
Research on Strategies for Integrating Primary School Ideological and Political Education with Mental Health Education

Guoheng Liu

Anhui Normal University

Abstract: Primary school is a crucial period for the psychological development and ideological formation of students. With the continuous deepening of educational reform, the integration of ideological and political education and mental health education in primary school has gradually become a focus of attention in the field of education. Integrating the two for integrated education is a necessary guarantee to adapt to the comprehensive development of students and improve teaching effectiveness and quality. The article analyzes the necessity of integrating primary school ideological and political education with mental health education, and explores the implementation strategies of integrating primary school ideological and political education with mental health education, in order to promote the comprehensive development of students and provide useful thinking and inspiration for relevant educators.

Keywords: ideological and political; mental health; Integrated education

Integrated education refers to teaching students knowledge and skills from different disciplines together, enabling them to apply the knowledge and skills they have learned to real-life situations. This educational approach emphasizes the comprehensive development of students and emphasizes the practicality and applicability of learning. Primary school is a crucial period for the psychological development and ideological formation of students, and ideological and political education and mental health education play a crucial role in this stage. Traditional ideological and political education often focuses on imparting moral knowledge and regulating moral behavior, while mental health education focuses more on the psychological needs and emotional development of students. Integrating the two can not only enhance the comprehensiveness and systematicity of education, but also help cultivate students' comprehensive qualities and sound personalities.

1. The necessity of integrating ideological and political education with mental health education in primary schools

1.1 Adapting to the developmental needs of students

Primary school students are in a critical period of physical and mental development, during which they need to receive comprehensive and balanced education to cultivate a sound personality and comprehensive abilities. Traditional education often overly emphasizes the imparting of knowledge and the training of skills, while neglecting the cultivation of students' values and emotional and psychological needs. Therefore, integrating ideological and political education with mental health education has become an important way to meet the comprehensive development needs of students.

Integrated education can meet the knowledge needs of students. Both ideological and political education and mental health education contain rich knowledge systems, such as moral theory, psychological science, etc. Through integration, students can acquire a wider range of knowledge, deepen their understanding of themselves and society, and lay a solid foundation for their future growth and development.

1.2 Integrated education can meet the emotional needs of students.

Elementary school students are in a critical period of emotional development, and they need to learn how to interact with others, manage their emotions, and establish positive interpersonal relationships. Psychological health education can help students better understand their emotional world, learn emotional expression and control skills, thereby enhancing their emotional stability and social adaptability. And ideological and political education can cultivate students' collective consciousness and sense of social responsibility by guiding them to participate in collective activities, social practice, and other ways, thereby promoting their healthy emotional development.

1.3 Integrated education can meet the needs of students in terms of values. Values are important standards that guide people to judge right and wrong, and are crucial for the growth of elementary school students.

By integrating education, students can gradually form correct values such as integrity, friendliness, respect, responsibility, etc. through learning and practice. These values will guide them to make the right choices, establish good moral values, and become a responsible and responsible new generation of teenagers.

2. Implementation strategies for integrating ideological and political education with mental health education in primary schools

2.1 Integration of curriculum design and teaching content

In the process of integrating primary school ideological and political education with mental health education, the integration of curriculum design and teaching content is crucial. Through reasonable curriculum design and teaching content arrangement, the two can be effectively combined to achieve the sharing of educational resources and complementary advantages, thereby further improving the overall effectiveness of education.

At the teacher level. In terms of teaching content, teachers can integrate two subjects into each other. In ideological and political education, teachers can integrate the concepts and methods of mental health education, pay attention to the emotional needs and psychological changes of students, and help students better understand and accept moral norms through emotional guidance, psychological counseling, and other methods, enhancing the effectiveness of moral education. At the same time, in mental health education, teachers can also guide students to establish correct values by preparing case studies, organizing role-playing, and other methods, closely integrating mental health education with ideological and political education, and jointly promoting the comprehensive development of students.

2.2 Innovation in educational methods and teaching methods

In the practice of ideological and political education and mental health education in primary schools, innovation in educational methods and means is also particularly important. Traditional education methods often focus on one-way knowledge impartation, while neglecting the subject status and emotional experience of students. Therefore, teachers need to constantly explore and try new educational methods and means to stimulate students' interest and enthusiasm in learning, and improve the effectiveness of education.

Adopting diverse teaching methods such as interactive and experiential approaches. Interactive teaching emphasizes interaction and communication between teachers and students, encourages students to actively participate in classroom discussions and group cooperation, and cultivates their proactive thinking ability and teamwork spirit. Experiential teaching emphasizes the experiences and feelings of students in practice, allowing them to learn and grow through role-playing, situational

simulation, and other methods. These diverse teaching methods can make students more engaged in learning, enhance the fun and effectiveness of learning.

3. Conclusion

The integration of primary school ideological and political education with mental health education is a complex and important task. Teachers can integrate curriculum design with teaching methods to achieve the sharing of educational resources and complementary advantages; By innovating educational and teaching methods, we aim to provide students with better learning resources and stimulate their interest in learning; By strengthening the construction and training of the teaching staff, teachers can improve their professional ethics and establish a good example image in front of students. This integration strategy can effectively enhance the comprehensive quality and educational quality of students, and is committed to promoting their comprehensive development. In the future, educators should continue to deepen research and practical exploration, seek teaching strategies that meet the needs of the times, and contribute to the cultivation of a new generation of young people with physical and mental health and noble character.

Reference:

[1] Feng Ruizhi. Research on Digital Technology Empowering High Quality Development of Ideological and Political Education [D]. Lanzhou University, 2023.

[2] Ji Ping, Han Baozhen. Exploration of the Function of Moral and Legal Ideological and Political Education in Primary Schools [J]. Reference for Middle School Political Teaching, 2023 (21): 82.

[3] Jiao Haijing. Effective Integration of Primary School Chinese Language Teaching and Ideological and Political Education [J]. Asia Pacific Education, 2024 (01): 174-176.

[4] Sun Yang. Research on Promoting the Integrated Construction of the Use of Ideological and Political Textbooks in Primary, Secondary and Primary Schools [D]. Jilin Agricultural University, 2022.

[5] Chen Yiting. Research and Optimization Path of Primary School Mental Health Education from the Perspective of Positive Psychology [J]. Heilongjiang Education (Education and Teaching), 2024 (S1): 97-100.

[6] Wang Ying. Exploring the Integration Strategy of Mental Health Education and Moral Education in Primary and Secondary Schools [J]. Selected Chinese Loosening Pages (Teacher's Edition), 2024 (05): 190-192.

[7] Liu Liu. Effective Integration of Primary School Moral Education and Mental Health Education [J]. Educational Arts, 2024 (03): 4.

[8] Wang Qi. Research on the Integration of Primary School Moral Education and Mental Health Education under the Background of the New Curriculum Standards [J]. Scientific Consultation (Educational Research), 2023 (12): 263-265.