

Month at a Glance: December

Activity	Enduring Understanding	Vocabulary	Time Needed for Completion
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Online and on Guard	It is possible to have meaningful discussions about how to handle cyberbullying.	cyberbullying	30–45 minutes
It's Not Okay to Stay Not Okay!	You do not have to be an adult to positively affect your community.	health and wellness, resources, compassion, change agent	Two 45-minute sessions
Mental Health Matters	Mental health is just as important as physical health.	mental health, accountability	45 minutes

December



Activity Plan

Title: Online and on Guard

Suggested Time: 30–45 minutes

Suggested Grade Level(s): 9th–12th

<p>Activity Objective:</p> <ul style="list-style-type: none"> Scholars will understand how to handle common cyberbullying situations. <p>Materials:</p> <ul style="list-style-type: none"> graphite pencil paper Is it cyberbullying or conflict pictures and scenarios <p>Vocabulary:</p> <ul style="list-style-type: none"> cyberbullying 	<p>Activity Overview: This activity explores cyberbullying and what it means to stay safe online. Scholars will understand what it is, reflect on their experiences, and learn ways to prevent or stop it.</p>	
	<p>Bridge (Connect & Engage)</p>	<ul style="list-style-type: none"> Facilitator: <i>Today we are going to discuss a subject you have probably heard of. We are going to talk about cyberbullying. Cyberbullying is using digital devices, sites, and apps to intimidate, harm, and upset someone. We are going to begin by watching a news story about someone who was recently cyberbullied. Show https://youtu.be/E7GgTCWfBgQ?si=GzKZD4yGzD_iLht.</i> Facilitator: <i>What is your reaction to this story? What stood out to you? Highlight any differences in scholars' perspectives on why the targeting occurred and how it affected Millie Bobby Brown.</i>
	<p>Boost (Teach)</p>	<ul style="list-style-type: none"> Display the "Is it Cyberbullying or Conflict" pictures. Ask scholars to share whether they think each image is an example of cyberbullying or a conflict. Encourage discussion and allow them to share the reasoning behind their responses. The facilitator should clarify the differences between cyberbullying and conflict as needed.
	<p>Build (Rehearse & Build for Transfer/Close)</p>	<ul style="list-style-type: none"> The facilitator will read scenarios and ask scholars to give a thumbs up if the scenario is acceptable/appropriate or thumbs down if the behavior is wrong/cyberbullying. If scholars give a thumbs down, have them share what they could do in response to the behavior.

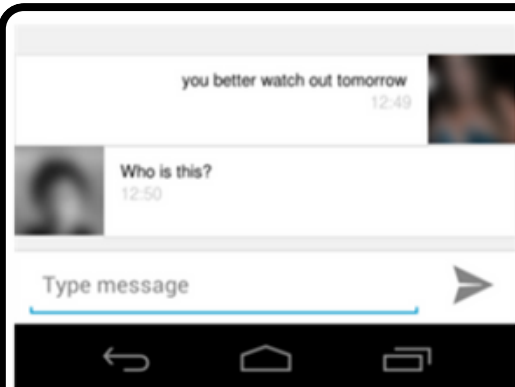
Is it Cyberbullying or Conflict?



Someone takes your phone and posts racist comments on your social media profiles.



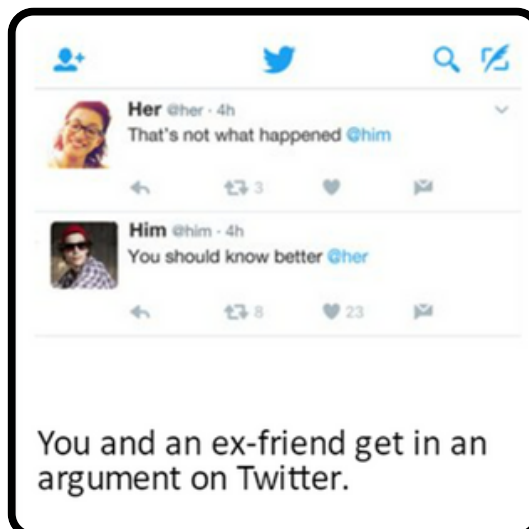
Someone starts a rumor about you online and a bunch of their friends help spread it.



A person you don't know starts sending you threatening texts.



A group of people gang up on you in an online game you regularly play.



You and an ex-friend get in an argument on Twitter.



Is it Cyberbullying or Conflict?



Scenarios:

A scholar posts a negative review of a concert given by another scholar's band. The review focuses on the band members' skill as musicians and the quality of their music. (Conflict)

A scholar posts that one of the teachers at his school is unqualified to teach. The teacher's name is not used, but he is clearly recognizable to anyone who knows him. (Cyberbullying)

A teacher discovers a website that is intended to mock a scholar in her class and will likely lead to the scholar being harassed at school. The site was not created at school and is not hosted on school computers. (Cyberbullying)

A scholar uploads a YouTube video of his band performing a song that makes fun of teachers. No specific teacher is named or is identifiable from the song. (Conflict)

A scholar writes a letter to the school administration stating that a teacher has used improper discipline in class. (Conflict)

A scholar finds that photos of her, which were taken by her (now ex) boyfriend, have been shared publicly on Instagram. Then they were copied and reproduced in many more places, including photo-sharing sites. Her ex-boyfriend says that he is not responsible for what was done with the photos after he uploaded them. (Conflict)



Is it Cyberbullying or Conflict?

A scholar writes a private email to his girlfriend accusing her of cheating on him.
(Conflict)

A Teacher asks scholars in her class to help write holiday greetings in a variety of languages for the school's website. Without the teacher's knowledge, one of the scholars' contributions is a false and insulting statement against another teacher.
(Cyberbullying)

A scholar posts a picture of her boyfriend on her Instagram account with the hashtag #cheater. (Conflict)

A scholar discovers that other scholars in his class have created an online poll in which scholars are invited to vote on which scholars in the class should be beaten up.
(Cyberbullying)



Activity Plan

Title: It's Not Okay to Stay Not Okay!

Suggested Time: Two 45-minute sessions

Suggested Grade Level(s): 9th–12th

<p>Activity Objective:</p> <ul style="list-style-type: none"> Scholars will understand that it is okay not to feel your best all the time, but there are times when not feeling okay is a concern. <p>Materials:</p> <ul style="list-style-type: none"> scripts for grocery stores/bakery script for community partners markers/pencils construction paper <p>Vocabulary:</p> <ul style="list-style-type: none"> health and wellness resources compassion change agent 	<p>Activity Overview: Scholars will plan and implement a community health and wellness fair.</p>	
	<p>Bridge (Connect & Engage)</p>	<ul style="list-style-type: none"> Facilitator: <i>Did you know that it is okay not to be okay? Have you ever heard that saying before? Allow scholars to raise their hands. What does that mean? Allow scholars to respond.</i> Facilitator: <i>Thank you so much for those thought-provoking answers! You are correct. It is okay to experience stress. It is okay to feel sad. It is okay to have a bad day. Basically, it is saying we are human, and it is okay to feel what you feel. This includes feelings other than joy and happiness. It is okay not to be okay. Raise your hand if you have ever felt as if you were not okay. The facilitator should also have a raised hand.</i> Facilitator: <i>The holidays can be a hard time for people for many reasons. What we do not want is for people to never feel okay! Show: Marshmello & Demi Lovato – "OK Not To Be OK" (Official Music Video.)</i> Facilitator: <i>What is your reaction to this song? What stood out for you? Allow scholars time to share how this song made them feel.</i>
	<p>Boost (Teach)</p>	<ul style="list-style-type: none"> Facilitator: <i>So if it's okay to not be okay, but it's not okay to stay not okay, how do you get okay? What do you do? Allow scholars to respond. Yes! Get help! So many people struggle with this. For this reason, we are going to plan and host a community health and wellness fair.</i>
	<p>Build (Rehearse & Build for Transfer/Close)</p>	<ul style="list-style-type: none"> Facilitator: <i>We must decide as a group when, who, what, and where? The group should work together to decide on the logistics, theme and other important details for the health and wellness fair. Scholars should then be separated into smaller groups to continue planning.</i>

Differentiation Station

Scaffolds & Suggestions for Remediation

Suggestions for Acceleration



Ninth- and tenth-grade scholars can call the local grocery stores and bakeries for water and snack donations. Scholars will receive a script to say to the company.

Scholars can design flyers for the event. Flyers can be created in English and other languages as well.

Eleventh and twelfth grade scholars can call/email community partners to invite them to the fair. Scholars will receive a script to say to the community partner.

Scholars will create and maintain an RSVP spreadsheet.

Scholars can craft a newspaper article to send to the local newspaper advertising the event.

Activity Reflection: Facilitator: Ace wants to know how it feels to know you helped someone get the resources they need to be okay.

Supplemental Resources:

Marshmello & Demi Lovato - OK Not To Be OK (Official Music Video)



Community Health and Wellness Fair Scripts

Grocery Store/Bakery

Good morning/afternoon,

My name is _____ and I am calling on behalf of _____ (your organization).

We are hosting a community health and wellness fair on _____ . The purpose of the fair is to bring awareness to mental health challenges affecting our community. Who do I need to speak to about your organization donating snacks and water?

Thank you so much.

Community Partner

Good morning/afternoon,

My name is _____ and I am calling/emailing on behalf of _____ (your organization). We are hosting a

community health and wellness fair on _____ . The purpose of the fair is to bring awareness to mental health challenges affecting our community. We would like to invite you to attend. Please check your availability and RSVP by

_____. Thank you so much. If you have any questions or concerns, please do not hesitate to reach out to _____ at

_____.

Thank you again.

Activity Plan

Title: Mental Health Matters

Suggested Time: 30–45 minutes

Suggested Grade Level(s): 9th–12th

<p>Activity Objective:</p> <ul style="list-style-type: none"> Scholars will understand that their mental health is just as important as their physical health. <p>Materials:</p> <ul style="list-style-type: none"> bingo cards <p>Vocabulary:</p> <ul style="list-style-type: none"> mental health accountability 	<p>Activity Overview: Scholars will create mental health bingo boards and complete the activities for a chance to win bingo!</p>	
	<p>Bridge (Connect & Engage)</p>	<ul style="list-style-type: none"> Facilitator: <i>Mental health. We hear this term all the time, but what does it really mean? What does it entail? Allow scholars to share their thoughts. Mental health includes our emotional, psychological, and our social well-being. It affects how we think, feel, and act. Our mental health determines how we handle stressful situations, how we deal with other people, and why we make the choices we make. We hear this term all the time, but it really is a big deal! If you accidentally broke your leg, what would you do? Would you just go home and hope it gets better? No, you would go to the doctor. The doctor would assess you and develop a treatment plan to heal your broken leg. Sometimes, our mental health gets broken. You may need to go to the doctor, let them assess your mental health, and develop a treatment plan to heal you. Your mental health is just as important as your physical health.</i>
	<p>Boost (Teach)</p>	<ul style="list-style-type: none"> Facilitator: <i>When we get sick physically, we go to the doctor. The doctor always shares practices to help us improve our physical health. Mental health works the same way. What are some practices we can do to improve our mental health? Allow scholars to respond. Eat healthy, get enough rest, self-care, go to therapy or your school counselor, and practice gratitude are all great options.</i>
	<p>Build (Rehearse & Build for Transfer/Close)</p>	<ul style="list-style-type: none"> Facilitator: <i>Today, we are going to create mental health awareness bingo boards. As a group, we will discuss which activities we want to add to our boards. These will be activities that improve our mental health. Once we have our list of activities, you can add them wherever you want. Place an X over any activity you complete at home. You will also need to take a picture of yourself completing the activity. Once we return, we will play bingo. If you get bingo, you will win a little surprise.</i>



Differentiation Station

Scaffolds & Suggestions for Remediation

Suggestions for Acceleration



The facilitator can give scholars a list of self-care activities as a visual.

Scholars can also receive a prefilled bingo sheet.

Scholars can use Google Translate or text-to-talk features on available apps as needed.

Scholars can partner with someone, particularly someone who speaks the same native language.

Scholars can create an accountability group chat and encourage each other to take part in the self-care activities.

Activity Reflection: Facilitator: Ace wants to know why it is important for you to take care of your mental health.

Supplemental Resources:



Mental Health Bingo

Practice developing some mind-healthy habits with a game of Mental Health Bingo. Pick one activity to do per day and try to get Bingo this week.

Turn off your phone an hour before bed	Download a productivity app	Say something nice about yourself	Stretch for 10 minutes	Expose one anxious thought
List 5 things you are grateful for	Take a 10 minute walk	Read an inspirational book	Enjoy a phone-free meal	Immerse yourself in a calming scent
Find a mantra you like & repeat it throughout the day	Revisit an old hobby	Set two personal deadlines	Write in a journal	Check out a new podcast
Finish an overdue task	Create a mood boosting playlist	Clean out your inbox (15 minutes)	Download a mindfulness app	Create a nighttime ritual
Take a no-distractions walk	Expose one negative thought	Meditate for 10 minutes	Listen to something uplifting	Fix something the bothers you



Mental Health Bingo

B I N G O

		FREE SPACE		

Self-Care Ideas for Scholars

- Listen to music.
- Take a break from social media for a bit.
- Get a plant. Not only are plants good for your mental health and physical space, but taking care of a plant can be a simple way to add more fulfillment in your life.
- Sleep well. Getting enough sleep is essential to your cognitive function and mental health (and your physical health, too).
- Give yourself a bedtime and a wake-up time, even if you don't have anything to do, to get yourself into a healthy routine.
- Color in an adult coloring book (or even a kids' coloring book).
- Meditate.
- Read some uplifting news stories.
- Get outside. Fresh air does amazing things for your mental health.
- Binge your favorite Netflix show.
- Practice daily positive affirmations.
- Reorganize your room.
- Pet your dog or cat. We're not joking — studies have shown that petting an animal releases serotonin (the chemical in your body responsible for happiness).
- Keep a journal.
- Put your phone away (or on silent) at least an hour before you go to bed.
- Open your blinds and curtains and let the sun in.
- Light a scented candle or diffuse essential oils.
- Open a window and let some fresh air in.
- Create a Pinterest board and fill it with motivational quotes and inspiring pictures.



Self-Care Ideas for Scholars

- Stargaze. Stare into the stars and feel the power of the universe.
- Buy yourself some flowers.
- Give yourself a manicure or pedicure.
- Wear an outfit that makes you feel great about yourself, even if you aren't going anywhere.
- When you catch yourself thinking negatively, come up with a way to spin it positively.
- Give yourself a mental health day when you feel overwhelmed or burnt out.
- Make your bed.
- Embrace your emotions. If you need to cry, let yourself cry.
- Make a vision board.
- Unfollow negative people on social media. You don't need that in your life.
- Laugh—laughter is good for your mental wellbeing and your happiness. Watch some comedies, tell some jokes, watch stand-up comedians, or even listen to a funny podcast.
- Find a new game to play in the app store on your phone.
- Get some window markers and decorate your windows.
- Use sticky notes or window writers to write love notes to yourself on your bathroom mirror.
- Go for a drive. It doesn't matter where you go.
- Take one photo a day and turn them into a photo journal of your life.
- Sit down and do absolutely nothing for a little while. Let yourself be in the moment.
- Go Marie Kondo to your home and declutter. Get rid of everything that no longer brings you joy.



Self-Care Ideas for Scholars

- Organize your space. Clutter and mess can cause stress and anxiety.
- Check in with yourself daily and ask yourself what you need right now.
- Practice gratitude. Make a list of everything you're grateful for.
- Use a shower bomb to turn your shower into an aromatherapy haven.
- If you feel stressed out, stop and do a grounding exercise. Make note of 3 things you see, hear, smell, and feel around you.
- Eat mindfully. While you eat, focus on chewing every bite and eat slowly. Don't turn the TV on or do anything else while you're eating.
- Practice self-compassion. Be kind to yourself and try to stop being so hard on yourself.
- Collect motivational quotes on a Pinterest board, your wall, or a vision board.
- Make a list of 20 things you love about yourself. If you can come up with more, that's even better.
- Write positive things to say to yourself or little self-love notes and put them in a jar. On days when you feel stressed or not mentally well, pick one and read it to yourself.
- Find a nice, peaceful spot and watch the sun set. If you're an early riser, do this for a sunrise.
- Make yourself a little self-care kit filled with things that make you feel happy and relaxed. These are fun to curate, and you can keep it on hand when you need a mental break.
- Create a cozy space you can lie down and relax in, whether it's a pile of pillows or just a corner of the couch where you can spread out.

