

Dear Indianola Academy Parents,

As students are facing a world of uncertainty as well as undergoing big changes in their physical, social, and emotional growth, Indianola Academy continues its partnership with Aim for Success to help students learn how their surroundings, relationships, and emotions impact mental health. We ask that parents join us on October 12<sup>th</sup> at 6:30pm in the Indianola Academy Gym for a 1 hour parent meeting where the presenter will give an overview of the program and share some important information with parents.

This program will be presented to grades K-12 in groups. The K-2<sup>nd</sup> grade students will meet for 30 minutes and 3<sup>rd</sup>-5<sup>th</sup> will meet for 45 minutes. Their program is called "The Big Adventure". Grades 6-9 and grades 10-12 will meet for 60 minutes. Their program is called "Navigate".

Our partnership with Aim for Success has been in place for many years and their speakers have presented important information in a very effective way to parents and students. At the parent meeting you will get an overview of the material they will cover with the students, valuable advice, and information on important conversations you can have with your students after the meeting. The information they will provide is important and we hope that you will make every effort to attend this important meeting.

You can view the attached links or visit [www.aimforsuccess.org/mentalhealth](http://www.aimforsuccess.org/mentalhealth) for an outline of the program's content.

Location: Indianola Academy Gym

Date: 10/12/2021

Time: 6:30pm

Please make plans to be a part of this important program.

## **Navigate**

### **Introduction and Strategies to Manage Mental Health 2021-2022 School Year**

#### **6<sup>th</sup>-12<sup>th</sup> Grade Outline for a One-Hour program**

Portions of the program will be omitted if less than one hour.

**Introduction** - Our longest road trip is called LIFE, and the vehicle is our bodies, our minds, and our overall mental health.

#### **Managing Emotions**

Regulate, don't repress your emotions. Calm yourself down or pick yourself up.

Breathing techniques and the importance of relaxation are discussed.

Get Enough Sleep: Sleep is very important and can help regulate emotions.

#### **Relationships**

Healthy and unhealthy traits of a friend are discussed.

Friends can influence you to make positive choices or negative choices.

Show empathy by being K.I.N.D.

KeeP checking in / Be Interested / Navigate through tough times / Deepen understanding

#### **Resilience**

Challenging experiences may impact your life, but you can turn it into a positive outcome...you can bounce back. Keeping your dreams and goals in mind will give you traction when faced with unexpected challenges.

**Trauma** - Physical, verbal, or sexual abuse is never the victim's fault. Tell an adult and seek help.

**Positive Self-Talk** Words of Affirmation: "I will overcome life's challenges", "It's not where I started, but how I finish that matters".

#### **Stigmas**

Talking about mental health is not weak, it's wise.

Students are given tips on starting the conversation and methods you can use to reach out if it's too intimidating to start with a verbal conversation.

Know when you need to refuel.

#### **Anxiety**

The brain's response when it thinks you are in danger or there is a threat (Fight/Flight/Freeze).

Difference between common anxiety vs. anxiety disorder. Review of regulation techniques.

**Depression** - Defining depression and review of regulation techniques. The effects of technology on mental health are discussed.

#### **Suicide/Self Harm (not included in 6th grade)**

If extreme pain is too overwhelming to handle on your own, see help from a trusted adult or professional. Students hear the true story of Reece Johnson. Discussion of healthy vs. unhealthy coping.

#### **Conclusion**

A rubber band can stretch and hold things together, but when it is stretched too much it can break. Taking care of your mental health will help you to not stretch too far.

## ***The Big Adventure***

### ***Introduction and Strategies to Manage Mental Health 2021-2022 School Year***

#### **Kindergarten-5<sup>th</sup> Grade Outline**

**(K-2<sup>nd</sup> Grade program is 30 minutes / 3<sup>rd</sup>-5<sup>th</sup> Grade program is 45 minutes)** Portions of the program will be omitted if less time is permitted.

#### **Introduction**

Students begin with an interactive game introducing them to Journey, who is starting her first day at a new school. Through Journey's adventures, students learn Super Tools to manage their mental health.

#### **Introduction to Emotions**

Tool #1 - Deep Breathing: Students practice a technique to help regulate their emotions in a healthy way.

Expressing Emotions - We don't have to keep our emotions to ourselves, we get to share/express them to others.

It's important to express emotions because it keeps us healthy and helps others know how to care for us.

Object Lesson Game - Students identify and act out how different situations can make us feel different emotions.

#### **Relationships**

Tool #2 - Friendship: Good friends can help us through difficult things. Friends can influence you to make positive choices or negative choices. We are "stronger together" when we choose friends who encourage us to make positive choices.

A good friend:

All Grades - shares with others / encourages you

K-2<sup>nd</sup> Grade - someone who is kind / helpful / plays fair

3<sup>rd</sup>-5<sup>th</sup> Grade - someone you can trust / understands your feelings / listens when you need to talk

Adult Helpers (K-2<sup>nd</sup>) / Trusted Adults (3<sup>rd</sup>-5<sup>th</sup>): Encourages you

Listens when you need to talk

Gets your family or friends involved to help you

Does not ask you to keep secrets but encourages you to seek help from parents or counselors

#### **Conflict Resolution**

Tool #3 - Change My View: When you change your view, you are choosing to see things the way another person sees them.

Students play a game that demonstrates there are things we can control and things we can't control. Make positive choices in things we can control and work on accepting things we cannot control.

#### **Nutrition**

Tool #4 - Brain Food: Students identify examples of healthy foods vs. junk foods. Brain food can help keep your brain healthy so you can focus on doing well on your schoolwork.

#### **Knowing who you are**

Tool #5 - Positive Self-Talk: Look at yourself in the mirror and tell yourself, "I am capable, I am lovable, and I can be a good friend".

Just like our friends and family encourage us to feel confident, we can talk about ourselves in a positive way.

**Conclusion** - Students are challenged to use the Five Tools they learned on their own Big Adventure. .

A voluntary, anonymous survey is offered to students. Response averages/comments are sent to the school.