

# Leadership

**Lesson:** Wednesday April 8

**Bellringer:** List one thing that make you happy and one thing that makes you worry.

**Objective:** Students will be able to research and apply mental health strategies to their lives.

**Standard:** 1.3.1

**Activity:** Explained on next slides

# How to do bellwork and assignments:

Create a google doc for leadership class.

Each day, put that day's date. You will use this doc for all assignments for this class.

Under the date, have two sections:

- Bellwork answer:

- Assignment:

An example is on the next slide.

## Leadership

### **Monday April 6, 2020**

Bellwork answer:

Assignment:

### **Tuesday April 7, 2020**

Bellwork answer:

Assignment:

### **Wednesday April 8, 2020**

Bellwork answer:

Assignment:

# Mental Health

- It's easy to get lost in who you are at this time.
- You need to research ways to improve your mental health and create a list (at least 5).
- Next to each one, explain why this helps someone improve their mental health.
- In a paragraph below your list, explain what things on the list you do or will try. Also include other things that you do that help you.