Apps For Good Mental Health

PURPOSE ////////////////////////////////////

- Mental health apps are mobile applications created to help users in enhancing their emotional well-being, fostering mindfulness, and promoting good mental health

OBJECTIVE ////////////////////////////////////

- Promote ways to take care of your mental health

INSTRUCTIONS //

Materials

- Paper
- Printer
- Thumb Tacks

Application

- Have students draw their favorite mental health app that they can share with others.
- Post all of the apps that the students drew to share with school.

Assembly

1. Print page 2 of this activity.

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:

f @ErikasLH

🐦 @ErikasLH

📷 erikas.lighthouse

in @Erika's Lighthouse

Can your phone help you take care of your mental health?

Appsolutely!

Check out these apps recommended by students in the Erika's Lighthouse Club.

App name:

Recommended by:

Description:

Cost: