

Potential Integration:
ELA

Health
5.MEH.2.1 Interpret feelings of depression and sadness as normal responses to loss.
5.MEH.2.2 Summarize how to seek assistance from reliable resources for depression and sadness.

Materials Needed:

Me and Mr. Mah by Andrea Spaulding
Small boxes with lids brought from home for Memory Boxes
Colorful paper, tape, scissors, string, clips, glue, markers, stickers

Statement of Objectives:

We have talked about feelings of loss that might occur when someone (or something) dies. We also feel sadness when other losses happen. Today we will try to understand other losses that make us sad and by the end of the lesson, you will know how to get help for feelings of depression.

Focus:

Begin by saying, We all have times when we feel sad or depressed. Together we will read about a boy who is moving to the city with his mother and is therefore leaving his home, his father, and his classmates behind. Many of his feelings are similar to how he would feel if a loved one died.

After having read the book, Me and Mr. Mah, follow the story with these questions:

- After his parent split up, how did Ian’s life change?
- What were his “losses”?
- How did you know that Ian was sad?
- How did gardening help Ian feel better?
- Describe how the memory box helped Ian connect with his old life?

Teacher Input:

Display the PowerPoint on Sadness and Depression. Slides 1 – 6 are used in this step of the lesson. [Slide #7 is reserved for the Assessment activity.]

Slides 2 – 6 are animated. The teacher can show the title and graphic and ask students to brainstorm, then click again to display the answers. For example, with slide #2, the teacher asks, What do you know about sadness and how it makes you feel?

Specifically ask for slide #6, What adults in your life could you go to if you are sad?

Assessment:

Display slide #7. Say, One of the most helpful ways to handle sadness, grief, or depression is to create and enjoy a memory box. Today, we will decorate our boxes, then take them home to fill them. Tomorrow you will bring them back with a few treasured items.

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Share boxes, construction paper, and materials and give individual encouragement as they decorate their boxes.

The next day ask for volunteer to share why students brought in particular items. Encourage students to share stories about these items with family members.

Closure:

Sadness and depression are emotions that do not feel comfortable but are natural responses to feelings of loss. It is important to know that we have resources for assistance, such as counselors, teachers, and other family members.