

# Integration Strategies of Mental Health Education and Moral Education in Elementary Schools

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**Abstract:** Strengthening the integration of elementary school mental health education and moral education is of great significance in comprehensively cultivating students' ideological and moral qualities as well as values. In order to fully implement quality education, schools need to carry out diversified teaching in conjunction with family forces to further optimize the integration effect of elementary school mental health education and moral education, cultivate high-quality talents for the country and society, and contribute to the construction of socialism with Chinese characteristics in the new era. This paper discusses the integration strategy of elementary school mental health education and moral education.

**Keywords:** Primary School Mental Health Education; Moral Education; Integration Strategy

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## Introduction

The main goal of school education is to cultivate high-quality talents for the country and society, and to effectively guarantee the physical and mental health development of students. Teachers use scientific and reasonable ways to carry out moral education activities in order to realize this goal. From the viewpoint of the purpose and requirements of teaching, when teachers carry out teaching activities, they not only need to teach students basic knowledge and skills, but also must pay attention to the development of students' mental health and emphasize the improvement of students' mental quality. In this regard, teachers need to focus on the content of mental health education when carrying out moral education activities, raise the importance of mental health education, and actively carry out mental health education activities. Considering the commonality between moral education and mental health education to a large extent, both can further improve the students' ideological awareness and behavioral norms, so teachers adopt a scientific and reasonable way to guide the students, can help students to improve their own psychological quality, and further cultivate the students' mental health quality.

## 1. The significance of the integration of elementary school mental health education and moral education

First of all, teachers can carry out moral education work under the premise of paying attention to students' mental health education, which can help teachers to know the students in depth and accurately understand what the students think. Elementary school students are physically and mentally underdeveloped, and their ability to understand things is insufficient, so they need to be guided by teachers. Teachers carry out scientific and reasonable moral education activities according to the laws of physical and mental development of students, can further guide students to form a positive and optimistic life mentality, help students develop correct socialist core values, cultivate the comprehensive quality and healthy mental state of students, to ensure that students have the correct direction of development. At the same time, teachers can further improve students' learning quality and efficiency by integrating mental health education into moral education, help students develop good learning habits, and fully reflect the effect of moral education and mental health education.

Secondly, teachers carry out moral education on the premise of paying attention to students' mental health education, which can further improve the strength of moral education in schools and optimize the effect of moral education. Teachers carry out moral

education activities and mental health education activities according to the actual situation of students, which can effectively solve the deficiencies of traditional moral education, ensure that the school's moral education can be combined with theory and practice, improve the traditional way of education, and enhance students' interest in learning.

In addition, by optimizing the content and form of moral education, teachers can truly bring into play the role and value of moral education, standardize students' behavior and habits, and help students develop good character. To this end, teachers need to correctly recognize the role of mental health education in moral education, actively use advanced scientific means to break through the limitations of the traditional moral education methods, accurately receive information about the psychological changes of students, according to the situation of the students to adopt a targeted approach to teaching, and effectively close the distance between the students and the teacher, prompting the students to open up to the teacher, and accurately explain their own problems, through this Optimize the effect of moral education and mental health education.

## **2.The integration strategy of elementary school mental health education and moral education**

### **2.1 Improve the importance of mental health education**

In recent years, with the optimization of the national education concept, moral education in elementary school has received widespread attention. The education sector has paid more attention to moral education, and the importance of mental health education is also increasing. However, some schools still have some problems in the innovation of moral education and mental health education, and they have not invested enough in moral education and mental health education, which leads to the fact that moral education in schools does not show good results. In this regard, the education sector should pay more attention to moral education and mental health education, strengthen the publicity of new knowledge concepts and new teaching methods, ensure that all elementary school and moral education teachers can pay full attention to their own moral education work, improve the proportion of mental health education in moral education work, according to the actual situation of the students set up a mental health education program, to fully protect the mental health of students. In addition, the school should appropriately increase the investment of resources in mental health education, to create good conditions for teachers to carry out mental health education and moral education, to ensure that students can master the basic knowledge of mental health and the means to relieve stress, timely relief of learning pressure and life pressure, and to promote the overall development of their physical and mental health.

### **2.2 Emphasize practical teaching to optimize the effect of mental health education**

Practical teaching is a means of effectively integrating moral education and mental health education, and it is also a key link in optimizing the effect of teaching both. Teachers want to fully demonstrate the effect of moral education and mental health education, only through theoretical teaching is not enough, but also need to improve the frequency of practical teaching, the use of practical teaching to strengthen students' concepts and cultivate students' behavior and habits, to help students establish the correct values and worldview. Teachers focusing on mental health education under the premise of moral education in elementary school need to be based on the actual situation, fully understand the basic situation of students, clear students' preferences and personality, living environment and learning ability and other factors, a combination of factors to carry out targeted and comprehensive teaching activities. For example, teachers can organize students to experience the red culture, thus strengthening the students' patriotism and national pride. Teachers lead students to visit historical museums or red education bases, encourage students to understand the red culture through lectures and knowledge introduction, and further strengthen their own experience, so as to cultivate the students' spirit of love for the motherland. In addition, teachers can also regularly organize students to participate in extracurricular activities or practical activities to ensure that students receive moral education in their daily lives. Teachers can organize students to carry out environmental protection work simulation, traffic simulation and other activities, through the role-playing way to let students in the scene simulation to experience all walks of life and the work of the workers is not easy, and at the same time, let the students advance to understand some of the rules of the community, so that the students get the sublimation of thought, so that to achieve the purpose of mental health education. During the epidemic, students' study and life were affected by the monotonous and boring home study life, which made

some students feel lost psychologically. In order to mobilize students' positive mental state, the school held an online theme activity "You look good when you smile". Students responded positively, making and collecting the most beautiful smiles in their lives. During this period, a photo of a smiling face and a handmade work full of emotions conveyed the warmth of love and injected strength into life, encouraging students to meet life with a more positive attitude and to face life with a smile. Doodle is the nature of children, the lower grades children in the classroom teacher under the leadership of the line to read the picture book "Emotion Monster", and with the brush in the hand to follow the mood of the random doodle, painting doodle record of the day's emotions, and learn to reasonably vent their emotions. Innovative forms of moral education activities, close the distance between teachers and students, student-student distance, silent injection of mental health education activities in the sound moral education activities, effectively mobilizing the positive psychological state of students.

### **2.3 Teachers mobilize family power to participate in mental health education**

For primary school students, the power of family education should not be underestimated, the family environment can subconsciously influence the students' psychological state and behavioral habits, which is of great value to the cultivation of ideological qualities. Therefore, teachers can further optimize the effect of mental health education by mobilizing family power to participate in mental health education. At present, there is a lack of good family education environment, some parents are busy at work, the elders look after the children is more common, but from the actual educational effect, elders look after the children may produce a series of problems, such as elders spoil the children will lead to the child's behavior, the lack of parental accompaniment of the child will lead to the relationship between the two sides of the indifference, etc., which for the student's mental health education will cause greater. These will have a greater negative impact on students' mental health education. In this regard, parents need to fully recognize the value of companionship, actively communicate with their children in their free time, and ensure that they have a sufficient understanding of their children. At the same time, teachers need to strengthen communication with parents to ensure that parents can fully understand the importance of mental health education, and encourage parents to actively participate in mental health education. Teachers actively organize symposiums, parents' meetings and other activities to ensure that parents have a comprehensive understanding of the situation of students at school, and at the same time, communicate with parents about their children's situation at home, so as to facilitate teachers to adjust their mental health education at any time, and to fully ensure the effectiveness of mental health education and moral education.

### **2.4 Improve the professional ability and comprehensive quality of teachers**

Schools should strengthen the construction of elementary school teachers, and actively absorb composite talents with mental health education and moral education ability, so as to strengthen the level of mental health education and moral education. At present, some schools do not pay enough attention to mental health education and moral education, and invest fewer resources in this area, so the construction of human resources is relatively weak. In order to fully implement quality education, schools need to strengthen the development and absorption of high-quality talents, further enhance the importance of mental health education and moral education, and also need to make teachers realize the difference between the two, and improve the teaching effect in a targeted manner. In addition, when the school absorbs talents, it is necessary to ensure that they have advanced scientific knowledge of mental health education and moral education, and have certain qualifications, can fully achieve the teaching purpose in teaching activities. At the same time, the school can ensure that teachers engaged in mental health education and moral education can be exposed to advanced knowledge and teaching concepts by means of training, so as to innovate the knowledge system and knowledge content structure of teachers and optimize the teaching effect.

## **Conclusion**

To sum up, with the optimization and improvement of the concept of education, moral education in elementary school is also undergoing continuous reform, and teachers are paying more attention to integrating more mental health education in the process of carrying out moral education in elementary school to ensure that students can absorb theoretical knowledge on the basis of improving the ability to apply knowledge, thereby improving students' mental health and fully guaranteeing the effect of moral education and mental health education.

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