

Middle School Student Wellness Plan Eighth Grade



If you are experiencing difficulties during school hours, please contact your school counselor for assistance.

If you are experiencing difficulties outside of school hours, please refer to these community resources.

- The Center for Progress and Excellence – Mobile Crisis Unit Crisis Hotline Number, 1-844-395-4432
- SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders. 1-800-662-HELP (4357)
- National Suicide Prevention Lifeline, 988 or 1-800-273-8255

We encourage all students to share and discuss their Wellness Plan activities with their parents or guardians.

Student Wellness Plan

What is a Student Wellness Plan and why is it important?

The purpose of this document is to keep track of your goals and progress during your wellness journey. It is important to be able to see what you have learned, as well as to have accountability to your goals. You will refer to this plan for each lesson during Wellness Wednesday.

Save a copy of this document in your Google Drive so that you can refer to it for each lesson during Wellness Wednesday. To do this, click “File” in the top left menu, then select “Make a copy.” You may rename it with your name and Wellness Wednesday Plan. Be sure to change the folder to “**My Drive**”. Then click “Make a copy. This will open in a new tab, and you may edit that document.

Lesson 1 - Positive Core Values

Lesson 1, Activity 1 - What Are My Core Values?

Directions: Review this table of forty-five values. Highlight six values that you feel are important in your life. You will type your top three of those six values on the lines provided.

Accomplishment	Authenticity	Adventure
Athleticism	Beauty	Boldness
Community	Compassion	Challenge
Competency	Creativity	Curiosity
Determination	Family	Freedom
Fairness	Fame	Friendships
Fun	Happiness	Humor
Honesty	Influence	Change
Kindness	Knowledge	Leadership
Learning	Love	Loyalty
Optimism	Peace	Popularity
Recognition	Reputation	Respect
Responsibility	Self-Respect	Stability
Trustworthiness	Status	Success
Wellness	Wealth	Wisdom

My top 3 values are: _____

Describe why you chose your top three core values.



Lesson 1, Activity 2 - SMART Goal

Directions: Take a moment to reflect on something you would like to achieve by the end of this school year. Your goal can be academic, personal, or social. Once you decide, create a SMART goal for this desired accomplishment.

Specific	What do you want to accomplish?	
Measurable	How will you measure this?	
Attainable	How can this be accomplished?	
Realistic	Why is this important to you?	
Time Bound	What is your deadline?	



Lesson 1, Strategy - Compliment Yourself

Directions: Write out three compliments you can give yourself. Think about what you like about your personality and abilities and what you're good at.



Lesson 2 - Recognition of Signs and Symptoms of Mental Health Concerns

Lesson 2, Activity 1 - Challenge Yourself

Directions: The table below provides multiple examples of activities you can do as protective factors to positively impact your mental health and well-being.

Listen to Music	Talk to a friend	Watch a Movie	Read a Book	Exercise
Play with your pet	Go to the park with a friend	Write in a journal	Play a sport	Cook a meal
Write a poem	Learn a new language	Play an instrument	Draw or paint	Write a letter to your future self
Do a puzzle	Take photos outside	Start a garden	Volunteer	Turn the phone off and unplug from electronics
Read inspiring quotes	Organize your closet	Watch sports	Start a club	Play a board game

Now it's your turn! Write down as many ideas as possible to actively increase your protective factors and positively promote your mental health and well-being.



Lesson 2, Activity 2 - Signs vs. Symptoms

Directions: Double-clicking the box below will open a drawing to be edited. Click each blue box and drag to either the Sign or Symptom column. Hint - there are four of each.

Sign		Symptom	
Angry Outbursts	Fast Heart Rate	Excessive Crying	Socially Withdrawn
Trouble Coping	Excessively Tired	Prolonged Anxiety	Losing Weight

Lesson 2, Strategy - Body Scan

Directions: Follow the directions given by the narrator. Complete as a group. Chromebooks should be closed.



Lesson 3 - Skills to Foster Resiliency

Lesson 3, Activity 1 - What is Empathy?

Directions:

1. Write about a time when you felt happy or sad because you felt what someone else was feeling.

2. Do you think empathy is a good thing? Why or Why not?

3. Write two strategies you might use to strengthen your empathy by caring for others.

- 1.
- 2.



Lesson 3, Activity 2 - Three Good Things

Directions: Reflect on the last week and answer the prompts below. Consider what you did to make that good thing happen when considering your answers.

Three good things that happened last week are:

- 1.
- 2.
- 3.

How did it make me feel?



Lesson 3, Strategy - Note to a Friend



Directions: Write a positive note to a friend. The note could be a compliment, encouraging words, or a joyous moment you shared.



Write a short note to a trusted adult in your life. Tell them what character traits that you appreciate and admire about them.

Lesson 4 - Strategies to Support Others Through Adversity

Lesson 4, Activity 1 - "I" Statements

Directions: Read along for each scenario and answer the question below. Type your answer in a complete sentence.

Scenario 1:

Each morning, you and your friend walk to school, and often, you both hang out on the weekends and afternoons to do homework together. Recently, you've noticed your friend shows up late to school and declines when you ask to hang out.

What "I" statement can you use to offer support?

Scenario 2:

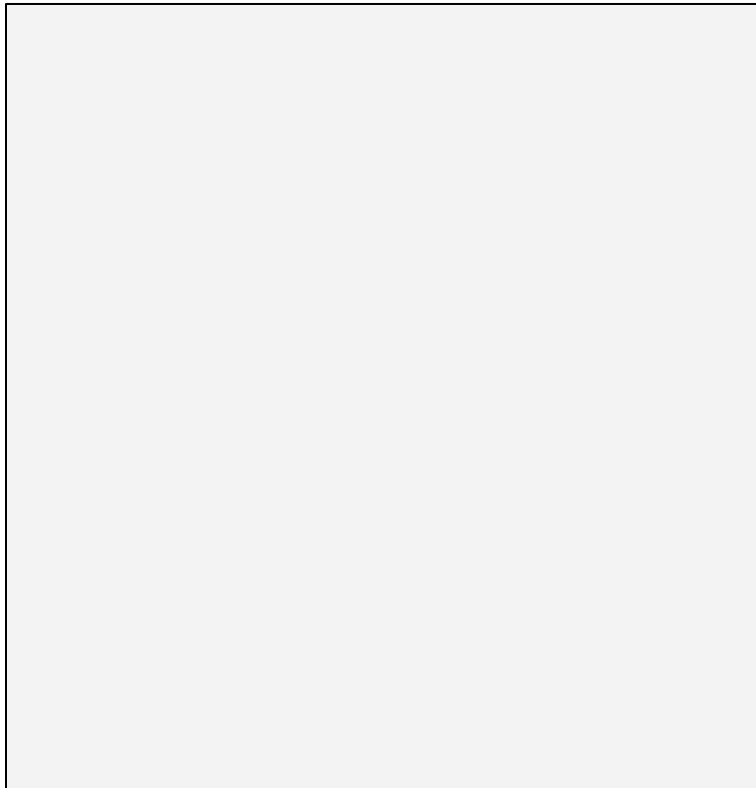
You hear about a classmate being made fun of on social media. Although you aren't friends with this classmate, you have classes together. Today, you see him looking upset and not talking to anyone.

What "I" statement can you use to offer support?



Lesson 4, Activity 2 - Stop the Goss...

Directions: Create a poster encouraging others to stop gossiping or shut down any current gossip. You can look up inspiration in your browser, but please keep your searches school-appropriate. You may add fonts, shapes, and images as long as they are school-appropriate. You will double-click the graphic to open the "Drawing Tool," where you can then click in the box provided.



Be
creative
and
STOP
the
Goss!

Lesson 4, Strategy - Asking for Help

Directions: Answer the question below.

What are the three steps to involve an adult in helping a friend or peer in need?

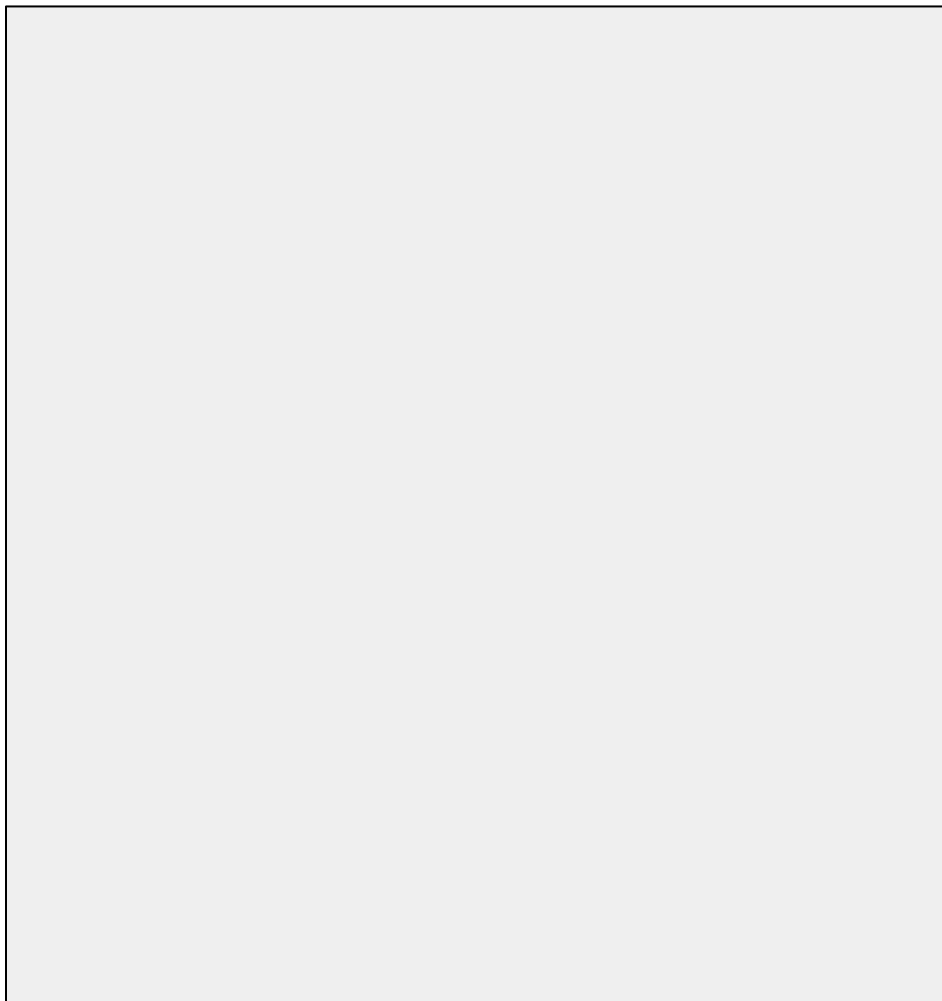
Step 1:
Step 2:
Step 3:



Lesson 5 - Reducing Stigma

Lesson 5, Activity 1 - Break the Stigma Poster

Directions: Think about what you have learned in the lesson to create a poster that helps erase the mental health stigma in your community. Double-clicking the box below will open a drawing to be edited. You may use any font, color, and images, as long as they are appropriate for school.



Be
Creative!
Your
poster
will be in
the box
to the
left.

Lesson 5, Activity 2 - Putting People First

Directions: The table below provides a common language used in society that contributes to the negative stigma surrounding mental health. As you learned in this lesson, you can do your part to break the stigma by changing the language. Fill in the right column for all four terms by changing each to person-centered language.

<i>Instead of this...</i>	<i>Try this.</i>
Mentally ill	
Crazy/insane/disturbed	
Depressed	
Committed suicide	



Lesson 5, Strategy - Reflection

Directions: Reflect on this lesson and complete the table below.

Two ways to reduce the mental health stigma:
1.
2.
Two ways to cope with the mental health stigma:
1.
2.



Lesson 6 - Service to the Community, Leadership, and Mentorship

Lesson 6, Activity 1 - Community Service Match

Directions: Read each question and type your response. You will double-click the graphic to open the "Drawing Tool," where you can then click in each box to type your answer. You can use complete sentences or bullet points for your answers.

<p>What needs do I see in my community?</p>	<p>What do I enjoy?</p>
	<p>What do I want to learn more about?</p>
<p>How can my talents, values, and interests be used to help the needs I see in my community?</p>	<p>What organization or volunteer opportunity interests me?</p>



Lesson 6, Activity 2 - Words + Actions = Character

Directions: Read the prompt below. Write a paragraph explaining what this quote means and how it can be applied.

"Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your character, and your character determines your destiny."

- Lao Tze



Lesson 6, Strategy - How Can I Help?

Directions: Based on your answers in Lesson 8, Activity 1, and what you have learned in today's lesson, answer the following question.

What are two things you can begin doing TODAY to help your community?

1.

2.



Lesson 7 - Resiliency Through Adversity

Lesson 7, Activity 1 - My Best Self

Directions: Review the character traits listed below. These are just a few examples to get you started. For this activity, you will pick five positive character traits that you believe describe yourself. You can choose any of the example traits or provide your own. Then, you will answer the following prompts.

KINDNESS	LEADER	RELIABLE	EMPATHETIC
INTELLIGENT	THOUGHTFUL	RESILIENT	BRAVE
CALM	OPTIMISTIC	HUMOROUS	COMPASSIONATE
LOYAL	RESPONSIBLE	HONEST	SELF-CONFIDENT
STUDIOUS	LOVABLE	DREAMER	HELPFUL

Five character traits that describe me are:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

How do my actions impact my character?

What is one character trait I would like people to use to describe me?

What action(s) can I take to improve my character and become my best self?



Lesson 7, Activity 2 - My Role Model

Directions: Read each prompt below and answer the questions.

Who is someone you consider to be a role model, and why?

What do they stand for and believe in?

What lessons have you learned from this person?

Name one character trait that you believe this person represents.



Lesson 7, Strategy - Servant Leadership

Directions: Reflect on what you have learned in today's lesson. Type three things you can do today to support or improve your community. These can include your home, school community, or community at large.

1	
2	
3	



Lesson 8 - Prevention of Suicide

This lesson is a tough but important subject. Please listen carefully, be serious, and pay attention to the information shared by the narrator.

Most of this lesson will not involve using your Chromebook.

Lesson 8, Activity 1 - Fact or Myth

Directions: Complete as a group. Chromebooks should be closed.



Lesson 8, Activity 2 - Hotlines

Directions: Copy down the hotlines from the presentation:

1.
2.



Lesson 8, Strategy - 5 Senses Exercise

Directions: Follow the directions given by the narrator. Complete as a group. Chromebooks should be closed.



Lesson 9 - Prevention of the Abuse of and Addiction to Alcohol, Nicotine, and Drugs

Lesson 9, Activity 1 - Where Else Are These Chemicals and Metals?

Directions: Below are chemicals or metals found in e-cigarettes and vapes. Match the chemical or metal with its common location. Write the letter of the location on the line next to the chemical/metal.

CHEMICAL/METAL	LOCATION
ACETONE Match: _____	A. Paint Thinner
RUBIDIUM Match: _____	B. Car Exhaust
XYLENE Match: _____	C. Cigarettes
PROPYLENE GLYCOL Match: _____	D. Fireworks
NICOTINE Match: _____	E. Nail Polish Remover
ETHYLBENZENE Match: _____	F. Antifreeze
BENZENE Match: _____	G. Pesticides



Lesson 9, Activity 2 - Take Down Tobacco

Directions: Imagine you are part of a youth-in-action organization creating an event to encourage youth advocates and their communities to stand up to tobacco companies and stop marketing toward young people. Create a hashtag to identify a specific priority to support this cause. (ex. #savelives; #protectstudenthealth)



Lesson 9, Strategy - How Can I Get Help?

Directions: Anyone who is struggling with e-cigarette or vaping use, or nicotine addiction, should seek support from a trusted adult. Tips to quit or to obtain further education for awareness, consult a parent, medical doctor, school counselor, or coach or check out these trusted organizations:

“Truth Initiative”

Inspiring Lives Free From Smoking, Vaping & Nicotine

text **DITCHVAPE** to **88709**

Website: <https://truthinitiative.org/>

“National Cancer Institute”

Become a Smokefree Teen

Website: <https://teen.smokefree.gov/>

“Campaign for Tobacco-Free Kids”

Youth Initiatives

Website: <https://www.tobaccofreekids.org/>

“American Lung Association”

Quit Smoking

Website: <https://www.lung.org/>



Lesson 10 - Awareness of Local, School, and Community Resources

Lesson 10, Activity 1 - Trust Team

Directions: During times of need, who do you turn to for support? These people are part of your “trust team” so their words and actions should make you feel safe and heard. It is OK to ask for help from a trusted adult and to *keep asking* the same person or another trusted adult if they don’t understand or if you *don’t get the help that you need*. In the box, write a summary of qualities about your trusted adult. Then, write what makes you trust this person.

Name:	Name:
I trust this person because:	I trust this person because:



Lesson 10, Activity 2 - Match Up Activity

Directions: Match the letter from the first table to the correct question or statement from the second table by typing the letter next to the sentence. The first one has been done for you as an example.

A. Resilience	F. handle adversity
B. Stigma	G. True
C. Volunteerism	H. Center for Progress and Excellence (CPE)
D. Depression	I. A trusted adult
E. False	J. Empathy

1.	I	My friend expressed that they are feeling sad and are having harmful thoughts. Who should I tell?
2.		Trustworthiness is an example of a positive core value.
3.		The act/practice of contributing free labor to conduct community service.
4.		Signs are the same as symptoms.
5.		The ability to understand a person from their point of view, rather than your own.
6.		Remaining positive and looking for a solution is one way to _____.
7.		_____ is the leading cause of suicide in teenagers.
8.		Mental health labels that are associated with seeing a person as “weak” rather than “sick”, would be an example of _____?
9.		_____ gives you the positive boost to see beyond a problem.
10.		A local organization that provides assistance and intervention if you are experiencing a mental health crisis.



Lesson 10, Final Reflection Assessment

Directions: Write a short reflection on each topic/main idea you learned on your Wellness Wednesday journey. These can be tools you've learned, wellness facts, new vocabulary words, or resources.

Goal Setting and Core Values	
Reducing Stigma	
Resiliency	
Importance of Community	
Signs and Symptoms of Mental Health Challenges	

