SOLs
- 8.3 K

Objectives/Goals
- Students will identify 7 practical ways that they can practice emotional first aid and then advocate for positive mental health by create interactive posters to be hung in their school’s restrooms.

Materials
- PowerPoint (included)
- Student worksheets (included)
- Emotional First Aid Video
- Emotional First Aid Article

Procedure

Step 1
- Watch the Practicing Emotional First Aid Video

Step 2
- Read the Practicing Emotional First Aid Article

Step 3
- Read the Practicing Emotional First Aid Tinkle Times Poster

Step 4
- Using the Tinkle Times Poster, create an action plan to practicing emotional first aid using each of the seven strategies listed on the poster.

Step 5
- Students will create a Tinkle Times poster with any mental health topic that they choose.

Step 6
- Students will vote for their favorite Tinkle Times poster and the winner poster will be hung in the school’s restrooms.
Assessment Idea
Students will create “Tinkle Time” posters on mental health topics to be hung in their school’s restrooms.

References
- Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year
- Dr. Guy Winch, PhD https://ideas.ted.com/7-ways-to-practice-emotional-first-aid/
- Dr. Guy Winch, PhD https://www.youtube.com/watch?v=F2hc2FLOdhI&t=3s

Handout
The next page includes a handout for the lesson. The handout is designed for print use only.
- Watch the Ted Talk video on why we need to practice emotional first aid.
- Read the full article on 7 ways to practice emotional first aid.

- Write at least 7 SPECIFIC action items that you could implement that would allow you to practice emotional first aid successfully.

  1. ____________________________________________________________________________

  2. ____________________________________________________________________________

  3. ____________________________________________________________________________

  4. ____________________________________________________________________________

  5. ____________________________________________________________________________

  6. ____________________________________________________________________________

  7. ____________________________________________________________________________
**YOUR TASK:** You and your group will create a Tinkle Times for next month with the topic of Mental Health. Pick a topic that would generate the interest of teens.

1. Your group must include a QR code for a **video** that will educate the students about your topic.
2. Your group must include a QR code for an **article** that will educate the students about your topic.
3. Your group must have at least 7 pieces of information from the article and/or video on the cover of the Tinkle Times Poster
4. Your group must make the poster visually appealing with fonts, colors and graphics and be free of spelling and grammatical errors.

**Rubric**

<table>
<thead>
<tr>
<th></th>
<th>4 points</th>
<th>3 points</th>
<th>2 points</th>
<th>1 point</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Video</strong></td>
<td>Video provides a thorough description of the topic</td>
<td>Video provides a good description of the topic</td>
<td>Video provides an average description of the topic</td>
<td>Video provides a limited description of the topic</td>
</tr>
<tr>
<td><strong>Article</strong></td>
<td>Article provides a thorough description of the topic</td>
<td>Article provides a good description of the topic</td>
<td>Article provides an average description of the topic</td>
<td>Article provides a limited description of the topic</td>
</tr>
<tr>
<td><strong>Important or interesting facts</strong></td>
<td>Lists at least 6-7 important/interesting and accurate facts about the topic</td>
<td>Lists 5 important/interesting and accurate facts about the topic</td>
<td>Lists 3-4 important/interesting and accurate facts about the topic</td>
<td>Lists 2 or fewer important/interesting and accurate facts about the topic</td>
</tr>
<tr>
<td><strong>Creativity</strong></td>
<td>The poster is exceptionally attractive in terms of design, layout, and neatness.</td>
<td>The poster is attractive in terms of design, layout, and neatness.</td>
<td>The poster is acceptably attractive though it may be a bit messy.</td>
<td>The poster is distractedly messy or very poorly designed. It is not attractive.</td>
</tr>
<tr>
<td><strong>Advocacy</strong></td>
<td>The response shows evidence of the ability to apply health skills; the response is complete and shows proficiency in the skill</td>
<td>The response shows some evidence of the ability to apply health skills; the response may have inaccuracies or be incomplete.</td>
<td>The response shows little or no evidence of the ability to apply health skills.</td>
<td></td>
</tr>
</tbody>
</table>

Total Points___________________/20