Imagine that you are a teacher working in an ECE center who is responsible for running an after-school program for early school age children (ages 5 – 8). Your director has asked you to plan an activity that will promote good mental health for the children in your care. For this assignment: \* Create a developmentally appropriate activity that will promote good mental health for early school age children (ages 5 – 8). \* Be sure to identify the topic you have selected and generate and list out the steps you would take to complete the activity. \* Some examples of topics that fall into this category include promoting good self-esteem and self-regulation, building positive relationships and developing resiliency. \* Conclude by explaining why the activity would be effective in promoting good mental health for this age group. Support your reasoning with examples