

**250<sup>TH</sup>**  
ANNIVERSARY



Britannica  
Digital Learning

# Britannica Classroom Support

**October 2019**

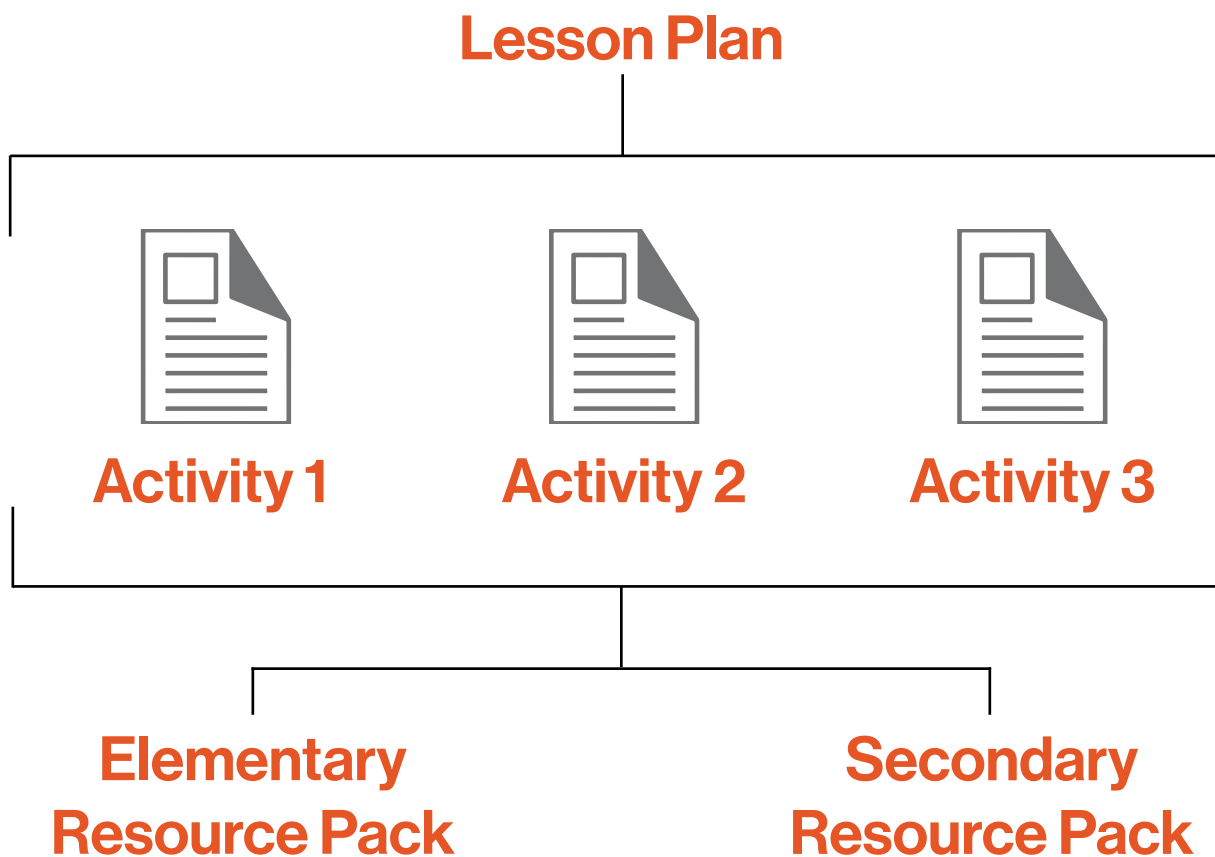
# Introduction

Our Professional Learning Team of Education Consultants have put together a series of lessons, articles, activities, and supporting resources from Britannica School to support lessons around key topics and themes. Within Britannica School Resource Packs, educators can find multimedia content curated for each lesson bundle.

At Britannica we understand that as a teacher you are always pushed for time, and might not always be able to dedicate enough time to lesson planning.

Don't worry, we've got you covered!

## Here is what you will find in each thematic lesson bundle:





## Mental Health Awareness Classroom Lesson



### Go to the lesson.

Use this resource in **October** for World Mental Health Day to educate about the ever-growing concerns among students and help them to understand the issues and solutions.

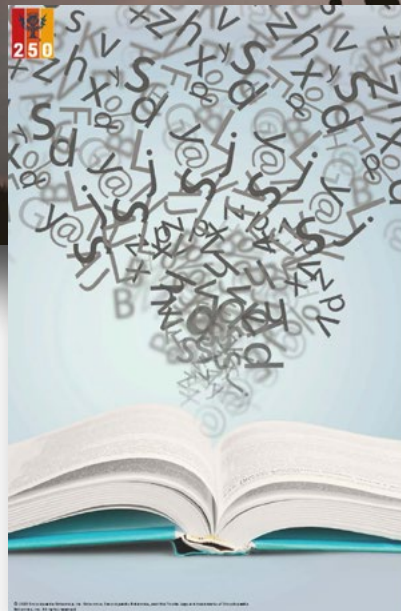
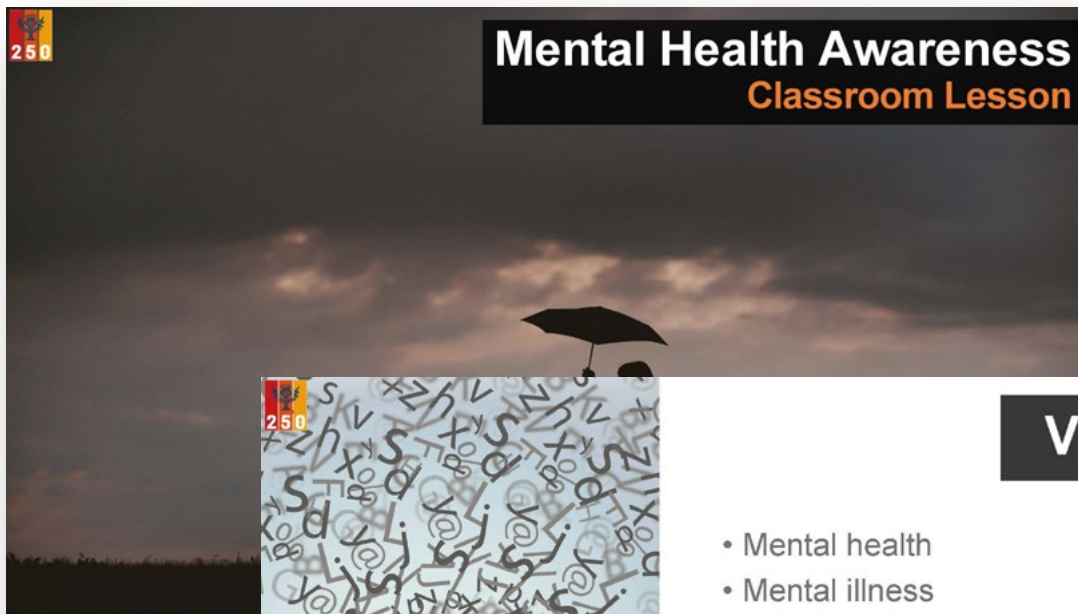
# Mental Health Awareness

Teach students about wellbeing

## Classroom Lesson

[Click here](#)

This lesson encourages students to reflect on themselves and what makes them content, and allows for older students to identify how ideas around mental health have progressed.



## Vocabulary

- Mental health
- Mental illness
- Psychological
- Behavioural
- Emotional
- Mindfulness

## Learning Outcomes

Identify the meaning of 'mental health.'

Understand the importance of mental health in society and why we must raise awareness.

Consider how to improve your own mental health, as well as others.

## Mood Reflection Activity

[Click here](#)

Ideal for elementary school students, this exercise encourages them to discuss how they feel today, what a bad day looks like and what makes them happier.

## Leaflet Creation Activity

[Click here](#)

This creative exercise for middle school students asks them to design a leaflet resource that presents different mental health treatments.

## Letter Writing Activity

[Click here](#)

Teach students how to write a letter while encouraging them to discuss why mental health is important and what can keep them happier in life.

**Engage students with a collection of leveled Britannica articles, multimedia and primary source documents related to this topic.**

Ideal for independent research tasks, inquiry-based learning, and curiosity-led discovery.



**Get the elementary resource pack**



**Get the secondary resource pack**

**Britannica School is the most comprehensive, up-to-date digital informational text for K-12 students.**

As the go-to site for research—the core of any inquiry learning model—Britannica School offers thousands of curated and curriculum-relevant articles, images, videos, audio clips, primary sources, maps, research tools, recommended websites, and three unique, but connected, databases to meet every reading level.

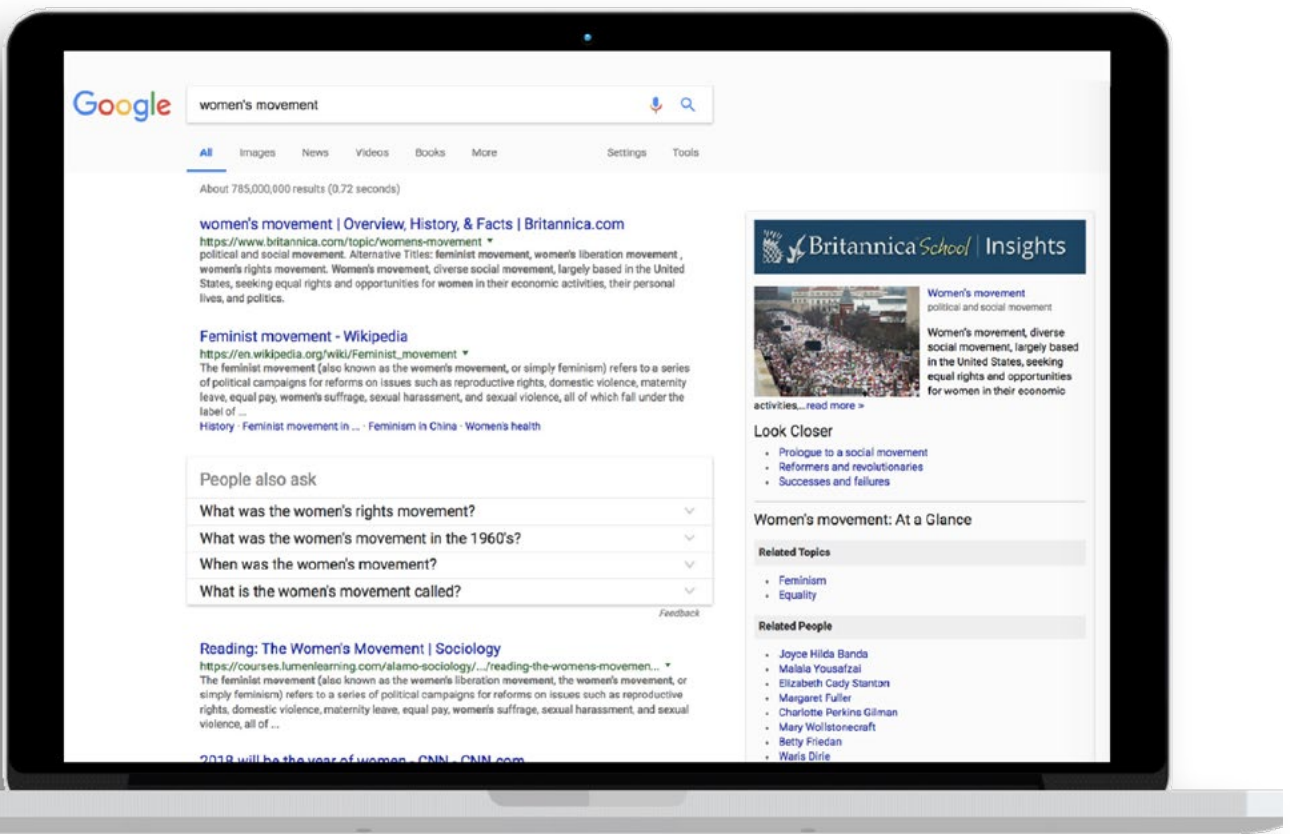
Britannica School's worldwide reach is unparalleled.

**150M+**  
Students

**6 in 10**  
Educators

**83+**  
Countries





**As a subscriber of Britannica School, you also have free access to Britannica School Insights, a FREE Google Chrome plug in that ensures your students have access to vetted resources while they navigate the web.**

**ADD TO CHROME**

With the extension installed, when a search is conducted using the Chrome browser, Britannica School results will appear in the top right corner of the results page.

To download the plug-in, just click the 'Add to Chrome' button above, or search 'Britannica School Insights' in the Chrome web store. You will need to download the plug-in on every device you would like to have access.

**Join the 700,000 students and teachers using Britannica School Insights.**

### **Why Britannica School Insights?**

- Provide your students with fact-checked and up-to-date resources
- Nurture smarter searchers by ensuring a trusted Web companion is always within reach
- Make every minute of screen-time count: more time learning and less time looking

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for help or more  
resources**

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