



RethinkEd

Mental Health

Lessons and Objectives



RethinkEd Mental Health

The RethinkEd Mental Health program is a research and web-based K-12 solution that takes a proactive approach to reducing the impact of mental health issues, by providing training and education for adults and students to develop awareness, recognize signs, offer support, and seek help for themselves and others.

Mental Health Topics
Trauma
Substance Use Disorders
Reducing the Risk of Suicide
Human Trafficking
Anxiety
Depression
Preventing Violence
Mental Wellness
Healthy Identities
Online Safety
Kindness to Animals

The program includes a professional learning suite developed by a team of experts, covering 11 important mental health topics. It includes on-demand, video-based, training modules designed to support and improve social and emotional well-being of all adult learners and increase awareness and understanding of preventative measures around key mental health topics.

The comprehensive web-based, K-12 curriculum for students includes 182 grade-level lessons, encompassing 11 mental health topics. Each lesson includes an engaging video that addresses the general objectives, learning activities that encourage discussion, critical thinking, and application of the protective strategies, as well as time for personal reflection. Teacher and Student Resources provide key information designed to scaffold the instruction, making the learning accessible for all students. The lessons provide supports for implementing instruction in virtual or physical learning environments.

Professional Learning

- Support educators, school staff, families, and communities with scalable training.
- Engage with videos and extended learning activities.
- Implement strategies to increase community-wide awareness and support of mental health issues.
- Utilize resources and strategies for identification, prevention & support.

Student Curriculum

- Teach students to support peers struggling with mental health challenges.
- Engage with videos, discussion questions, learning activities, and instructional materials included in K-12 grade level lessons.
- Prepare students with strategies to improve their mental health and wellness.
- Empower students to seek help for themselves and others when necessary.

Mental Health Student Lessons

Trauma

The Trauma lessons include four lessons per grade level to help teachers and students navigate the emotions and stress that may follow a traumatic collective event such as a pandemic, natural disaster, violence on a school campus or in the community, etc. The lessons are designed to help students identify and express their emotions, manage their emotions, access a support system, and develop resilience to move beyond the traumatic event.

Grade	Topic	Lesson Title	Objective
K	Emotions	How Are You?	Students will identify, accept, and express their emotions, following a traumatic event.
K	Stress Management	Take a Breath	Students will learn strategies for managing their emotions, following a traumatic event.
K	Support Systems	You Belong	Students will recognize the importance of connection and support, following a traumatic event.
K	Resilience	Get Your Bounce Back!	Students will learn strategies for being resilient, following a traumatic event.
1	Emotions	All Emotions Are Okay!	Students will identify, accept, and express their emotions, following a traumatic event.
1	Stress Management	I Can Feel Better	Students will learn strategies for managing their emotions, following a traumatic event.
1	Support Systems	Who Can Help?	Students will recognize the importance of connection and support, following a traumatic event.
1	Resilience	How Can You Bounce Back?	Students will learn strategies for being resilient, following a traumatic event.

Mental Health Student Lessons

Trauma

Grade	Topic	Lesson Title	Objective
2	Emotions	How Do You Feel?	Students will identify, accept, and express their emotions, following a traumatic event.
2	Stress Management	Take Care of Yourself	Students will learn strategies for managing their emotions, following a traumatic event.
2	Support Systems	Thank You!	Students will recognize the importance of connection and support, following a traumatic event.
2	Resilience	Can't Stop Me Now	Students will learn strategies for being resilient, following a traumatic event.
3	Emotions	Colors of Emotions	Students will identify, accept, and express their emotions, following a traumatic event.
3	Stress Management	Breathe Deep	Students will learn strategies for managing their emotions, following a traumatic event.
3	Support Systems	My Connections	Students will recognize the importance of connection and support, following a traumatic event.
3	Resilience	Watch Your Words	Students will learn strategies for being resilient, following a traumatic event.
4	Emotions	E-Motions!	Students will identify, accept, and express their emotions, following a traumatic event.
4	Stress Management	Change a Feeling, Thought, or Behavior	Students will learn strategies for managing their emotions, following a traumatic event.
4	Support Systems	Connect 4	Students will recognize the importance of connection and support, following a traumatic event.
4	Resilience	Something Out of Nothing	Students will learn strategies for being resilient, following a traumatic event.

Mental Health Student Lessons

Trauma

Grade	Lesson Title	Lesson Title	Objective
5	Emotions	Emotion Words	Students will identify, accept, and express their emotions, following a traumatic event.
5	Stress Management	Feel CALM	Students will learn strategies for managing their emotions, following a traumatic event.
5	Support Systems	Who Ya Gonna Call?	Students will recognize the importance of connection and support, following a traumatic event.
5	Resilience	Just Maybe	Students will learn strategies for being resilient, following a traumatic event.
6	Emotions	All My Emotions	Students will identify, accept, and express their emotions, following a traumatic event.
6	Stress Management	Calm Your Body	Students will learn strategies for managing their emotions, following a traumatic event.
6	Support Systems	Who's Your Who?	Students will recognize the importance of connection and support, following a traumatic event.
6	Resilience	Facing My Challenges	Students will learn strategies for being resilient, following a traumatic event.
7	Emotions	Gauging My Emotions	Students will identify, accept, and express their emotions, following a traumatic event.
7	Stress Management	Calming Breaths	Students will learn strategies for managing their emotions, following a traumatic event.
7	Support Systems	Picture My Needs	Students will recognize the importance of connection and support, following a traumatic event.
7	Resilience	Beautiful Beyond	Students will learn strategies for being resilient, following a traumatic event.

Mental Health Student Lessons

Trauma

Grade	Lesson Title	Lesson Title	Objective
8	Emotions	Music and Emotions	Students will identify, accept, and express their emotions, following a traumatic event.
8	Stress Management	What Can You Do?	Students will learn strategies for managing their emotions, following a traumatic event.
8	Support Systems	Make the Connection	Students will recognize the importance of connection and support, following a traumatic event.
8	Resilience	Resilience: Action!	Students will learn strategies for being resilient, following a traumatic event.
9	Emotions	Patterns of Emotion	Students will identify, accept, and express their emotions, following a traumatic event.
9	Stress Management	Underlying Feelings	Students will learn strategies for managing their emotions, following a traumatic event.
9	Support Systems	Making Connections	Students will recognize the importance of connection and support, following a traumatic event.
9	Resilience	Trust and Resilience	Students will learn strategies for being resilient, following a traumatic event.
10	Emotions	More Than a Word	Students will identify, accept, and express their emotions, following a traumatic event.
10	Stress Management	Just Breathe	Students will learn strategies for managing their emotions, following a traumatic event.
10	Support Systems	Speed Connecting	Students will recognize the importance of connection and support, following a traumatic event.
10	Resilience	Acting with Resilience	Students will learn strategies for being resilient, following a traumatic event.

Mental Health Student Lessons

Trauma

Grade	Topic	Lesson Titles	Objective
11	Emotions	My Emotions, My Body	Students will identify, accept, and express their emotions, following a traumatic event.
11	Stress Management	Calming Moves	Students will learn strategies for managing their emotions, following a traumatic event.
11	Support Systems	Life After Trauma	Students will recognize the importance of connection and support, following a traumatic event.
11	Resilience	Hope Is...	Students will learn strategies for being resilient, following a traumatic event.
12	Emotions	Emotions in Music	Students will identify, accept, and express their emotions, following a traumatic event.
12	Stress Management	Take Charge	Students will learn strategies for managing their emotions, following a traumatic event.
12	Support Systems	Support Snapshots	Students will recognize the importance of connection and support, following a traumatic event.
12	Resilience	Build Your Resilience	Students will learn strategies for being resilient, following a traumatic event.

Mental Health Student Lessons Substance Use Disorders

General Objectives for Grades K-5

Students will identify what the body needs to be healthy.

Students will understand safe and unsafe substances.

Students will understand how substances affect the brain and body.

Students will learn protective strategies for reducing their risks of developing a substance use disorder.

Grade	Lesson Title	Objective
K	My Healthy Needs	Students will identify what they need to be healthy and the people who provide what they need.
1	Safe and Unsafe Substances	Students will identify safe and unsafe substances and consequences for misusing substances.
2	Using Medicine Safely	Students will identify safe ways to use medicine and develop self-control to make good decisions.
3	My Healthy Brain	Students will develop strategies to keep their brains healthy.
4	My Healthy Choices	Students will identify the messages they receive about substance use and identify positive interests and activities.
5	My Healthy Plan	Students will identify reasons teens might try drugs and develop a plan to reduce their risk of developing a substance use disorder.

Mental Health Student Lessons Substance Use Disorders

General Objectives for Grades 6-12

Students will understand the risks for teens using illegal substances such as alcohol, marijuana, and other drugs.
Students will identify the signs and symptoms that a person may have a substance use disorder.
Students will identify protective strategies that may decrease the risk of developing substance use disorders.

Grade	Lesson Title	Objective
6	Identifying Positive Activities	Students will develop the protective strategy of identifying and engaging in positive activities and interests and learn about the risks of alcohol use.
7	Identifying Positive Adult Relationships	Students will develop the protective strategy of identifying and building positive relationships with adults and learn about the risks of vaping and smoking cigarettes.
8	Managing Peer Pressure	Students will develop the protective strategy for managing peer pressure and learn about the risks of marijuana use.
9	Knowing Ourselves	Students will develop the protective strategy of self-awareness and learn about the risks of using amphetamines.
10	Practicing Communication	Students will develop the protective strategy of communication skills to advocate for themselves and their decisions and learn about the risks of opioid misuse and abuse.
11	Setting Healthy Goals	Students will evaluate protective strategies of making healthy decisions and setting goals for a healthy lifestyle and learn the risk factors of hallucinogens.
12	Evaluating Protective Strategies	Students will evaluate protective strategies to reduce their risk of developing substance addictions.

Mental Health Student Lessons Reducing the Risk of Suicide

General Objectives for Grades K-5

Students will understand hope as the belief that things will get better.

Students will ask for help when a situation or their emotions feel overwhelming.

Students will develop protective strategies to increase their hope and reduce their vulnerability to suicidal ideation.

Grade	Lesson Title	Objective
K	Feeling Hopeful	Students will identify situations that can make them sad and ways to grow their hope.
1	Hopeful Changes	Students will identify that feelings change and develop ways to grow their hope when they are feeling sad.
2	Hopeful Helpers	Students will identify people in their lives who help them grow their hope.
3	Stories of Hope	Students will use stories of hope to develop self-efficacy to grow their hope.
4	Hopeful Goals	Students will set a goal to improve an uncomfortable situation.
5	Spreading Hope	Students will grow their hope by helping others grow their hope.

Mental Health Student Lessons Reducing the Risk of Suicide

General Objectives for Grades 6-12

Students will identify warning signs for themselves or someone else who may be having thoughts of suicide.
Students will understand the importance of seeking help if they or someone else is having thoughts of suicide.
Students will identify resources to help themselves or someone else who may be having thoughts of suicide.

Grade	Lesson Title	Objective
6	Suicide Facts	Students will become aware of suicide statistics among teens and protective strategies for reducing the risk of suicide.
7	Suicide: Myth Busters	Students will learn facts about suicide and the resources available to reduce the risk of suicide.
8	Suicide: Risk Factors	Students will become aware of risk factors for suicide and protective strategies for developing resiliency.
9	Risk Factors for Suicide	Students will become aware of the risk factors for suicide and protective strategies, including empathy and inclusion.
10	Suicide: Warning Signs	Students will identify suicide warning signs and ways to help a peer who may have suicidal thoughts.
11	Suicide Stigmas	Students will identify stigmas about suicide and strategies for reducing the stigma by understanding facts about suicide.
12	Evaluating Protective Strategies	Students will evaluate risk factors and protective strategies to reduce the risk of suicide.

Mental Health Student Lessons Human Trafficking

General Objectives for Grades K-5

Students will understand their right to be safe and protected by adults. Students will recognize safe and unsafe touch and/or situations involving abuse. Students will learn strategies they can use when they feel unsafe.

Students will learn protective strategies to reduce their vulnerability.

Grade	Lesson Title	Objective
K	Safe and Unsafe Touch	Students will identify safe and unsafe touch and the adults who help them feel safe.
1	Feeling Safe	Students will recognize safe and unsafe touch by identifying emotions in their bodies.
2	Feeling Unsafe?	Students will develop self-advocacy skills to take action when they feel unsafe.
3	Safe Boundaries	Students will distinguish between safe, unsafe, and unwanted touch and identify their own boundaries.
4	Communicating Boundaries	Students will identify their personal boundaries and practice strategies to communicate their boundaries.
5	Our Boundaries	Students will identify their personal boundaries and respect the boundaries of others.

Mental Health Student Lessons

Human Trafficking

General Objectives for Grades 6-12

Students will understand what human trafficking is and that it is a violation of human rights.

Students will identify factors that put youth at risk for being trafficked.

Students will identify signs that someone may be being trafficked.

Students will develop protective strategies for reducing the risk of being trafficked, as well as empathy to show understanding to others.

Grade	Lesson Title	Objective
6	Traffickers' Tactics Online	Students will identify tactics that traffickers use to exploit young people online and identify the safeguards their support system of adults has for keeping them safe.
7	Human Trafficking: Rights and Laws	Students will identify human trafficking as a human rights issue and a crime and practice advocating for the rights of themselves and others.
8	Risk Factors for Human Trafficking	Students will identify factors that put youth at risk for being trafficked and develop empathy for others.
9	Recognizing Traffickers	Students will identify tactics traffickers use to exploit young people and evaluate their own boundaries.
10	Human Trafficking: Power and Control	Students will understand how traffickers exert control over survivors and develop their own sense of self worth.
11	Notice the Signs	Students will identify the signs that someone may be being trafficked and identify their own support systems.
12	Ending Human Trafficking	Students will identify barriers that make it difficult to end human trafficking and evaluate their responsibility for social change.

Mental Health Student Lessons

Anxiety

General Objectives for Grades K-5

Students will identify fear and worry in their feelings, thoughts, and behaviors.

Students will identify situations that cause anxiety.

Students will develop protective strategies to manage anxious feelings.

Grade	Lesson Title	Objective
K	Exploring Scared and Worried	Students will identify fear and worry in their feelings, thoughts, and behaviors and safe adults who can help them manage their fear and worry.
1	My Fears and Worries	Students will identify situations that cause fear and worry and strategies for developing self-compassion.
2	Managing My Worries	Students will identify worry in their feelings, thoughts, and behaviors and strategies for managing their worry.
3	Check In, Be Calm	Students will identify how anxiety affects the body and ways to calm the body.
4	Challenge That Thought	Students will identify situations that cause anxiety and strategies for managing anxiety.
5	Change It with Compassion	Students will identify signs that they or someone else may have anxiety and learn strategies to show compassion to themselves and others.

Mental Health Student Lessons Anxiety

General Objectives for Grades 6-12

Students will recognize signs and symptoms of anxiety in themselves and others.

Student will develop protective strategies to manage anxiety.

Students will identify resources available to manage their anxiety.

Grade	Lesson Title	Objective
6	Breathe Through It	Students will identify signs of anxiety and learn strategies for managing anxiety.
7	Present and Compassionate	Students will identify signs that they or someone else may be feeling anxious and learn strategies for showing compassion for themselves and others.
8	ICE Anxiety	Students will identify negative thinking that may contribute to anxiety and strategies to challenge their negative thinking.
9	Recognizing Anxiety	Students will identify situations that trigger anxiety and strategies for managing their anxiety.
10	Stop the Stigma of Anxiety	Students will identify and counter stigma surrounding anxiety and practice strategies for showing empathy to others who may be experiencing anxiety.
11	Cultivating Compassion	Students will identify signs that they or someone else may have anxiety and learn strategies for showing compassion to themselves and others.
12	Managing Anxiety	Students will assess their own levels of anxiety and identify resources to help manage their anxiety.

Mental Health Student Lessons Depression

General Objectives for Grades K-5

Students will identify sadness in their body, thoughts, and behaviors. Students will identify situations that cause sadness for themselves and others. Students will practice protective strategies to manage their sadness.

Grade	Lesson Title	Objective
K	Boost Your Sad Feelings	Students will identify sadness in their bodies and practice ways to boost their feelings.
1	Level Up With Love	Students will identify sadness in their feelings, thoughts, and behaviors and think about things and people they love to help them feel better.
2	Level Up!	Students will identify situations that cause sadness for themselves and others and strategies to help them feel better.
3	Identifying Sad Feelings	I can identify sad feelings in myself and others and show empathy to others.
4	Big or Small Problems	I can identify the size of a problem that makes me sad and the support I need.
5	We've Got Options	I can identify what problems that might make me sad and strategies for managing my feelings.

Mental Health Student Lessons Depression

General Objectives for Grades 6-12

Students will recognize signs and symptoms of depression.

Students will develop protective strategies to manage uncomfortable emotions that may lead to depression.

Students will identify resources to support themselves or others who may be feeling depressed.

Grade	Lesson Title	Objective
6	Optimistic Options	Students will identify negative thoughts that may lead to depression and learn strategies for being optimistic.
7	Affirming My Worth	Students will identify signs and symptoms of depression and develop a sense of their self-worth to manage uncomfortable emotions.
8	Compassionate Thoughts	Students will identify negative thinking patterns that may lead to depression and develop strategies for showing compassion for themselves and others.
9	ICE Stinking Thinking	Students will identify how thoughts can affect a person's emotional well-being and strategies for identifying and challenging negative thoughts.
10	Flip the Script	Students will identify the signs and symptoms of depression and practice strategies to develop optimism.
11	Know Your Worth	Students will identify messages they hear about depression and develop strategies to build their sense of self-worth.
12	Sense of Purpose	Students will identify and challenge their negative thoughts and explore finding a purpose to improve their mood.

Mental Health Student Lessons Preventing Violence

General Objectives for Grades K-5

Students will understand their right to feel safe and protected by adults.

Students will understand the difference between helpful and harmful behaviors and/or situations.

Students will develop protective strategies to reduce their vulnerability to be a survivor or perpetrator of violence.

Grade	Lesson Title	Objective
K	Choose Respect	Students will identify harmful behaviors and practice strategies for being respectful.
1	Work It Out	Students will identify harmful behaviors and practice strategies for managing conflict respectfully.
2	Helpful Boundaries	Students will recognize harmful behaviors and identify and respect healthy boundaries.
3	Safety Needs	Students will understand their right to feel safe and protected and practice speaking up to get the help they need.
4	My Safe Relationships	Students will understand their right to feel safe and protected through a sense of belonging in relationships.
5	Respecting Boundaries	Students will understand their right to be safe and protected and set and respect healthy boundaries.

Mental Health Student Lessons Preventing Violence

General Objectives for Grades 6-12

Students will learn about different types of violence.

Students will understand the roots and dynamics of violence.

Students will develop protective strategies to reduce their vulnerability to perpetrating or surviving violence.

Students will develop empathy and consider actions they can take to prevent violence.

Grade	Lesson Title	Objective
6	Safe and Protected	Students will understand the dynamics of family violence and strategies for developing a healthy support system.
7	Silencing Harassment	Students will identify and speak out against harassment and develop empathy for others.
8	Roots of Relationship Violence	Students will identify the roots of relationship violence and strategies for challenging stereotypes.
9	#HealthyRelationships	Students will identify the dynamics of relationship violence and strategies for developing healthy relationships.
10	Consent Culture	Students will identify sexual violence and understand the importance of asking for consent in healthy relationships.
11	Collective Violence	Students will identify, analyze, and speak out against collective violence and develop nonviolent strategies for resolving conflict.
12	Take Action to Prevent Violence	Students will analyze different types of violence in their communities and consider actions they can take to prevent violence.

Mental Health Student Lessons

Mental Wellness

General Objectives for Grades K-5

Students will learn what mental wellness is.

Students will learn how emotions can influence mental wellness.

Students will learn strategies to care for their mental wellness.

Students will develop awareness and empathy for themselves and others who may need help with their emotions.

Grade	Lesson Title	Objective
K	Feeling Happy	Students will identify different emotions and what helps them feel happy.
1	Happy Feelings	Students will identify what helps them feel happy and learn what helps others feel happy.
2	Spreading Happiness	Students will identify ways to feel happy and ways to help others feel happy.
3	My Emotion Superpowers	Students will identify a range of emotions and ways to care for their emotions.
4	Caring for My Emotions	Students will practice strategies for talking to someone about big emotions and identify ways to care for their emotions.
5	Empathy for Emotions	Students will identify strategies for caring for their emotions and ways to show empathy for others.

Mental Health Student Lessons

Mental Wellness

General Objectives for Grades 6-12

Students will learn what mental wellness is.

Students will learn how emotional, social, and physical factors can influence mental wellness.

Students will learn protective strategies for caring for their mental wellness.

Students will develop awareness and empathy for themselves and others who may need support to manage their mental wellness.

Grade	Lesson Title	Objective
6	Physical and Mental Wellness	Students will recognize the connection between physical and emotional wellness and develop a plan to support their mental wellness.
7	Change It Up	Students will identify a connection between their feelings, thoughts, and behaviors and their mental wellness.
8	Wellness Is Social	Students will evaluate how support systems can help them care for their mental wellness.
9	Mental Wellness Factors	Students will identify the factors that influence mental wellness and evaluate their own mental wellness.
10	Mental Wellness Supports	Students will research mental wellness strategies and make a mental wellness plan.
11	Social Factors of Mental Wellness	Students will identify the social factors that influence mental wellness and take action to support the mental wellness of themselves and others.
12	Mental Wellness Policies	Students will evaluate how policy can support mental wellness and take action to promote mental wellness for all.

Mental Health Student Lessons Healthy Identities

General Objectives for Grades K-5

Students will develop a positive understanding of their personal identities.
 Students will identify and appreciate social groups to which they belong.
 Students will develop an appreciation for the unique identities of others.
 Students will develop protective strategies to build a healthy self-identity.

Grade	Lesson Title	Objective
K	We Are Unique	Students will identify and celebrate their uniqueness and the uniqueness of others.
1	My Unique Interests	Students will identify and celebrate their interests and the interests of others.
2	My Family and Me	Students will celebrate their families and the families of others.
3	Our Stories	Students will share stories about themselves and celebrate the stories of others.
4	My Unique Strengths	Students will identify and celebrate the strengths they bring to their communities and explore ways to make a difference.
5	Respecting Values	Students will recognize where their values come from and respect the values of others.

Mental Health Student Lessons Healthy Identities

General Objectives for Grades 6-12

Students will develop a positive understanding of their personal identities.

Students will identify and appreciate their social identities.

Students will analyze how their identities shape their experiences in the world. Students will develop an appreciation for the unique identities and experiences of other.

Grade	Lesson Title	Objective
6	Appreciating Identity	Students will identify, analyze, and appreciate their identities and the identities of others.
7	Pieces of Me	Students will identify, analyze, and appreciate their social identities and the social identities of others.
8	Impacts of Identity	Students will identify, analyze, and appreciate their identities and the identities of others.
9	Identity Inventory	Students will identify the benefits and challenges of their social identities.
10	Identity Messages	Students will notice and reflect on messages about their personal and social identities.
11	Identity in Context	Students will analyze the context around their identities.
12	Identity Intersections	Students will evaluate how their identities impact their experiences in the world and vice versa.

Mental Health Student Lessons

Online Safety

General Objectives for Grades K-5

Students will understand guidelines for being safe online.

Students will balance time and activities online and off.

Students will show respect and empathy for others online.

Students will develop strategies for identifying the accuracy and validity of digital media.

Students will use technology to solve problems and help others.

Grade	Lesson Title	Objective
K	I Can Unplug	Students will identify the safe adults to help them online and recognize the importance of balancing their time on and off digital devices.
1	I Can Be Kind Online	Students will develop strategies to be safe and kind online.
2	I Can Find It Online	Students will develop strategies to stay safe online and find information, solutions, and ways to help others online.
3	Time to Unplug	Students will develop strategies to stay safe online and unplug from online activities.
4	Be Kind Online	Students will develop strategies to stay safe online and be kind online.
5	Be AWARE Online	Students will develop strategies to stay safe online and identify the validity and accuracy of information online.

Mental Health Student Lessons Online Safety

General Objectives for Grades 6-12

Students will protect themselves and others online.

Students will be respectful and show empathy to others online.

Students will balance time and activities online and off.

Students will evaluate the accuracy and validity of digital media.

Students will use technology to make a positive difference.

Grade	Lesson Title	Objective
6	Safe and Respectful Online	Students will develop strategies to protect themselves and others online and be respectful online.
7	Safe and AWARE Online	Students will develop strategies to protect themselves and others online and evaluate the accuracy and validity of digital media.
8	Safe and Connected Online	Students will develop strategies to protect themselves and others online and use technology to address a problem on campus.
9	Balancing Screen Time	Students will develop strategies to protect themselves and others online and evaluate their screen time.
10	Online Respect	Students will develop strategies to protect themselves and others online and engage respectfully online.
11	Check the Source	Students will develop strategies to protect themselves and others online and evaluate the accuracy and validity of digital media.
12	Solve the Problem Online	Students will develop strategies to protect themselves and others online and use technology to address a problem in their community.

Mental Health Student Lessons Kindness to Animals

For Grades K-5

Grade	Lesson Title	Objective
K	Animals Have Needs Too	Students will recognize that animals have needs.
1	Animals Have Feelings Too	Students will recognize the ways animals show their feelings.
2	Animals Have Boundaries Too	Students will recognize that animals have boundaries.
3	Showing Kindness to Animals	Students will identify ways to treat animals with kindness.
4	Caring for Animals	Students will identify animals' needs and ways to care for animals.
5	Empathy for Animals	Students will identify animals' emotions and some ways to show empathy to animals.

Mental Health Student Lessons Kindness to Animals

For Grades 6-12

Grade	Lesson Title	Objective
6	Animal Observations	Students will observe animals to learn how they use social and emotional skills to survive and thrive.
7	Connected to Animals	Students will identify the interconnectedness between humans and animals.
8	Animals' Emotional Support	Students will identify how animals can support a person's emotional needs.
9	Save the Animals	Students will identify endangered animals and take action to help.
10	Humane Treatment of Animals	Students will understand the importance of humane treatment of animals.
11	Animals and Culture	Students will identify how culture influences their beliefs and values about kindness to animals.
12	Protecting Animals	Students will explore animal protection topics and ways to protect animals.



About Us

RethinkEd was founded on a simple, yet powerful idea: To re-think education. To make it better and easier. To unburden school districts and empower educators. To improve outcomes and elevate accountability. To promote collaboration and inspire learning. And most importantly, to make a difference in the school day for everyone – administrators, educators, and students.

The RethinkEd solution is part of Rethink First, a global company that is transforming behavioral healthcare. Similar to Rethink First's other solutions that are innovating and improving outcomes for clinicians and employers globally, RethinkEd is pioneering EdTech with our relentless pursuit of innovative methods that put evidenced-based, data-informed, digitally delivered instruction and assessments into the hands of educators, clinicians, and parents who share our singularly minded focus: To power the potential of all children and to work together to help them succeed.

Get in touch

info@rethinked.com
(877) 988 - 8871
49 W 27th Street, 8th Floor
New York, NY 10001



RethinkEd
Together We Power Potential

