

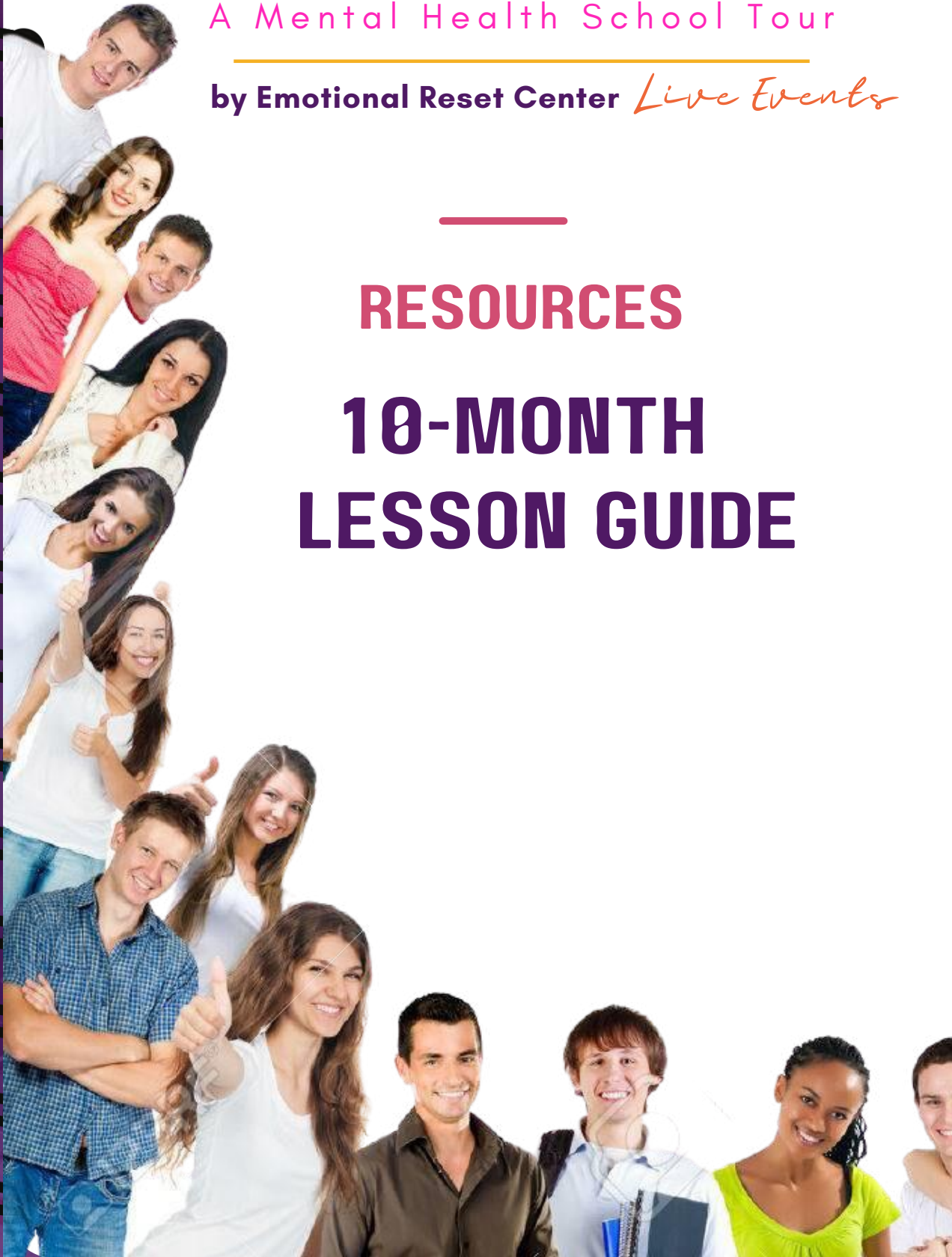
2023 BLOOM

A Mental Health School Tour

by Emotional Reset Center *Live Events*

RESOURCES

10-MONTH LESSON GUIDE





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Month 1 - Stress and Self-Care for Students

Lesson 1: Understanding Stress

What is stress and its impact on mental health.

Identifying stressors in students' lives.

Recognizing physical and emotional signs of stress.

Lesson 2: Self-Care Practices

Importance of self-care in maintaining mental well-being.

Exploring different self-care activities (e.g., exercise, relaxation techniques, hobbies).

Developing personalized self-care plans.

Lesson 3: Time Management and Stress Reduction

Effective time management strategies.

Prioritizing tasks to reduce overwhelm.

Creating a balanced daily routine.

Lesson 4: Mindfulness and Stress Reduction

Introduction to mindfulness and its benefits.

Practicing mindfulness exercises for stress reduction.

Integrating mindfulness into daily life.



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Month 2 - Mental Health and Media

Lesson 1: Media Literacy and Mental Health

Understanding the influence of media on mental health perceptions.

Identifying unrealistic beauty standards and their impact.

Developing critical media literacy skills.

Lesson 2: Social Media and Mental Well-Being

Examining the effects of social media on self-esteem and mental health.

Navigating social media mindfully.

Promoting positive online interactions.

Lesson 3: Addressing Cyberbullying and Online Harassment

Recognizing the signs of cyberbullying.

Strategies for dealing with online harassment.

Promoting a supportive online environment.

Lesson 4: Creating Positive Digital Footprints

Understanding the permanence of online actions.

Building a positive online presence.

Encouraging responsible online behavior.



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Month 3 - Building Resilience and Well-being Among Students

Lesson 1: Introduction to Resilience

Defining resilience and its importance.

Exploring factors that contribute to resilience.

Sharing personal stories of resilience.

Lesson 2: Coping Strategies

Learning healthy coping mechanisms.

Identifying personal strengths for overcoming challenges.

Role-playing scenarios to practice coping skills.

Lesson 3: Growth Mindset and Positive Thinking

Understanding the concept of a growth mindset.

Challenging negative self-talk and cultivating positive thoughts.

Encouraging a resilient attitude towards setbacks.

Lesson 4: Building Supportive Relationships

Nurturing connections with peers and adults.

Effective communication and active listening skills.

Creating a support network for times of need.



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Month 4 - Helping Students Respond Positively towards Negativity

Lesson 1: Recognizing Negativity

Identifying negative influences and thoughts.

Exploring the impact of negativity on mental health.

Sharing strategies for reframing negative situations.

Lesson 2: Empathy and Perspective-Taking

Understanding the power of empathy in challenging situations.

Practicing perspective-taking exercises.

Promoting understanding and compassion.

Lesson 3: Conflict Resolution and Positive Communication

Strategies for resolving conflicts peacefully.

Active listening and assertive communication skills.

Role-playing scenarios to practice positive communication.

Lesson 4: Cultivating a Positive Mindset

Introducing the concept of a positive mindset.

Tools for fostering optimism and gratitude.

Encouraging a proactive and solutions-focused approach.



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Month 5 - Gender Dysphoria and Challenging Dangerous Ideologies

Lesson 1: Understanding Gender Dysphoria

Defining gender dysphoria and its impact on mental health.

Promoting empathy and acceptance for individuals experiencing gender dysphoria.

Creating a safe and inclusive environment for gender-diverse students.

Lesson 2: Recognizing Dangerous Ideologies

Identifying harmful ideologies related to gender identity. Discussing the consequences of spreading misinformation.

Encouraging critical thinking and respectful dialogue.

Lesson 3: Promoting Inclusivity and Support

Strategies for creating an inclusive and supportive school community.

Role-playing scenarios to address discrimination and prejudice.

Educating students on respectful terminology and language.

Lesson 4: Allyship and Advocacy

Exploring ways to be an ally to gender-diverse individuals. Teaching students how to advocate for inclusivity and equality.

Encouraging students to stand up against discrimination.



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Month 6 - Awareness of Anxiety and Depression

Lesson 1: Understanding Anxiety and Depression

Defining anxiety and depression and their symptoms.

Reducing stigma around mental health conditions.

Sharing personal stories of individuals who have overcome these challenges.

Lesson 2: Coping with Anxiety

Exploring coping strategies for managing anxiety.

Introducing relaxation techniques and mindfulness for anxiety relief.

Promoting seeking help from trusted adults.

Lesson 3: Managing Depression

Discussing strategies for coping with and managing depression.

Exploring the role of physical activity, hobbies, and social connections.

Highlighting the importance of seeking professional support.

Lesson 4: Building a Supportive Community

Educating students about resources available for mental health support.

Creating a culture of openness and empathy in the school.

Discussing how to offer support to peers who may be struggling.



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Month 7 - Addressing Domestic Violence, Substance Abuse, and Teenage Pregnancy

Lesson 1: Recognizing Signs of Domestic Violence

Identifying signs of domestic violence and abusive relationships.

Discussing the emotional and mental impact on victims.

Providing resources for seeking help and support.

Lesson 2: Substance Abuse and Mental Health

Understanding the link between substance abuse and mental health issues.

Discussing the dangers of substance abuse and addiction.

Sharing stories of recovery and resilience.

Lesson 3: Teenage Pregnancy and Mental Health

Exploring the emotional challenges of teenage pregnancy.

Discussing support systems and resources for young parents.

Fostering a non-judgmental and empathetic environment.

Lesson 4: Empowerment and Resilience

Teaching strategies for overcoming challenges related to these topics.

Promoting self-advocacy and seeking help when needed.

Inspiring resilience and the ability to overcome adversity.



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Month 8 - Suicide Prevention

Lesson 1: Recognizing Warning Signs

Identifying signs of suicidal thoughts and behaviors.
Discussing the importance of taking such signs seriously.

Role-playing scenarios for seeking help for someone in crisis.

Lesson 2: Responding to Suicidal Thoughts

Teaching students how to approach someone they're concerned about.

Discussing the role of empathy and active listening in these situations.

Providing information on available resources and support.

Lesson 3: Self-Care and Stress Management

Exploring the connection between stress and mental health.

Teaching students self-care strategies for maintaining emotional well-being.

Encouraging open conversations about stress and seeking help.

Lesson 4: Building Resilience Against Suicidal Ideation

Discussing strategies to build emotional resilience.

Encouraging positive coping mechanisms during challenging times.

Fostering a culture of support and compassion in the school.



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Month 9 - Trauma-Informed Coaching

Lesson 1: Understanding Trauma

Defining trauma and its impact on mental health.

Discussing different types of trauma and their potential triggers.

Promoting empathy and sensitivity toward those who have experienced trauma.

Lesson 2: Trauma-Informed Communication

Teaching students how to communicate in a trauma-sensitive manner.

Exploring active listening and validating emotions.

Role-playing scenarios for practicing supportive conversations.

Lesson 3: Self-Care and Boundaries for Helpers

Discussing the importance of self-care for those providing support.

Teaching strategies to establish healthy boundaries.

Encouraging students to seek help if they feel overwhelmed.

Lesson 4: Creating a Safe Environment

Exploring ways to create a safe and inclusive environment for trauma survivors.

Discussing the impact of a supportive community on healing.

Educating students on available resources for trauma survivors.



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Month 10 - Non-Violent Communication and Increasing Kindness Quotient

Lesson 1: Introduction to Non-Violent Communication (NVC)

Defining NVC and its principles.

Exploring the importance of effective communication.

Role-playing scenarios to practice NVC techniques.

Lesson 2: Empathy and Active Listening

Teaching students the art of active listening and empathetic communication.

Practicing reflective listening exercises.

Discussing the impact of empathy on relationships.

Lesson 3: Resolving Conflicts with Kindness

Applying NVC principles to conflict resolution.

Teaching students to express their needs and emotions constructively.

Role-playing conflict scenarios using NVC techniques.

Lesson 4: Cultivating Kindness and Empathy

Discussing the benefits of kindness for mental well-being.

Encouraging acts of kindness and empathy in daily life.

Reflecting on the positive impact of kindness on the individual and the community.



THANK YOU.

QUESTION & INFORMATION



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