

STEAMS Mental Health Awareness Month Project-Based Lesson Plan (7-12)

Objective: The objective of this interdisciplinary lesson plan is to promote mental health awareness and destigmatize mental illness during Mental Health Awareness Month. Through a STEAMS (Science, Technology, Engineering, Arts, Mathematics, and Social Studies) approach, students will explore the science of mental health, technological tools for mental health support, engineering solutions for promoting well-being, artistic expressions of mental health experiences, mathematical analysis of mental health data, and social studies perspectives on mental health issues. Suitable for grades 7-12, this lesson plan aims to empower students to prioritize mental health, cultivate resilience, and foster supportive communities.

Key Components

Science (S): Understanding Mental Health

Topics:

- ❖ Activity: Explore the biological, psychological, and environmental factors influencing mental health and well-being.
- ❖ Project: Conduct research on different mental health disorders, their symptoms, causes, and treatments. Investigate the role of genetics, brain chemistry, and environmental stressors in mental illness.

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| <p>Technology (T): Technological Tools for Mental Health Support</p> | <p>Topics:</p> <ul style="list-style-type: none"> ❖ Activity: Research technological innovations for mental health support, such as mental health apps, online therapy platforms, and wearable devices. ❖ Project: Design and develop a prototype for a mental health app or online resource aimed at promoting well-being and providing support for individuals experiencing mental health challenges. |
| <p>Engineering (E): Engineering Solutions for Promoting Well-being</p> | <p>Topics:</p> <ul style="list-style-type: none"> ❖ Activity: Explore engineering solutions for creating supportive environments and reducing stressors that impact mental health. ❖ Project: Develop proposals for engineering projects aimed at promoting mental well-being in schools or communities. Brainstorm spaces or structures that enhance mental health, such as mindfulness rooms or community gardens. |
| <p>Arts (A): Artistic Expression of Mental Health Experiences</p> | <p>Topics:</p> <ul style="list-style-type: none"> ❖ Activity: Examine artistic expressions of mental health experiences through visual arts, music, literature, and performance. ❖ Project: Create artworks, songs, poems, or performances that reflect personal experiences with mental health or convey messages of hope, resilience, and support. |

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| <p>Math (M): Mathematical Analysis of Mental Health Data</p> | <p>Topics:</p> <ul style="list-style-type: none"> ❖ Activity: Collect and analyze data on mental health trends and access to mental health services. ❖ Project: Use mathematical concepts such as statistics and data visualization to analyze patterns and disparities in mental health outcomes. Identify areas for intervention and advocacy based on data analysis. |
| <p>Social Studies (SS): Social and Cultural Perspectives on Mental Health</p> | <p>Topics:</p> <ul style="list-style-type: none"> ❖ Activity: Investigate social and cultural factors influencing mental health stigma, access to care, and help-seeking behaviors. ❖ Project: Research the history of mental health treatment and advocacy, as well as current policies and initiatives aimed at improving mental health awareness and support. Analyze the impact of stigma on individuals and communities. |

Assessment Criteria

By the end of this lesson plan, students will demonstrate a comprehensive understanding of mental health, as well as proficiency in interdisciplinary skills across STEAMS disciplines. Assessment will be based on project completion, research quality, critical analysis, creativity, and the effectiveness of proposed solutions. This STEAMS Mental Health Awareness Month Project-Based Lesson Plan empowers students to prioritize mental health, cultivate empathy and understanding, and advocate for supportive communities where mental health is valued and promoted.