

# MENTAL HEALTH THROUGH THE AGES

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<b>SUMMARY:</b>	Mood boards for different MESH concepts divided by age range. - Submitted by Gabi Burkholz and Morgan Froke
<b>TOPIC(S):</b>	Emotion identification, self-regulation, and self-care
<b>LEARNING OBJECTIVE:</b>	By breaking down identification, self-regulation, and self-care into three main age groups, we will take a closer look at how to best assist mental health for Jewish camps.
<b>AUDIENCE:</b>	Target age range is kindergarten through 10th grade camp youth.
<b>TIMING:</b>	5-15 minutes
<b>APPENDICES:</b>	Appendix A - Prompt Questions Appendix B - Emoji Cutout Appendix C – Mood Board
<b>MATERIALS NEEDED:</b>	Paper, pens, emoji cutouts
<b>SET-UP DETAILS:</b>	Boards and materials should be placed in rooms visible for cabin members. Materials should be explained at the beginning of the camp session and frequently visited throughout the week until the next board topic is put up.

## **SESSION TIMELINE:**

### **1ST SESSION:**

**00:00-00:08** – Introduction and explanation of Mood Board

**00:08-00:15** – Answer any questions about the use of the Mood Board

**00-0015-00:25** – Go through the first set of prompts on the mood board

## **OUTLINE:**

### **1ST SESSION:**

**00:00-00:08** – Introduction and explanation of Mood Board

At the beginning of the session, counselors will introduce mood boards and explain that, in an effort to engage in their mental, emotional, and social health, the cabin will use different prompts to explore their basic emotions (for K-3), self-regulation (for 4-6), and self-care skills (7-10 and staff).

**00:08-00:15** – Answer any questions about the use of the Mood Board

**00:15-00:25** – Go through the first set of prompts on the mood board

During a specified period in the day (we suggest doing this the morning, but whatever works best for the group), the cabin will spend between 5-15 minutes responding to the prompts included in Appendix A.

## **ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**

The participants can respond to the prompts in whatever way they would like, whether that be writing, drawing, or another method of expression. The prompts should be switched out every couple of days in order for campers and staff to continue using the mood boards and stay engaged in each other's mental, emotional, and social health. As campers grow older and staff grow closer in age, the psychological concepts should build off of one another and allow campers and staff to continue to bond and openly discuss their mental, emotional, and social health.

An important disclaimer: We are not asking anyone, camper or staff, to disclose any information that they do not want to share publicly. The mood boards are merely an exercise in basic mental, emotional, and social health, and only if necessary should they be used to delve into deeper issues. If there is a larger issue resulting from these mood boards, the proper camp professionals (i.e. camper care team, health center team, or full time team) should take over.

## **APPENDIX A: PROMPTS**

### **GRADES K-3 EMOTIONAL IDENTIFICATION PROMPTS:**

- When you woke up this morning, how did you feel?
- What are you excited for today?
- How does being at camp make you feel?
- What is your favorite camp activity and how does it make you feel?
- How does Shabbat make you feel?
- What are three things you love about camp?

### **GRADES 4-6 SELF-REGULATION PROMPTS:**

- What is your favorite outdoor activity at camp?
- What makes you feel in control?
- What is your favorite way to take a break at camp?
- When you are upset, what does your body feel like?
- What is a choice you can make based on what you need?
- How do you encourage yourself when you're trying something new at camp?

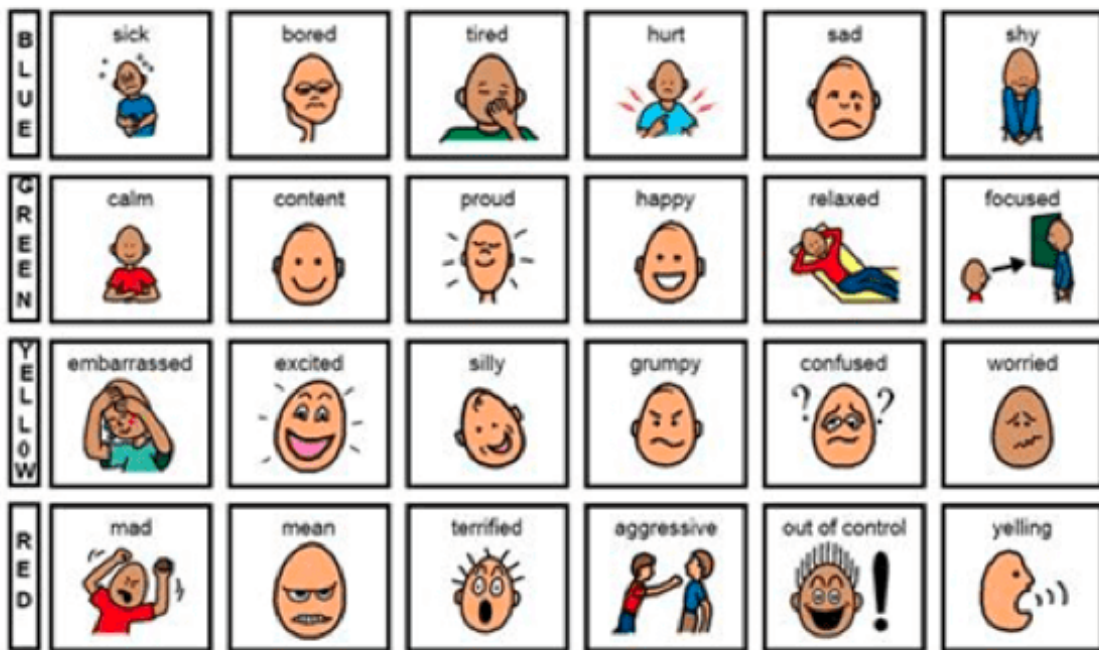
**GRADES 7-10 & STAFF SELF-CARE PROMPTS:**

- What makes you happiest at camp?
- What is a goal you want to accomplish and why?
- How do you recharge at camp?
- How do you set boundaries at camp?
- How do you notice when you're getting burnt out?
- How do you remind yourself you're enough?

**APPENDIX B: EMOJI CUTOUTS AND SAMPLE MOOD BOARD**

Image from <https://positivepsychology.com/emotion-regulation-worksheets-strategies-dbt-skills/>

# Zones Feelings



**APPENDIX C** Example Cabin Mood Board

See next page or [Download Here](#).

# CABIN MOODBOARD



Question:
