

# MASP Activity Plan

|   |  |                  |   |
|---|--|------------------|---|
| Activity Title  | Celebrity Selfie   | Virtual Activity | <input checked="" type="checkbox"/> Yes<br><input checked="" type="checkbox"/> No |
| Theme   | Grade Level  | Time             | Activity #of#   |
| Mental Wellness   | High School  | 15 minutes       | 1 of 1  |
| Objective/Goal  | Students will address misconceptions and stigma about mental illness head on, with memorable examples that resonate with students.<br>Encourages students to investigate on their own, and to advocate to reduce   |                  |   |
| Activity Link   | Materials  |                  |   |
| <a href="https://classroommentalhealth.org/exercise">https://classroommentalhealth.org/exercise</a> | Access to Internet   |                  |   |
| Warm Up/  | Begin by discuss the stigmatization of mental health and it's negative effects. Then, have students search online for the story of a well-known person who shared about their own experience with a mental illness such as depression, bipolar disorder or anxiety disorder. |                  |   |
| Main Activity   | Ask students to write a one-paragraph summary of their story – a verbal “selfie.”  |                  |   |
| Wrap Up/<br>Reflection  |  |                  |   |

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Reflection

Have students share their paragraph and reflect on the stories.

Feedback/