

<b>Materials</b>	Paper, markers, other art supplies, access to the internet
<b>Learning Outcome</b>	Recognize the connection between the brain and mental well-being and develop a goal for maintaining or increasing good brain health.

## Description

Watch the *Kids Learning Tube's Brain Song*. Discuss how your brain is the boss of your body and ask the child what important things they can do to keep their brain healthy (e.g., physical activity, sleep, healthy diet, spending time with friends, being mindful, learning new information, talking about their emotions and problems).

Discuss the topic of mental health and what it means to them. Invite the child to set some brain health goals using the S.M.A.R.T. goal setting approach. Ask the child to share their goal with you.

On a piece of paper, have the child write the letters S-M-A-R-T vertically down the page. Explain what each letter stands for and ask the child the question that supports the letter.

S - specific	What do you want to do?
M - measurable	How will you know when you've reached it?
A - achievable	Is it reasonable enough to accomplish?
R - relatable	Will it meet your needs?
T - timely	When do you want to achieve it?

For each letter, ask the child to write the answer to the question. Have the child review the goal they discussed with you, alter it as necessary, and write it at the bottom of the paper including related information from their answers to the questions.

The child can post their goal where they would like and revisit it every few days to reflect on it. If they achieve their goal, they can make another using the same strategy.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- Which part of the S.M.A.R.T. goal setting approach did you find the easiest to answer? Hardest?
- What other areas of your life could you apply the S.M.A.R.T. goal setting approach?