

GAME PLAN

WARM-UP

- 1. Begin by playing the **Warm-Up** video.
- 2. Distribute the handout entitled *Mental vs Physical Fitness* to each student and have them fill out the top two quadrants of the chart:
 - *What does it feel like/look like to be **physically** fit?*
 - *What does it feel like/look like to be **mentally** fit?*
- 3. Organize the conditions/feelings listed on the backside of the handout, into the two lower quadrants on the chart:
 - *What feeling or condition might contribute to you **NOT** feeling 100% **physically** fit some days?*
 - *What feeling or condition might contribute to you **NOT** feeling 100% **mentally** fit some days?*

GAME-ON

- 4. Begin by playing the **Game-On** video.
- 5. The example provided in the **Game-On** video talks about a girl who, after breaking her arm has no problem sharing the story with her friend about the injury or the treatment yet when the same girl experiences intense anxiety before a test, she isn't as comfortable talking about it with the same friend. Have a class discussion about why those experiences might be so different for the girl, taking the opportunity to highlight the similarities and the differences between the situations and introducing the word **STIGMA** to the students if it doesn't come out naturally in the conversation.
- 6. Give students the option to do the following activity either alone or in pairs. Students are asked to create a diagram/poster/scenario/comic, etc. with words and/or pictures to promote a healthy and compassionate response regarding mental health (positive or negative) much in the way they would likely respond kindly to the feelings of others regarding their physical health.

POST-GAME

- 7. Begin by playing the **Post-Game** video.
- 8. Have students take out their Goal Keepers and write a reflection describing how stigma can affect someone who is having a difficult day or is living every day with a mental health condition.

