Mara Dahlberg

Mental Illness and Addiction

**Lesson**

**Depression (it is not just being sad…)**

Grade Range Lower Primary

Health & Wellness

**Objectives:**

Students will create visual images to express their activities when feeling happy/sad

Students will demonstrate knowledge of three signs of depression by writing them down

**Materials:**

* Plain drawing paper folded in quarters, and unfolded to create divisions.
* Crayons
* Writing paper and pencils
* Talking stick or toy for discussion time
* Computer with projector, internet access

**Sequence:**

* Activation of prior knowledge of *feelings and emotions* through discussion.
  + Students will then draw four pictures of activities they participate in while feeling happy, excited, or energetic.
  + Students will then draw four pictures of activities they participate in while feeling sad, bored, or upset.
* Video on Depression will be shown (*Knock, Knock Who’s There?* 5:25)
  + <http://www.btslessonplans.org/teaching_vid.html>
  + This video is in cartoon and is targeted toward younger children, there are many points when it would be beneficial to pause the video and point out the warning sign or characteristic of depression that is being depicted.
* Closure discussion, stressing the importance of telling someone and asking for help.
* Time for questions, comments.

**Assessment:**

* Students will either in their journals, or on slips of paper, write down three of the signs of depression that they saw in the video.
  + Answers will vary, some possible include:
    - Loss of interest in things you use to enjoy
    - Lazy/Tired
    - Ignoring family/friends
    - Not doing household chores
    - Moping or sadness
    - Mood swings, anger or frustration
    - Etc.

**Differentiation:**

Feeling words can be altered. For example anger and frustration may need to be addressed if working in a room that includes students with EBD’s.

Three signs of depression, instead of written on exit slips or journal, can be verbally expressed to teacher or para.

Challenge: Research depression help lines or local mental health services. Make a public service announcement poster to hang in the classroom or school.

**Time Requirement: 45 minutes**