

**Overall Theme:** Exploring Different Perspectives on Mental Health

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## **Day 1: Introduction to Mental Health Literature**

**Lesson Title:** Understanding the Landscape of Mental Health in Literature

### **Learning Objectives:**

- Students will gain an overview of mental health themes in literature.
- Students will identify key elements related to mental health in the three chosen texts.
- This lesson will take one hour.

### **Materials Needed:**

- Copies of "A Different Sort of Normal" by Abigail Ralph.
- Copies of "Noise" by Kathleen Raymundo.
- Copies of "Buzzing" by Samuel Sattin.
- Whiteboard or chart paper and markers.
- Internet access for research.

### **Lesson Introduction:**

- Start with a discussion about what mental health means to the student. Ask questions like: "What does mental health mean to you?" or "Can you recall a book or character that dealt with mental health issues?"

### **Instructional Procedures:**

- **Exploration:** Brainstorm as a group any initial thoughts on mental health themes.
- **Explanation:** Introduce each book and its author, outlining the premise and its relevance to modern discussions on mental health.
- **Application:** Students will create a mind map of themes they expect to explore in connection to mental health based on the titles.
- **Reflection:** Allow students to share their thoughts and any preconceptions about each title.

### **Assessment and Evaluation:**

- Assess understanding through participation in class discussions and the completeness of their mind maps.

### **Integration with Other Subjects:**

- Incorporate psychology by discussing mental health from the perspective of psychological theories.

### **Differentiation and Personalization:**

- Provide audio versions of the books for students who prefer auditory learning.

### **Real-Life Applications and Field Activities:**

- Encourage the student to research prominent figures who have discussed mental health publicly.

### **Resources for Further Learning:**

- Articles on mental health from reputable sources (Psychology Today, Mental Health America).
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## **Day 2: Deep Dive into "A Different Sort of Normal"**

**Lesson Title:** Navigating Adolescence and Emotions

### **Learning Objectives:**

- Students will analyze character development and emotional struggles in "A Different Sort of Normal."
- This lesson will take 1-2 hours.

### **Materials Needed:**

- Copy of "A Different Sort of Normal."
- Journal for reflections.
- Art supplies for creative project.

### **Lesson Introduction:**

- Discuss what makes adolescence a unique emotional journey. Ask the student about their thoughts on societal expectations and personal feelings.

### **Instructional Procedures:**

- **Exploration:** Read selected chapters together, focusing on character struggles.
- **Explanation:** Highlight key themes like identity and acceptance.
- **Application:** Students will create a character map for the main character, identifying challenges they face and their coping strategies.
- **Reflection:** Write a journal entry from the perspective of the protagonist.

### **Assessment and Evaluation:**

- Evaluate the character map and journal entry for depth and insight into the character's emotional experiences.

### **Integration with Other Subjects:**

- Incorporate art by creating visuals around emotions depicted in the character map.

### **Differentiation and Personalization:**

- Provide options to discuss themes orally if writing is difficult for the student.

### **Real-Life Applications and Field Activities:**

- Engage in mindfulness exercises discussed in the book, perhaps through yoga or creative writing.
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### **Resources for Further Learning:**

- Suggested readings on adolescent psychology.
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## **Day 3: Exploring "Noise"**

**Lesson Title:** The Sound of Thoughts

### **Learning Objectives:**

- Students will evaluate how noise and distractions impact mental health as discussed in "Noise."
- This lesson will take 1-2 hours.

### **Materials Needed:**

- Copies of "Noise."
- Recorder or app for capturing sounds.
- Worksheet for note-taking.

### **Lesson Introduction:**

- Discuss how different sounds affect mood and focus. Play various sound clips (nature, busy city, quiet rooms) and discuss feelings associated.

### **Instructional Procedures:**

- **Exploration:** Listen to the book's summary or first chapter together and discuss initial reactions.
- **Explanation:** Examine noise as a metaphor for mental chaos.
- **Application:** Students will capture sounds around their home and reflect on how they feel about them.
- **Reflection:** Discuss how noise impacts their daily life and mental state.

### **Assessment and Evaluation:**

- Evaluate student reflections and participation in discussions.

### **Integration with Other Subjects:**

- Link to science by discussing sound waves and their impact on well-being.

### **Differentiation and Personalization:**

- Allow for flexible formats in capturing sounds; students could draw their experiences if more comfortable than audio.

### **Real-Life Applications and Field Activities:**

- Visit a location known for its ambiance (e.g., quiet park vs. bustling market) and reflect on feelings afterward.

### **Resources for Further Learning:**

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- TED Talks on focus and the impact of noise on mental health.
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## **Day 4: Delving into "Buzzing"**

**Lesson Title:** Buzzing Minds, Whispering Thoughts

**Learning Objectives:**

- Students will analyze how different writing styles affect storytelling around mental health in "Buzzing."
- This lesson will take 1-2 hours.

**Materials Needed:**

- Copies of "Buzzing."
- Writing materials.
- Access to examples of varying writing styles (poetry vs. prose).

**Lesson Introduction:**

- Discuss different styles of writing and how they might influence the message. Ask students if they have a preferred style when expressing their thoughts.

**Instructional Procedures:**

- **Exploration:** Read excerpts from the book focusing on stylistic choices.
- **Explanation:** Analyze how style conveys emotional states.
- **Application:** Students will write a short piece in a chosen style related to their mental health experiences or observations.
- **Reflection:** Share written pieces with each other and discuss the emotions they evoked.

**Assessment and Evaluation:**

- Assess the written pieces for creativity and emotional expression.

**Integration with Other Subjects:**

- Include comparisons of artistic expression in music and visual art, examining how emotions are conveyed through different media.

**Differentiation and Personalization:**

- Provide writing prompts or templates for students who benefit from structured formats.

**Real-Life Applications and Field Activities:**

- Organize a poetry reading night at home or virtually, allowing students to share and connect through words.

**Resources for Further Learning:**

- Online writing workshops or poetry resources.
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## Day 5: Connecting Themes and Final Reflections

**Lesson Title:** Synthesis of Thoughts: Understanding Mental Landscapes

**Learning Objectives:**

- Students will synthesize themes learned from all three texts and articulate their understanding of mental health.
- This lesson will take 1-2 hours.

**Materials Needed:**

- Journal for reflections.
- Access to drawings or artwork created through the week.

**Lesson Introduction:**

- Review the week's discussions. Ask students what they found most impactful about each book.

**Instructional Procedures:**

- **Exploration:** Display their work and mind maps from the week.
- **Explanation:** Guide a conversation about the intertwining themes of mental health across texts.
- **Application:** Students will create a presentation (video, PowerPoint, or visual display) summarizing what they learned, focusing on mental health implications.
- **Reflection:** Write a closing journal entry discussing their personal growth and understandings about mental health.

**Assessment and Evaluation:**

- Evaluate presentations for comprehension of themes and personal articulation of learning.

**Integration with Other Subjects:**

- Consider integrating history to look at the evolution of mental health discussions in society.

**Differentiation and Personalization:**

- Support students who might be shy to present with recorded video options or more private sharing alternatives.

**Real-Life Applications and Field Activities:**

- Set up a small "exhibit" at home showcasing their week's work for the family.

**Resources for Further Learning:**

- Books and resources related to mental health advocacy.
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## **Final Notes:**

This week-long lesson plan is designed to be engaging and scaffolded correctly for a 9th grader, exploring the rich landscape of mental health through literature. The activities promote interaction, self-reflection, and understanding of deeply personal themes. Parents should encourage open dialogues and be ready to support their child as they navigate these complex topics. Adapt the schedule as needed to fit your family's unique dynamics and interests.