

GALE LESSON PLAN: Mental Health KWL Chart

Gale In Context: Middle School

GRADE LEVEL: 6-8

SUBJECT/CONTENT: Mental Health, Social and Emotional Education

FOCUS QUESTIONS: What do you know about mental health? What do you want to learn more about?

RESOURCE: *Gale In Context: Middle School*

LEARNING EXPECTATION: Utilizing a KWL chart, students will organize their current knowledge about a mental health topic of their choice. They will then explore the materials found within *Gale In Context: Middle School* to better understand their chosen topic.

MATERIALS NEEDED: Devices (computers, laptop, tablets, chrome books, or phones) with access to *Gale In Context: Middle School*, and copies of the accompanying activity.

PROCEDURES:

Steps/Activities for the Teacher:

- Print copies of the attached activity.
- Spend 15-20 minutes explaining how to utilize *Gale In Context: Middle School*. Be sure to provide students with your log in information (password).
- *Gale In Context: Middle School* has many pre-made mental health **Topic Pages** to support simple and organized discovery. Students interested in these topics can access the Topic Pages instead of basic searching:
 - » Anorexia
 - » Anxiety
 - » Autism/ Autism Spectrum Disorder
 - » Depression
 - » Stress
- Share the above topics as potential starting points for students, or instruct them to search for other topics of interest.
- More information about **Topic Pages** is included under the Steps/Activities for Students section of this lesson plan.

Steps/Activities for Students:

- Before signing into *Gale In Context: Middle School*, choose a mental health topic and complete the K (knowledge) and W (want to know) columns on the KWL chart.
- Log in to *Gale In Context: Middle School* and begin a search for the topic of interest. If the topic is one of those mentioned above, when searched a bold predictive text drop down entry will appear for selection (see image on next page). Using that **Topic Page** allows for navigation through relevant content types.

anx

Anxiety

anxious

anxiously

anx

anxious to see

anxious to know

anxious to make

anxiously awaiting

anxious to avoid

anxious to obtain

anxiolytic



An endangered species is an animal or plant with a natural population so low that it is threatened with extinction. The Sumatran Tiger is an example of an endangered species.

[Explore this topic](#)


- If the topic does not have a pre-made **Topic Page**, complete the basic search to begin learning.
- Select three pieces of content to learn about the topic. This can include articles, images, statistics, videos, or any other relevant content type. Once completed, fill out the L (what I learned) section of the KWL chart.
- Include citations for each entry selected under the KWL chart.

What do you know about mental health?

Mental Health is a difficult subject that includes a huge group of topics. Today you're going to research a mental health topic that's interesting to you using an online resource called *Gale In Context: Middle School*.

Some sample topics to consider include: Anorexia, Anxiety, Autism, Depression, or Stress. If you are interested in another topic, you can choose that instead.

Before you start using *Gale In Context: Middle School*, write your topic below and fill out the first two columns of the chart, which are K and W. K is asking you what you already know about the topic you chose, and W is asking you what you want to learn.

To fill out the L column, select three pieces of content to read, watch or view about your topic. This could include articles, images, statistics, videos, or any other results you find. Write your notes in the L column, and include the citations for each entry you used.

My Topic:

K: What I Know	W: What I Want to Learn	L: What I Learned

My Sources:

- 1.
- 2.
- 3.