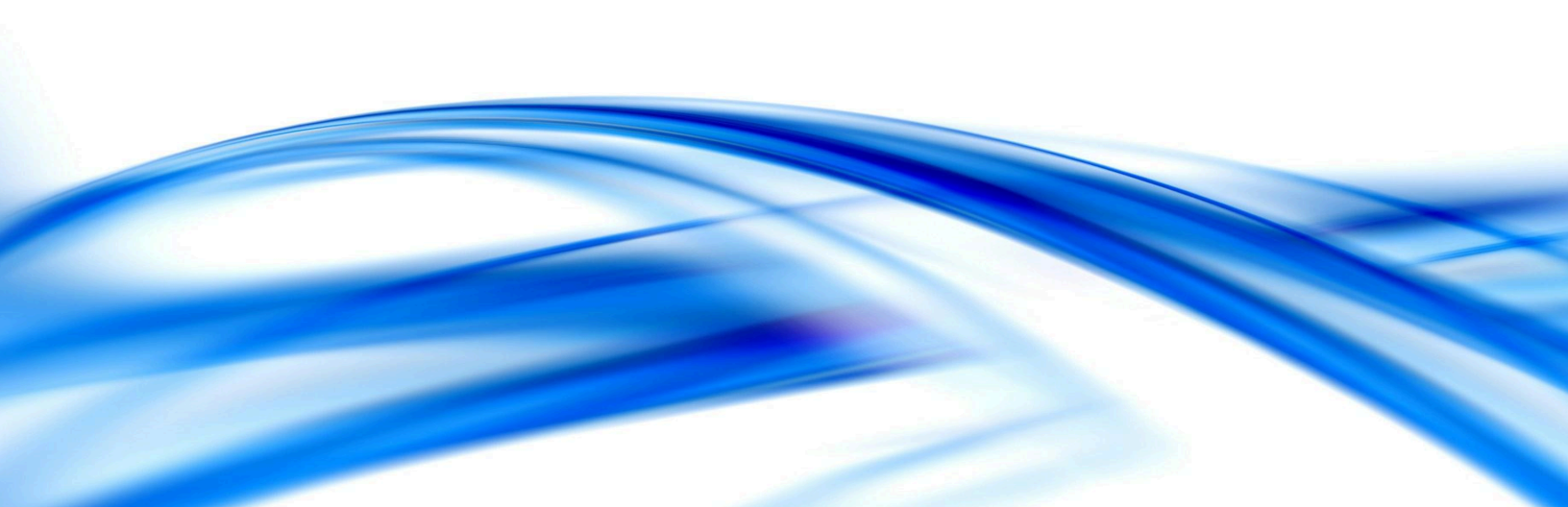


Mind Matters

Promoting Mental Health Awareness in the
Church Community

A Guide by **Amelia Jordan**



Thank You



I am incredibly grateful to everyone who has supported me throughout my Girl Scout Gold Award journey. Whether you offered guidance, encouragement, or simply believed in my vision, your support has meant so much to me. This project would not have been possible without the help of my mentors, family, and community members who have stood by me every step of the way.

Throughout this project, I have had the opportunity to address a critical issue—mental health awareness for elementary school students. Looking back, I wish I had known more about how to manage stress and emotions at a young age. Now, I understand how essential it is for children to develop emotional awareness and healthy coping strategies early on. My goal for this project is to empower students with the tools they need to navigate their emotions and challenges with confidence.

As a Girl Scout, I have always been passionate about giving back to my community, and this project has been a meaningful way to do that. In the future, I plan to continue making a difference as a NICU nurse, where mental health is just as important as physical health. This journey has reinforced my belief in the importance of education, awareness, and support for mental well-being at all stages of life.

Thank you again for being part of this journey with me. Your encouragement and support mean the world, and I hope this project leaves a lasting impact on the students who participate.

Project Overview

This project Mind Matters, promotes mental health awareness and emotional well-being among elementary students in the community. Through activities such as prayer pals , Kindness Rocks, Trees of Hope, and measuring students' feelings with Mood Meters, the program promotes empathy, kindness, and mutual support through-out relationships. The goal is to create a lasting impact by combining creative activities with emotional health awareness, ensuring a supportive and compassionate community for all.

P.E.A.C.E. Overview for Facilitator

Each day of the workshop is dedicated to one of the **P.E.A.C.E.** values, helping the children grow in their faith and emotional well-being.

- **Day 1: P - Prayer**
Focus on the power of prayer. Help students understand that prayer is a way to share their worries and emotions with God, trusting that He cares for them.
- **Day 2: E - Empathy**
Teach students the importance of understanding and sharing the feelings of others. Empathy fosters kindness and compassion, allowing students to connect with their peers in meaningful ways.
- **Day 3: A - Aspire**
Inspire students to set positive goals and trust in God's plan for their lives. Encourage them to believe that they are capable of great things with God's guidance.
- **Day 4: C - Compassion**
Show the value of compassion by caring for others and supporting them through challenges. Compassion strengthens relationships and builds a supportive community.
- **Day 5: E - Encouragement**
Foster an atmosphere of positivity where students encourage and build each other up. Encouragement helps students feel valued and motivated to reach their potential.

Day 1: Prayer (P)

- Bible Verse: Philippians 4:6-7 – "Do not be anxious about anything..."
- Bible Story: Jesus teaches us to pray (Matthew 6:9-13)
- Activities: Prayer Jenga, Mood Meter, Prayer Pals

Day 2: Empathy (E)

- Bible Verse: Ephesians 4:32 – "Be kind and compassionate..."
- Bible Story: The Good Samaritan (Luke 10:25-37)
- Activities: Empathy Web, Mood Meter, Kindness Rocks

Day 3: Aspire (A)

- Bible Verse: Jeremiah 29:11 – "For I know the plans I have for you..."
- Bible Story: God's plans for Jeremiah (Jeremiah 1:4-10)
- Activities: Aspiring Choices (Would You Rather), Mood Meter, Tree of Hope

Day 4: Compassion (C)

- Bible Verse: Matthew 11:28-30 – "Come to me, all who are weary..."
- Bible Story: Jesus calming the storm (Mark 4:35-41)
- Activities: Compassion Walk, Mood meter, Helping Hands Collage.

Day 5: Encouragement (E)

- Bible Verse: 1 Thessalonians 5:11 – "Encourage one another..."
- Bible Story: Barnabas, the encourager (Acts 4:36-37)
- Activities: Encouragement Tower, Mood Meter, what would you do?

Day 1: Prayer (P)

DAY 1 OVERVIEW

Prayer is a way to talk to God, share our thoughts, and find peace. Today, children will learn how prayer can help them feel connected to God and strengthen their faith.

Bible Verse:

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Bible Story:

Jesus Teaches Us to Pray (Matthew 6:9-13)

Summary: Jesus teaches His disciples how to pray using the Lord's Prayer. This prayer includes praising God, asking for help, seeking forgiveness, and trusting God for the future.

Activities:

- **Prayer Jenga**

Instructions: Write different prayer requests or praises on Jenga blocks. As kids take turns pulling a block, they must pray aloud for what is written on it.

Purpose: Practice giving prayerful thoughts to God.

- **Mood Meter**

Instructions: Ask kids how they're feeling today and where they would place themselves on the Mood Meter (happy, sad, excited, etc.). Then, lead a prayer asking God for peace in any negative emotions.

Purpose: Encourage reflection and prayer for emotional well-being.

- **Prayer Pals**

Instructions: Pair kids up to pray for each other, either silently or aloud, asking for peace and comfort in their lives.

Purpose: Build connections through prayer and empathy.

Takeaway for the Day:

Encourage children to pray regularly, knowing that God hears them and gives peace when they ask.

Day 2: Empathy (E)

DAY 2 OVERVIEW

Empathy allows us to understand and care for others, just as Jesus showed love and kindness to those in need. Today, children will learn how to recognize emotions in themselves and others, practice kindness, and develop a heart for helping those around them.

Bible Verse:

Ephesians 4:32 – "Be kind to one another, tenderhearted, forgiving one another."

Bible Story:

The Good Samaritan (Luke 10:25-37)

Summary: A man is robbed and left hurt on the road. While others pass by without helping, a Samaritan stops, cares for his wounds, and ensures he is safe. Jesus uses this story to show the importance of loving and helping others, no matter who they are.

Activities:

- **Empathy Web**
Instructions: Kids sit in a circle with a ball of yarn. One child shares a time when they felt sad or needed help, then tosses the yarn to someone who has experienced something similar. The web continues to grow as more connections are made.
Purpose: Show that everyone has feelings and experiences, and we can support one another.
- **Mood Meter**
Instructions: Have children describe their emotions as types of weather (e.g., "I feel sunny," "I feel stormy"). Then, discuss how we can recognize and respond to others' emotional "weather."
Purpose: Help children understand and relate to the emotions of others.
- **Kindness Rocks**
Instructions: Kids paint inspiring words or pictures on rocks and place them around the community for others to find.
Purpose: Spread kindness and encourage empathy through small, meaningful gestures.

Takeaway for the Day:

Empathy helps us love others like Jesus did. When we listen, care, and show kindness, we make the world a better place.

Day 3: Aspire (A)

DAY 3 OVERVIEW

God has a purpose for each of us, even when we feel unsure of our abilities. Today, children will explore their dreams and aspirations while learning to trust that God has a plan for them.

Bible Verse:

Jeremiah 29:11 – "For I know the plans I have for you, declares the Lord."

Bible Story:

God's Plans for Jeremiah (Jeremiah 1:4-10)

Summary: God calls Jeremiah to be a prophet, even though Jeremiah feels too young and unqualified. God reassures him that He has a plan for his life and will guide him every step of the way.

Activities:

- **Aspiring Choices (Would You Rather)**
Instructions: Present kids with different "Would You Rather" questions related to faith and future aspirations (e.g., "Would you rather be a doctor or a teacher? Why?").
Purpose: Encourage kids to think about their future and trust that God has a plan for them.
- **Mood Meter**
Instructions: Have kids mark their current feelings on the Mood Meter and discuss how their emotions can impact their goals and dreams.
Purpose: Help kids reflect on their emotions and how they connect to their aspirations.
- **Tree of Hope**
Instructions: Kids write their hopes and dreams on paper leaves and attach them to a large paper tree.
Purpose: Show that everyone has unique dreams and that God supports them in their journey.

Takeaway for the Day:

God has a special plan for each of us. When we trust Him, we can confidently move toward our dreams.

Day 4: Compassion (C)

DAY 4 OVERVIEW

Compassion means showing love and kindness to others, even when they are struggling. Today, children will learn how Jesus provides peace in difficult times and how they can share that peace with others through acts of compassion.

Bible Verse:

John 14:27 – "Peace I leave with you; my peace I give you."

Bible Story:

Jesus Calming the Storm (Mark 4:35-41)

Summary: Jesus and His disciples are caught in a storm while on a boat. The disciples are afraid, but Jesus calms the storm, showing that He brings peace even in troubling times.

Activities:

- **Compassion Chain**
Instructions: Kids write down acts of kindness they can do on paper strips, then link them together to form a chain of compassion.
Purpose: Show how small acts of kindness add up to make a big difference.
- **Mood Meter**
Instructions: Have kids mark their current feelings on the Mood Meter and discuss how their emotions can impact their goals and dreams.
Purpose: Help kids reflect on their emotions and how they connect to their aspirations.
- **Helping Hands**
Instructions: Have kids trace their hands on paper and write ways they can help others inside the outline.
Purpose: Encourage kids to take action in showing compassion.

Takeaway for the Day:

Jesus gives us peace, and we can share that peace by being kind and compassionate to others.

Day 5: Encouragement (E)

DAY 5 OVERVIEW

Encouragement means lifting others up with words and actions, helping them feel supported and motivated. Today, children will learn how God calls us to encourage one another and be a source of strength for others.

Bible Verse:

1 Thessalonians 5:11 – "Encourage one another..."

Bible Story:

Barnabas, the Encourager (Acts 4:36-37)

Summary: Barnabas was known for his encouragement and support. He helped others grow in faith and was a true example of how we should encourage those around us.

Activities:

- **Encouragement Tower**

Instructions: Children work together to build a tower using cups, with each cup representing a kind word or encouraging action they can share with others.

Purpose: To show how encouragement can help build up those around us.

- **Mood Meter**

Instructions: Ask the children to reflect on how encouragement makes them feel and how they can use encouragement to uplift others.

Purpose: To highlight the positive impact of encouraging words and actions.

- **What Would You Do?**

Instructions: Share different scenarios where someone might need encouragement, and ask the children how they would respond to offer support.

Purpose: To teach children how to recognize moments when they can encourage others.

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Takeaway for the Day:

God calls us to encourage one another. By offering words of kindness and support, we can help others feel strong and confident in their faith.

Additional Items

Jenga Block Prompt Examples:

How can you be kind to someone today?

What's one way you can help someone feel better when they are sad?

How can you trust God when things are hard?

What's something you can do today to make a friend smile?

How does God's love help you feel strong?

What Bible verse helps you feel better when you're feeling down?

How can you help a friend remember that God is always with them?

What is one small thing you can do to give hope to someone else?

Why is hope important when we face hard things?

How can you say kind things to encourage someone?

Why is it important to trust God even if we don't understand everything?

How does being part of a church or group help you feel stronger?

What could you say to someone who feels like giving up?

What kind words can you say to a friend who's feeling sad or lonely?

How can you show someone they are important?

What does it mean to be a helper for someone who is struggling?

How can you show God's love by being kind to others?

When things are tough, how does knowing God is with you help you feel better?

How can you bring hope to someone who feels like they're all alone?

What's something you can do to make someone's day brighter?

1. Would you rather be a teacher or a doctor?
2. Would you rather explore outer space or the deep ocean?
3. Would you rather have the ability to speak any language or be an expert in any subject?
4. Would you rather work with animals or work with kids?
5. Would you rather be famous for inventing something or for discovering something?
6. Would you rather travel the world or live in one place and make a difference?
7. Would you rather be a professional athlete or an artist?
8. Would you rather help people through science or through art?
9. Would you rather be a leader of a big team or a member of a small, close-knit team?
10. Would you rather solve world hunger or help protect the environment?
11. Would you rather have a job where you help others every day or a job where you're always learning something new?
12. Would you rather be a teacher who inspires students or a scientist who discovers new things?
13. Would you rather build robots or build bridges to connect people?
14. Would you rather write books that change the world or invent technology that improves lives?
15. Would you rather design video games or create movies?
16. Would you rather be a pilot who explores the skies or a captain who sails the seas?
17. Would you rather be an artist who brings joy to people's lives or a scientist who makes new discoveries?
18. Would you rather be a firefighter or a police officer?
19. Would you rather work to keep people healthy or make the world more beautiful?
20. Would you rather help solve problems for your community or for the whole world?
21. Would you rather be a professional musician or a professional writer?
22. Would you rather be an astronaut or a marine biologist?
23. Would you rather have a job where you work with people or a job where you work with technology?
24. Would you rather invent a new sport or a new kind of food?
25. Would you rather work in a big city or in a peaceful countryside?
26. Would you rather make a difference by helping one person at a time or by making big changes for everyone?
27. Would you rather be an architect who designs buildings or a chef who creates new recipes?
28. Would you rather be known for your kindness or for your creativity?
29. Would you rather have a career that helps animals or a career that helps the environment?
30. Would you rather be a doctor who heals people or a teacher who inspires them?
31. Would you rather have the power to heal others or the ability to make people laugh?

32. Would you rather be an inventor who builds cool gadgets or a counselor who helps people work through problems?
33. Would you rather be a part of a big project that helps the world or a small team that solves local problems?
34. Would you rather have a job where you can create new things or where you help people every day?
35. Would you rather live in a world where you can talk to animals or one where you can talk to plants?
36. Would you rather discover something new in nature or discover something new about people?