

Coping with COVID: Lesson Plans for Mental, Emotional and Social Health (MESH)

Topics	Descriptions
Coping with COVID: FULL CURRICULUM	All sections and lesson plans
Introduction & Background	Background of 4-H, this curriculum and its relationship to health
How to Use / Facilitator Tips & Tricks Section	Guidance for facilitating lessons
Ohio Department of Education Social and Emotional Learning Standards	Aligns lesson plans to ODE standards on social-emotional competencies
Evaluation/Appendix: 4-H Common Measures	Proper evaluation of lessons with example of 4-H Common Measures
Pandemic Effects	Impact of COVID-19 on mental, emotional, and social health and how youth are reacting
Definitions	Common terms in lesson plans
References	Source of information in lesson plans
Coping with Loss	Coping with loss by focusing on gratitude and positivity
Disappointment and Feelings	Opportunity for youth to share their feelings related to changes/cancellation of activities
Exploring Resilience	Use everyday objects to illustrate high and low resilience levels
Fact or Crap: How do I know what is true?	Determine what information from the web and print is factual and reputable
Growing our Gratitude	Identify things to be thankful for and thanking others
Guided Relaxation	Techniques that use imagery and breathing
Journaling	Benefits, styles and reasons to journal
Just Breathe!	Deep breathing techniques and exercises
Name the Emotion	Communicating emotions through expressions and voice
Rose, Thorn and Bud	Recognize and name experiences with a positive, a negative and hope for the future

