to your students

STEP 2: Decide on the length of time the students will have to complete this project

- Will this be done in one class or over the entire unit?

STEP 3: Ask students to create an art project that:

- Depicts an object, activity, or individual that brings them joy and strengthens their mental well-being **OR**
- Depicts a self-care activity that they engage in to promote their mental well-being

STEP 4: When projects are complete, ask students to:

- Verbally describe their art piece and reflect on how they promote their mental well-being **OR**
- Write a reflection that describes their art piece and how it depicts their strategy for promoting their mental well-being

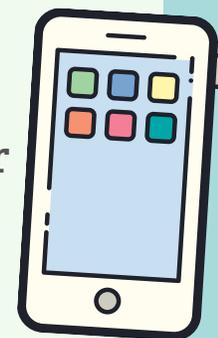
STEP 5: Display the art in the classroom or hallway to share the projects with others



MODIFICATIONS/ADAPTATIONS

This lesson could be adapted for older grades by:

- Expanding the medium allowed for the projects. For example, this could be a photo or video assignment
- The length of the corresponding written reflection
- Adding a peer feedback component



This lesson could be modified for younger grades by:

- Making the prompt more simple. For example: Use art to share an object, person, or activity that makes you happy or brings you joy