

Subject
Health

Concept
Self-Evaluation

Grade Level
7 - 8

**National
Career
Guidelines**

Competency II
Skills to Interact
Positively with
Others

**Type of
Activity**

Individual with
Whole Class
Discussion

**Related
Occupations**
Psychologist
Therapist
Counselor
Social Worker

My Mental Health

In this activity, the students will discuss the relationship between how they feel about themselves, their emotional adjustment, and the maintenance of good mental health.

Materials/Supplies:

“Mental Health Means Being Straight With Yourself” worksheets,
pen/pencil

Activity

- Discuss the idea that mental health means “the way you feel about yourself.”
- Distribute “Mental Health Means Being Straight With Yourself” worksheets to the students.
- Ask students to be honest about their self-evaluation as they score themselves.
- After the students have finished, discuss the following questions:
 - Was it difficult to answer these questions about yourself?
 - How did you feel while answering these questions?
 - Was it hard to be honest with yourself?
 - How can it benefit you to answer these types of questions?
 - How can we improve our mental health?
- Have the students discuss areas that they feel good about and those they would like to change and ways to make the changes.

Evaluation

Students will be evaluated on their self-evaluations and class participation.

Mental Health Means Being Straight With Yourself

Name _____

Directions: Rate yourself on the following characteristics of mental health or “being straight with yourself,” by circling the number on the scale which most nearly reflects the way you feel about yourself.

	NEVER	ALWAYS
1. When something really upsets me, I can manage to control my temper.	1 2 3 4 5 6 7 8 9 10	
2. When people disagree with me, I try to see their point of view.	1 2 3 4 5 6 7 8 9 10	
3. When something goes wrong, I usually blame other people.	1 2 3 4 5 6 7 8 9 10	
4. I feel that I am totally responsible for my own decisions.	1 2 3 4 5 6 7 8 9 10	
5. When things change, I tend to panic and jump to conclusions.	1 2 3 4 5 6 7 8 9 10	
6. I try to think things out in a logical manner.	1 2 3 4 5 6 7 8 9 10	
7. I usually do what my “head” tells me.	1 2 3 4 5 6 7 8 9 10	
8. I usually do what my “heart” tells me.	1 2 3 4 5 6 7 8 9 10	
9. I think that people know they can count on me.	1 2 3 4 5 6 7 8 9 10	
10. I think that people feel that I am not very capable.	1 2 3 4 5 6 7 8 9 10	
11. I personally feel that I am very capable.	1 2 3 4 5 6 7 8 9 10	
12. When I lose in a game or sport, I am disappointed in myself.	1 2 3 4 5 6 7 8 9 10	
13. When people criticize me, I get mad at them.	1 2 3 4 5 6 7 8 9 10	
14. When people criticize my actions, I try to accept their advice and learn from them.	1 2 3 4 5 6 7 8 9 10	
15. When I get upset, I cry easily.	1 2 3 4 5 6 7 8 9 10	
16. I am afraid to meet new people.	1 2 3 4 5 6 7 8 9 10	
17. I enjoy meeting new people and trying new things.	1 2 3 4 5 6 7 8 9 10	
18. I am afraid to tell people what I really think.	1 2 3 4 5 6 7 8 9 10	
19. I feel that most people do not know me very well.	1 2 3 4 5 6 7 8 9 10	
20. I feel that I know myself very well.	1 2 3 4 5 6 7 8 9 10	
21. I worry about things.	1 2 3 4 5 6 7 8 9 10	
22. I feel that I am an important person.	1 2 3 4 5 6 7 8 9 10	
23. I feel that I have many good friends.	1 2 3 4 5 6 7 8 9 10	
24. In all honesty, I like myself.	1 2 3 4 5 6 7 8 9 10	
25. Overall, I am a very happy person.	1 2 3 4 5 6 7 8 9 10	

May be photocopied for student use.