



Grade 8 Lesson Plan: Unit 16 – Tinkle Times

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

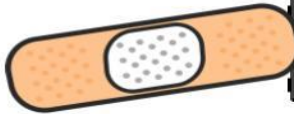
- Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year
- Dr. Guy Winch, PhD <https://ideas.ted.com/7-ways-to-practice-emotional-first-aid/>
- Dr. Guy Winch, PhD <https://www.youtube.com/watch?v=F2hc2FLOdhl&t=3s>

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.

NAI Tinkle Times



You put a bandage on a cut or take antibiotics to treat an infection, right? No questions asked. In fact, questions would be asked if you *didn't* apply first aid when necessary. So why isn't the same true of our mental health? We need to learn how to practice emotional first aid.

Pay attention to emotional pain – recognize it when it happens and work to treat it before it feels all-encompassing

7 Ways to practice emotional first aid.

When negative thoughts are taking over, disrupt them with positive distraction.

Redirect your gut reaction when you fail.



Monitor and protect your self-esteem. When you feel like putting yourself down, take a moment to be compassionate to yourself.



Find meaning in loss.



Don't let excessive guilt linger.

Learn what treatments for emotional wounds work for you.



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- 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

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

Total Points _____/20