

Jigsaw for Depression

(Please look at the instructions for how to do a jigsaw in your classroom on the Entry website.)

Pre-teach the following words:genetically disposed, personal weakness, treated.

Cut along the dotted lines and distribute each section to a different group.

Part A..... 

Everyone feels sad sometimes when life is difficult. This is a normal part of life. But if someone is very sad for more than two weeks this may be depression.

Part B.....

Many things can happen to cause depression. Some people are genetically disposed. Sometimes events happen to cause depression like the death of a loved one or a serious illness.

Part C.....

Depression is an illness that can be treated. Depression is an illness, not a sign of personal weakness. People who suffer with depression are not alone - there is lot of help.

Part D.....

Talk to your family doctor about the depression. If a friend or family member is depressed, offer to go with them to make it easier.