Construction and Application of Digital Resources in Mental Health Education of High Grade Primary School Students

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Abstract: Mental health education for high grade primary school students is an important part of promoting the development of students' Mental health. This paper first analyzes the necessity of digital resources construction in mental health education of high grade primary school students, and then discusses the application strategies of digital resources in mental health education of high grade primary school students.

1. Introduction

With the continuous development of social economy, people pay more and more attention to children's mental health. At present, primary school students are in a critical period of physical and mental development, which is very important for them. Primary school students are apt to produce some negative emotions and bad behaviors because of their small age, limited cognitive level, lack of life experience and social experience. Therefore, the elementary school high grade student not only needs to accept the correct education idea and the knowledge, needs to have the correct thought understanding. In this case, it is an effective way to use digital resources to carry out mental health education for high grade primary school students[1].

2. Necessity of Digital Resources Construction

The primary school stage is an important period for the development of students' mental health, which will directly affect their future study and life. Therefore, primary school teachers should attach great importance to students' mental health education. However, due to the younger age, lower cognitive level, lack of life experience, social experience and other reasons, the mental health education of primary school students is more difficult. If we cannot solve the problem fundamentally, students' psychological health cannot be guaranteed, let alone promote the all-round development of students. Therefore, in order to effectively solve this problem, teachers should give full play to the role of digital resources for primary school students to provide more high-quality mental health education. Under this background, the application of digital resources has become an indispensable part of the mental health education for senior students in primary schools. The application of digital resources in students' study and life can effectively improve the learning efficiency and quality of life of primary school students[2].

3. Principles of Application

The application of digital resources has great advantages in mental health education of high grade primary school students, but it does not mean that we can use them freely or ignore the educational principles. Teachers in the use of digital resources for mental health education, we must adhere to the following four principles: First, the main respect for students. Primary school students are in an important stage of physical and mental development, need to have a correct understanding. When teachers use digital resources to carry out mental health education, they must respect students' subject status, their thoughts and ideas. Second, adhere to the principles of science, standardization and efficiency. The construction of digital resources shall be scientific, normative and efficient, and efforts shall be made to improve the quality and level of digital resources and avoid resource waste[3]. Third, adhere to the principle of all-round development. Digital resources are not only the carrier of knowledge and technology, but also the carrier of students' all-round development. Fourth, adhere to the principle of combining education with emotion.

4. Application Strategies

First of all, strengthen the mental health education of primary school students high team of teachers. As the first teacher of students, teachers' words and deeds have a profound impact on students. Therefore, schools should strengthen the training of mental health education teachers to improve their professional level and comprehensive quality. In this case, schools can teach new teaching ideas and methods to teachers through a variety of ways to improve their professional skills. For example, play a video or picture in class and let the teacher explain the knowledge in a lively and interesting way. In addition, the school can also invite experts and scholars, outstanding teachers, such as holding seminars to promote the healthy growth of students[4].

4.1 Strengthening the education of psychological health for students

Mental health education is a complex and systematic work, which involves many aspects, such as environment, family, society and so on. Therefore, in the process of mental health education, schools should formulate corresponding education strategies according to the actual situation, and according to the characteristics of students targeted education. For example, some students have learning difficulties, some students have psychological problems. If teachers only use traditional teaching methods, not only difficult to improve their academic performance, but also make them inferiority complex and negative psychology. Therefore, the school should formulate the corresponding teaching plan and the plan according to student's characteristic. In this case, digital resources can be an important way for students to understand themselves and others. For example, teachers can use digital resources as a medium for communication between students. In this case, students can communicate with others via video or pictures.

4.2 Improving the overall quality of teachers

In order to apply digital resources to mental health education of high grade students in primary school, teachers need to improve their professional quality and comprehensive quality. First, teachers should be trained regularly to improve their mental health education ability. During the training, teachers can improve the level of mental health education through the development and utilization of digital resources, classroom teaching design, information technology and classroom teaching. In addition, schools should regularly organize professional training for teachers so that they can apply digital resources to mental health education for high grade primary school students.

Secondly, teachers should constantly improve their knowledge level. Only when they learn new knowledge, new ideas and new methods can they make better use of digital resources. At the same time, teachers should also understand the characteristics of students' psychological development, so as to better guide students to carry out mental health education. For example, in the high school students, there are some students personality eccentric, unsociable, which will seriously affect their study and life. Therefore, teachers need to guide these students to get along with their classmates actively in daily teaching. Finally, teachers should also understand the impact of digital resources on student growth. If teachers can master the digital resources and apply them to the mental health education of high grade students in primary school, these students will have positive learning attitude and good learning habits[5].

5. Application effect

Teachers should formulate different mental health education programs according to students' different characteristics and psychological needs. When students encounter difficulties, they should communicate with them in time to understand their ideological trends and solve their psychological problems in time. In addition, home-school cooperation should be strengthened to form a joint force to jointly promote the healthy growth of students. In the process of teaching, teachers should not only teach pupils relevant knowledge, but also cultivate their correct outlook on life, world outlook and values. At the same time, teachers should combine the psychological characteristics and needs of students to carry out mental health education activities. Only in this way can we achieve the desired results.

5.1 Facilitating students' study

With the rapid development of the Internet, the application of digital resources has become the main way for students to learn. At the same time, the use of digital resources for students to provide more learning opportunities. For example, in information technology courses, videos and pictures can be played to help students better understand the material. Teachers can also make some online test questions according to the content of the textbook and ask students to answer them in class to deepen their understanding of the textbook. At the same time, we can also show some pictures and animation related to the content of the textbook to help students better understand the content of the textbook. In addition, you can also play some music or videos related to the course in class, so that students can learn in a relaxed and happy atmosphere. In information technology courses, teachers can upload some interesting, vivid and meaningful teaching materials to the Internet for students to learn and use. For example, in the digital resources platform can find a lot of interesting, vivid, meaningful teaching materials, such as children's cartoons, cartoons and so on. During the learning process, teachers can let students watch relevant videos and pictures to stimulate their interest in learning. In addition, you can download relevant e-books and test questions on the network platform for students to study independently. For example, download e-books and test questions such as "Synchronized Reading of Primary Language Textbooks" and "Synchronized Reading of Primary School Science Textbooks" from the digital resource platform and upload them to the network platform for students to study independently. In addition, teachers can also download relevant questions via the Internet to help students practice.

5.2 Improving the teaching quality of teachers

According to the age characteristics of students, in the teaching process can be targeted to different students for teaching. For example, for primary school students, their interest is relatively

low. Therefore, the teacher should embark from student's angle, lets the elementary student understand oneself more. In the actual teaching process, teachers can formulate different teaching programs according to the characteristics of different students. At the same time, according to the students' age characteristics and psychological needs to develop teaching content to ensure that the teaching content interesting and scientific. In addition, teachers can combine the actual situation of students in curriculum design, such as students can use digital resources on the Internet to learn relevant knowledge. This will not only improve pupils' ability to understand and remember the learning content, but also train them to develop good study habits. In addition, teachers should actively encourage students to use digital resources to solve their practical problems.

5.3 Raising the professional level of teachers

Teachers should have professional psychological knowledge and skills. In order to improve the professional level of teachers, we can set up a mental health education studio, organize mental health education activities regularly, and invite excellent teachers and students to interact. This will enable students to better understand their psychological characteristics and others, but also enable teachers to better understand the psychological needs of students. In addition, schools can invite professionals to train teachers on how to use digital resources for mental health education activities and how to use digital resources for online counselling. At the same time, schools can invite experts to give lectures to improve the professional level of teachers. For example, "micro class" is a new method applied to classroom teaching in recent years. It usually consists of a knowledge point or a case. This method is simple and practical. Teachers can choose appropriate microvideos according to the teaching content. Microvideos can be presented in the form of pictures, audio, text, etc. This can not only attract students' attention, but also improve students' interest in learning. In addition, teachers can also release information about mental health education through WeChat, Weibo and other platforms to enhance students' understanding of mental health education and disseminate correct knowledge and concepts to students. For example, in the high grade mental health education of primary school, teachers should strengthen the propaganda and propaganda of mental health education to make more people understand the psychological knowledge and skills.

5.4 Promoting home-school cooperation and forming joint forces

Family education is the foundation of students' mental health education and an important supplement to school mental health education. School mental health education needs the cooperation and support of parents. In the traditional education process, there are many problems between parents and teachers, resulting in more and more psychological problems of students. Therefore, under the traditional education mode, the school should strengthen the communication with the parents and understand the students' psychological condition through the family education platform. For the high school students, they are in the transition period from young children to teenagers. At this stage, they usually encounter some problems. For example, some children will feel inferior because of poor family economic conditions, and some children will feel weary because of poor academic performance. In this case, if teachers cannot communicate with parents in time, it is easy to cause some difficult problems. Therefore, teachers should actively communicate with their parents. Through traditional home visits or telephone exchanges, such as understanding the students' family situation and personality characteristics, and then according to these circumstances to develop appropriate education programs. In the process of education, teachers should also encourage parents to actively participate in student education.

6. Conclusion

The application of digital resources in mental health education of high grade students in primary school can provide students with various teaching resources, enrich students' knowledge, stimulate students' interest in learning and cultivate students' innovation ability. Teachers can use digital resources in the classroom for students to create a good learning environment to help them improve learning efficiency. Using digital resources to carry out mental health education, primary school students can actively explore mental health knowledge in a relaxed and happy atmosphere, so as to better promote their physical and mental health development. Mental health education through digital resources can also enhance the communication between teachers and students, parents, students and promote more harmonious relationship between teachers and students. At the same time, teachers use digital resources in the teaching process can also help students solve some psychological problems. In this process, teachers need to help students solve problems by reasonably arranging curriculum content and adopting different teaching methods. In a word, it is a very complicated project to apply digital resources to mental health education of high grade primary school students. In the future, we will continue to explore new teaching methods and teaching concepts, to provide students with better mental health education services to promote the development of physical and mental health.

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