

Journaling: A Path to Teen Mental Health and Well-Being

A Digital Toolkit
for DonorsChoose



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**Teach a Lesson.
Share Feedback.
Earn \$400.**

California 9th–12th grade teachers who teach the Healthy Digital Habits lesson and complete a short feedback survey will receive \$400 in DonorsChoose credit.

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Getting Started

Welcome

Thank you for participating in the DonorsChoose Classroom Rewards Program. This toolkit will guide you step-by-step in leading a 20-minute classroom activity that fits easily into one class period.



Toolkit Documents

- Lesson Plan
- In-class poll worksheet (required)
- Mental wellness toolkit video (required)
- Digital journaling video (required)
- Student worksheet (required)
- Flyer to post in classroom (optional)

Download All →

Donors Choose Reward Checklist

- ✓ Review the 20-minute lesson plan.
- ✓ Download / print student and teacher materials.
- ✓ Deliver lesson in class using videos + worksheets.
- ✓ Administer polls before and after the lesson.
- ✓ Complete and submit DonorsChoose survey.

Lesson Plan

The Lesson is designed to fit into a single **20-minute class period** and comes with everything you need, including a lesson plan, video links, polls, and worksheets. Materials are flexible for both digital and printed use, ensuring easy integration into any classroom setting.

Lesson Structure

3 min → Introduction & Pre-Lesson Poll

5 min → Videos

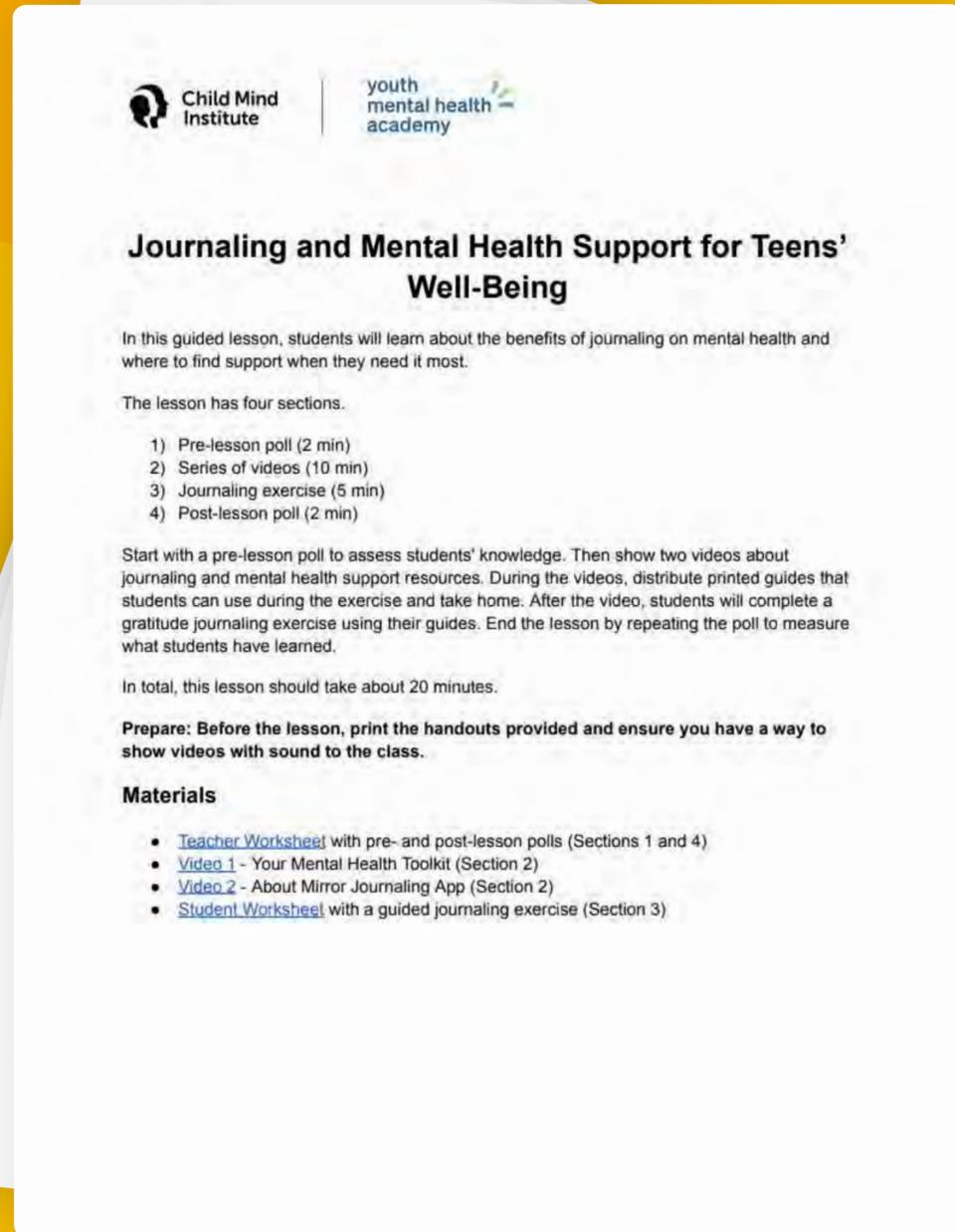
7 min → Class Discussion / Journaling Activity

5 min → Post-Lesson Poll & Reflection



You don't need to be a mental health expert—just guide students using the provided prompts and tools.

[Download Lesson Plan](#) →



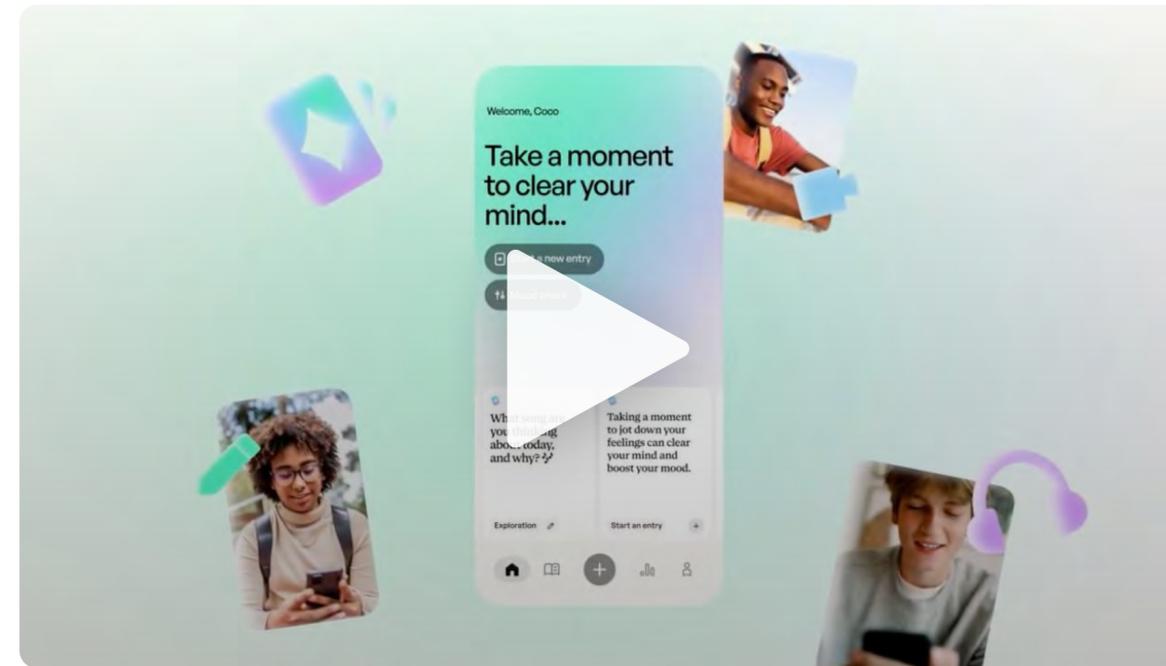
Classroom Videos



Your Mental Health Toolkit

6:42

The first video in the Journaling Toolkit introduces students to key mental health resources and information.



Mirror Journaling App

1:30

In the second video, students learn how journaling can support their mental health and well-being.

[Download Classroom Videos →](#)

In-Class Survey

Before and after the lesson, you'll ask students a few quick questions to check what they know about mental health resources and journaling techniques.

Administering the In-Class Poll

- Give one poll before the lesson and one after.
- Read each question aloud to students.
- Ask students to raise their hands with their answers.
- Tally responses and record them.
- After the lesson, enter the poll results in the DonorsChoose survey.



Be sure to enter your results in the DonorsChoose survey so you can receive your \$400 reward.

[Download In-Class Poll](#) →

Mirror Built in partnership with Child Mind Institute and youth mental health academy

Download Now (iOS, Android, QR code)

Class Survey

Ask students the below questions before and after the lesson. Have kids put heads down, eyes closed, and raise their hands for confidentiality. Tally how many hands are raised for the correct answers. You will need to record these answers to submit with an online survey after the lesson.

How many students are in your class today? _____

Survey Questions	Pre-lesson	Post-lesson
1. True or false: 988 is for mental health crises and support, while 911 is for urgent, life-threatening emergencies, including medical or safety emergencies.	True: <input type="checkbox"/>	True: <input type="checkbox"/>
2. True or false: The 988 hotline is for people in mental health crises and not for those dealing with grief, anxiety, eating disorders, substance use, or concerns about someone else.	False: <input type="checkbox"/>	False: <input type="checkbox"/>
3. True or false: Keeping track of your moods doesn't really help you understand your feelings or feel better.	False: <input type="checkbox"/>	False: <input type="checkbox"/>
4. True or false: A recent national survey found that at least 70% of 13-18 year olds practice some kind of journaling.	True: <input type="checkbox"/>	True: <input type="checkbox"/>
5. Yes or No: In the last year, have you written in a journal or kept a diary? Note: Journaling can take many forms, including pen and paper books, notes on the phone, apps such as Day One or Daylio, audio/video recordings, or a sketchbook.	Yes: <input type="checkbox"/>	Yes: <input type="checkbox"/>
6. I agree or I disagree: I know at least two specific resources (like hotlines, websites, or local agencies) that I can share with a friend who is struggling with a mental health issue.	I agree: <input type="checkbox"/>	I agree: <input type="checkbox"/>

A beautifully intuitive journaling app.

Mirror is your private space for self-reflection. Whether you're jotting down thoughts, filming a selfie, or recording a voice note, Mirror adapts to you, offering personalized summaries to deepen self-awareness and support healthy thinking.

- Write, film or record it**
Choose the journaling style that suits your mood and record your day, your way.
- Guided exercises**
Feeling stuck? get inspired with prompts and guided exercises that help you make sense of your mind.
- Not just a journal**
Mirror has links to local helplines and other supportive resources for times when it feels hard to journal.
- Connect with your reflection**
Over time, Mirror helps you uncover emotional patterns, gaining deeper insight into yourself and your thoughts.
- A safe, private space**
Mirror is a private space made just for you, allowing you to be yourself and share your thoughts securely.

Student Worksheet

A short guide for teens that highlights the importance of caring for mental well-being, especially when dealing with stress, anxiety, or depression. It also reassures students that support is always available.



Key Sections

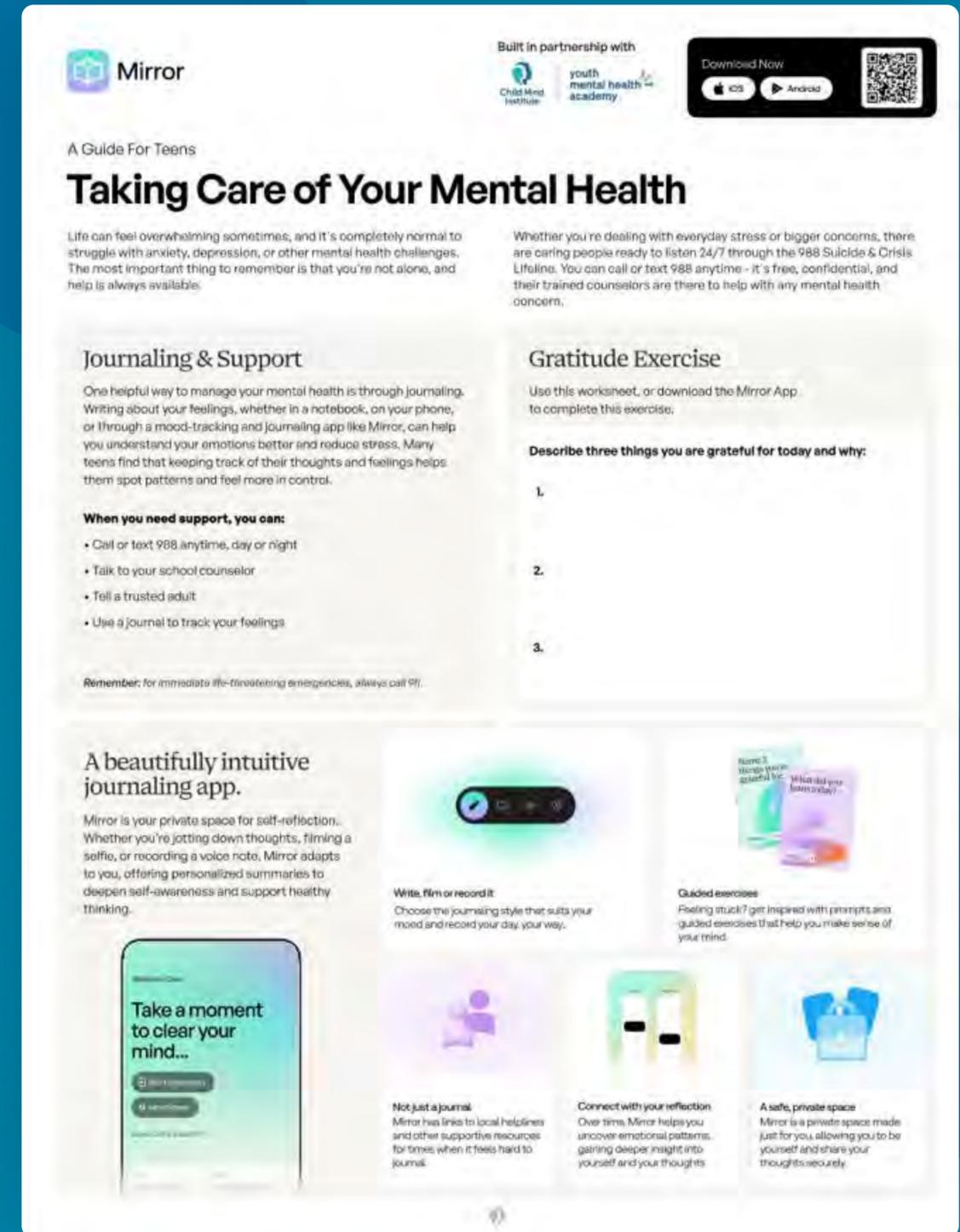
Journaling & Support

Encourages students to use journaling to process emotions, reduce stress, and recognize patterns in their feelings.

Gratitude Exercise

Guides students through a simple activity where they list three things they're grateful for and explain why—reinforcing positive reflection.

Download the Worksheet →



Optional Downloads



Supplemental Files

Mirror Flyer

A printable flyer you can post in your classroom.

Promotional Video

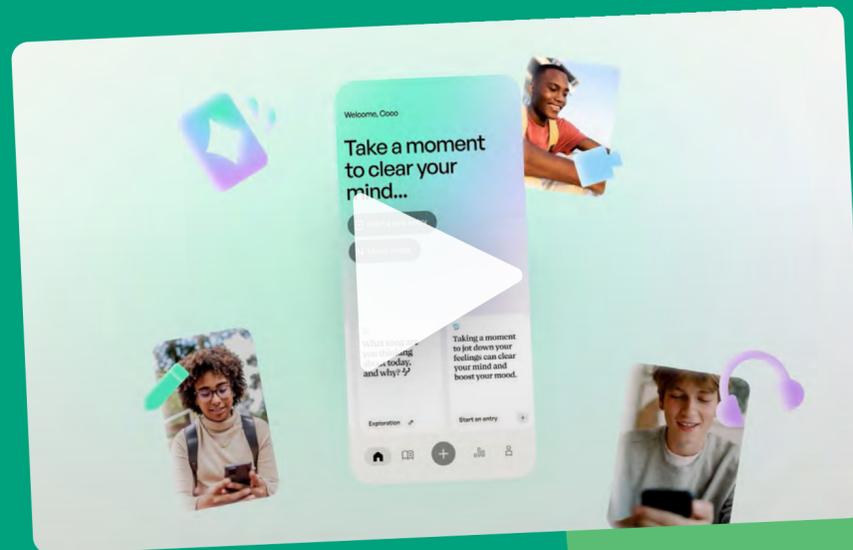
A short video to help you understand the Mirror platform and how it can support your students.

[Download Printout and Video](#) →

Flyer



Video



Thank you.

