

Secondary Guidance Lesson

*Back to School - Mental Health*

**Objective:** To help students and staff recognize emotions they may be having about coming back to school, understand that they are not alone, and encourage connectedness.

**Video**: <https://video.link/w/JCc6c>

**Activity: Discuss and reflect**

**Use best practices to facilitate a discussion among students.**

1. Before school started this school year, how were you feeling about coming back and why?
2. How are you feeling now and why?
3. When we say, “We are in this together, what do we mean?”
4. How can we support each other here at school?

**Follow-up/Closing:**

* What is something you will do to support a friend this year.
* How do you like to receive support?

**Extension:**

Create a visual (drawing, video, etc.) that illustrates that we are “In this together”.