Workbook Preview

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Grade 8 – Health Unit

Mental Health Literacy

	Expectations	Pages
D2.4	mental health and resilience in times of stress	
D3.4	explain how word choices and societal views about mental health and mental illness can affect people and perpetuate stigma, and identify actions that can counteract that stigma	103-122

Preview of 80 pages from this product that contains 162 pages total.

MENTAL HEALTH LITERACY



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Introduction to Mental Health and Wellness

Understanding Mental Health

Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act in our daily lives. It also determines how we handle stress, relate to others and make choices. Just like physical health, mental health is important at every stage of life, from childhood through adulthood.



The Five Pillars of Wellness

Achieving balance is crucial for maintaining good mental health. This balance can be understood through five pillars of wellness:

- Physical Health: Involves regular physical activity, proper nutrition, and sufficient sleep. Exercise, for example, not only strengthens our bodies but also releases chemicals like endorphins, which are crucial for mood regulation.
- Intellectual Wellness: Engaging our minds actively through learning new skills, reading, or solving puzzles helps maintain cognitive functions and encourages creativity and curiosity.
- Social Connections: Building strong, healthy relationships with friends and family supports emotional health by providing a sense of belonging and security.
- Emotional Well-being: Understanding and respecting our emotions, values, and attitudes contribute to a robust emotional life. Techniques such as mindfulness and meditation can help manage stress and emotions.
- Spiritual Wellness: This can involve connecting with one's values, finding purpose, and possibly exploring our spiritual or religious beliefs.

PREVIEW

Key Statistics and Facts

- Approximately 1 in 5 children and adolescents experience a mental disorder at some point during their life.
- Stress, especially chronic stress, can significantly impact mental health, leading to issues like depression and anxiety.
- Good mental health is not just the absence of mental health problems. It also includes the presence of positive characteristics, such as the ability to manage stress, work productively, and contribute to the community.

Examples for Better Understanding

Consider Adam, who keeps a gratitude journal and practices yoga, contributing to his emotional and physical well-being. Meanwhile, Laura engages in chess and puzzle games enhancing her intellectual wellness, showing that diverse activities support different aspects of mental health.

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True or False Is the statement true or false?

1) Mental health affects only our emotional well-being.	True	False
2) Learning new skills improves intellectual wellness.	True	False
3) Strong relationships do not impact mental health.	True	False
4) Physical health is related to mental health.	True	False
5) Positive attitudes contribute to emotional well-being.	True	False

Questions Answer the questions below.

1) How does physical activity benefit mental health?

2) Why are social connections important for mental health?

PREVIEW

Direction Read each mental health problem and write a physical activity that can help improve or manage it.

Mental Health Problem	Physical Activity
Stress	
Anxiety	
Overthinking	
Feeling nervous in social situations	
Difficulty concentrating	

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Fact or Myth – Mental Health

Objective

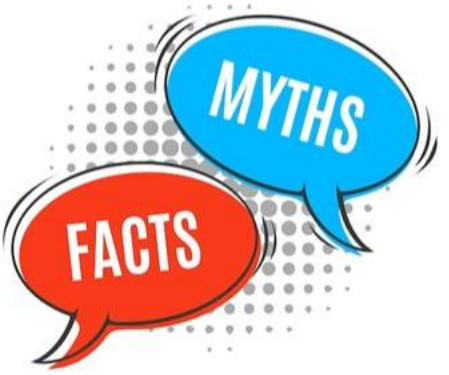
What are we learning about?

Students will identify common myths and facts about mental health and understand how these beliefs affect attitudes and well-being.

Materials

What will you need for the activity?

- S… M…tements about Mental Health
- O… CT" sig… …"MYTH" sign
- Open space i… …oor… …r movement



PREVIEW

Instructions

How … yo… …ctivity?

1. Explain to the class that they wi… …to st… …nts about mental health and decide if each one is a FACT or a MYTH.
2. Show the FACT and MYTH signs and explain wh… …mean.
3. Read one statement aloud.
4. Give students time to think about whether the statement is …de… …e.
5. Students move to the FACT side if they believe it is true, or to the MYTH side if they think it is false.
6. Ask a few students to explain their answers.
7. Reveal the correct answer and briefly discuss it.
8. Students return to their seats and prepare for the next statement.
9. Repeat until all statements have been discussed.

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Fact or Myth Read the statements to the class.

#	Statement	Fact or Myth
1	Mental health is just as important as physical health.	**Fact**
2	Everyone has mental health, just like everyone has physical health.	**Fact**
3	Ment[illegible] health problems are a sign of weakness.	**Myth**
4	Tal[illegible]meone can help improve mental health.	**Fact**
5	[illegible]ce mental health issues.	**Myth**
6	Exercis[illegible]ess and improve mood.	**Fact**
7	Getting enou[illegible]for mental well-being.	**Fact**
8	You should keep yo[illegible]s to	**Myth**
9	Mental health problems can af[illegible]one, [illegible]dless of age.	**Fact**
10	People with mental health problems can[illegible]	**Myth**
11	Stress can impact both your body and yo[illegible]	**Fact**
12	Having supportive friends and family improves [illegible]	**Fact**
13	If you look fine, you are mentally healthy.	**Myth**
14	Mental health problems are permanent and cannot improve.	**Myth**
15	It is okay to ask for help when you are struggling.	**Fact**
16	Mental health problems can be treated and managed.	**Fact**
17	Only professionals can help—friends and family don't matter.	**Myth**
18	Positive activities like hobbies can improve mental health.	**Fact**
19	Social media always improves mental health.	**Myth**
20	Emotions like sadness and anger are normal and part of life.	**Fact**

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Understanding Emotions

Embracing Emotional Literacy

Date: March 03, 2024 Author: By: Julianne Carter *2-minute read*

In today's fast-paced world, understanding and expressing emotions are foundational to supporting mental health. Acknowledging and discussing our feelings can pave the way for a healt mind and stronger relationships. Emotional literacy equips us with the tools to re and articulate our emotions, fostering empathy and connection in our interacti

The i nce of literacy cannot be overstated, especially in an educational setting. By teachi ab the spectrum of human emotions, we enable them to navigate their i with awareness and sensitivity. This understanding is crucial for develop silien thy, key components of emotional intelligence.

As we integrate emotiona cy into o nd classrooms, we not only enhance personal well-being but also e a ssionate society. It's about transforming our approach to em tions source of strength rather than vulnerability.

Regards,
Julianne Carter

PREVIEW

Comments:



Ethan Tremblay, March 05, 2024

Emotional literacy is the cornerstone of mental health. It's ess tial to understand and express our feelings clearly to build stronger connections.

Like Reply 7h ago



Ashley Peters, March 03, 2024

Incorporating emotional literacy into education is a game-changer. It teaches kids to empathize and communicate more effectively, laying the groundwork for healthier future generations.

Like Reply 2d ago

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True or False

Is the statement true or false?

1) Emotional literacy supports mental health.	True	False
2) Expressing emotions weakens personal relationships.	True	False
3) Teaching emotions is vital in educational settings.	True	False
4) Emotional literacy reduces empathy in communication.	True	False
5) Discussi[illegible]eelings can strengthen mind health.	True	False

Questi[illegible]er the questions below.

1) How does e[illegible]acy[illegible]ribute to society?

2) What role does empathy play in emotional lite[illegible]

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Define

What do the terms below mean?

Emotional Literacy	
Mental Health	

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Emotional Pictionary

Objective — What are we learning about?

To enhance students' understanding of emotions, healthy habits, and coping strategies through visual representation, fostering empathy and mental health awareness.

Materials — What you will need for the activity.

- W[illegible]per sheets
- Ma[illegible]s or co[illegible]cils
- Timer
- Cards with [illegible], healt[illegible] and coping mechanisms w[illegible]on t[illegible]



Instructions — How you wi[illegible]ple[illegible]f[illegible]

1. Divide the class into two teams, ensuring a n[illegible] abil[illegible] each.
2. One student from the first team draws a ca[illegible]d h[illegible]y[illegible]a[illegible]the concept without using words or symbols.
3. The team has one minute (use the timer) to guess the c[illegible]cept[illegible]a
4. If the team guesses correctly, they earn a point; if not, the oth[illegible]te[illegible]s a chance to guess.
5. Alternate turns between teams, ensuring every student gets a chance to draw.
6. Use simple drawings; the goal is to communicate the concept clearly.
7. Encourage students to think creatively about how to represent abstract ideas visually.
8. Keep track of points on the board for a friendly competitive atmosphere.
9. Conclude by discussing the various emotions, habits, and coping mechanisms explored.

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Cards	Cut out the cards below and have one student choose a card and try to draw what it says on their card. Their team has one minute to guess what they are drawing.

Joyful	Anxious
Serene	Frustrated
[illegible]	Exercise
Medita[illegible]	Reading
Gardening	Breathing
Dancing	Sadne[illegible]
Anger	Hop[illegible]
Fear	Cooking
Journaling	Stretching
Laughing	Hydration

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Creating a Balanced Lifestyle

Understanding Balance

Creating a balanced lifestyle means ensuring that your mental, physical, and emotional health are all taken care of. This balance is crucial because it helps you perform better in school, enjoy relationships with friends and family and maintain overall happiness and well-being.



Key Strat[illegible]r Balance

To achiev[illegible]ced lifestyle, it's important to incorporate several [illegible]ur daily routine:

- [illegible]ent: Managing your time well allows you to dedicate the right amo[illegible] of tim[illegible]work, hobbies, exercise, and relaxation. By planning your week, you [illegible]e th[illegible]time for both responsibilities and fun.
- Engaging in [illegible] Hobb[illegible]tivities you enjoy doing in your free time. They are important f[illegible]r e[illegible]because they provide an outlet for stress and allow you to express [illegible]creativ[illegible]
- Prioritizing Self-Care: S[illegible]refe[illegible]ies that you do specifically to take care of your mental, emotio[illegible]and[illegible]. This could include reading, taking a bath, exercising, or practicing me[illegible]

PREVIEW

Why Balance is Important

A balanced lifestyle is crucial for several reason[illegible]

- It reduces stress and anxiety.
- It improves your focus and concentration for better [illegible]nd [illegible]m-solving.
- It increases your happiness and overall life satisfaction.

Key Facts to Remember

- Time Management: Students who manage their time effectively can re[illegible]e stress levels by up to 70%.
- Hobbies: Engaging in hobbies can improve mood and lower stress by up to 30%.
- Self-Care: Regular self-care practices can boost self-esteem and improve relationships with others.

Examples for Inspiration

- Anna organizes her week with a planner, allocating time for homework, soccer practice, and piano lessons.
- Jayden takes a walk every evening to clear his mind and plan for the next day.
- Leila dedicates Sunday afternoons to her painting, allowing her to express her emotions and relax.

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Questions

Answer the questions below.

1) How do hobbies contribute to a balanced lifestyle?

2) Why is [illegible] to balance physical, emotional, and mental health?

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Connecting

What are some [illegible] a balanced life?

1	
2	
3	
4	
5	

True or False

Is the statement true or false?

1) Time management can reduce stress by 50%.	True	False
2) Self-care practices can improve relationships.	True	False
3) Effective time management only benefits school performance.	True	False
4) Self-care includes activities like meditation and exercise.	True	False
5) Planning your week can help balance responsibilities and fun.	True	False

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My Balanced Lifestyle: Describe Your Routine

Objective

What are we learning about?

Students will describe a daily routine that reflects a balanced lifestyle by applying concepts of time management, self-care, and healthy habits.

Materials

What will you need for the activity?

- Set [illegible] Routine" cards, printed and cut
- [illegible]
- Pen/pencil
- Timer (opti[illegible]



Instructions

How [illegible] ctivity?

1. Begin the lesson by review[illegible] wha[illegible] style means, including mental, physical, and emotional health.
2. Explain to students that they will choose [illegible]ve or [illegible]e card that describes a role or situation.
3. Distribute the cards randomly or allow students [illegible]e.
4. Instruct students to carefully read their assigned scena[illegible].
5. Tell students to imagine themselves in that situation and think abo[illegible] they would manage their day in a healthy and balanced way.
6. Students will write a short paragraph of five to seven sentences describing their daily routine. They should include time of activities such as morning, afternoon, and evening, school or work responsibilities, rest and sleep, hobbies or relaxation, and self-care habits.
7. Give students enough time, around ten to fifteen minutes, to complete their writing.
8. After writing, ask students to share their answers with a partner or small group.
9. Select a few volunteers to present their routines to the class.

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My Balanced Lifestyle: Describe Your Routine

Direction Cut out these cards.

Describe Your Routine	Describe Your Routine	Describe Your Routine
You are a [illegible]atre artist balanci[illegible]arsals [illegible]	You are a famous actor managing work, health, and personal time.	You are a doctor balancing work shifts and self-care.
Describe Yo[illegible]	**[illegible]ibe Your Routine**	**Describe Your Routine**
You are a teacher managing classes, planning, and relaxation.	You are[illegible] taking [illegible]e o[illegible]i[illegible]hile maint[illegible]ur [illegible]ng.	You are a student-athlete balancing training, school, and rest.
Describe Your Routine	**Describe Your Routi[illegible]**	**Desc[illegible]ur Routine**
You are a musician practising daily while taking care of your mental health.	You are a dancer balancing practice, school, and recovery time.	Yo[illegible]dia in[illegible]en[illegible]aging screen[illegible]and self-care.
Describe Your Routine	**Describe Your Routine**	**Describe Your Routine**
You are a business owner balancing work and personal life.	You are a chef managing a busy kitchen and staying healthy.	You are a police officer balancing duty and personal wellness.

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Direction Cut out these cards.

Describe Your Routine	Describe Your Routine	Describe Your Routine
You are a firefighter managing stress and staying physically fit.	You are a parent balancing family responsibilities and self-care.	You are a college student managing studies, sleep, and social life.
Describe Your Routine	**Describe Your Routine**	**Describe Your Routine**
You are a gamer to balance screen time and healthy habits.	an artist balan ativity	You are a traveler maintaining healthy habits while on the go.
Describe Your Routine	**Describe Your Routine**	**Describe Your Routine**
You are a community volunteer balancing helping others and self-care.	You are a fitness coach helping others while maintaining your own well-being.	est, th.
Describe Your Routine	**Describe Your Routine**	**Describe Your Routine**
You are a scientist balancing research work and personal well-being.	You are a construction worker staying active while taking care of your health.	You are a content creator balancing creativity, deadlines, and self-care.

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Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Does this show an understanding of a balanced lifestyle?

1) Balanc… s focusing only on s… ks.	Yes	No
2) Ti… …ne… reduc… …ess.	Yes	No
3) Exercise a… …t part of a balance… …yle.	Yes	No
4) Ignoring your emotion… helps you stay productive.	Ye…	No
5) Self-care improves overall well-being.	Yes	N…

Name: _____

Does this show an understanding of a balanced lifestyle?

1) Balance means focusing only on school tasks.	Yes	No
2) Time management helps reduce stress.	Yes	No
3) Exercise and rest are part of a balanced lifestyle.	Yes	No
4) Ignoring your emotions …lps you stay productive.	Yes	No
…) S… …are improves ove… …l-being.	Yes	No

Name: _____

Does this show an understanding of a balanced lifestyle?

1) Balance means focusing only on school tasks.	Yes	No
2) Time management helps reduce stress.	Yes	No
3) Exercise and rest are part of a balanced lifestyle.	Yes	No
4) Ignoring your emotions helps you stay productive.	Yes	No
5) Self-care improves overall well-being.	Yes	No

Name… _____

Does this s… …an … …f a balanced lifestyle?

1) Balance means focusi… only on school tasks.	Yes	No
2) Time management helps reduce stress.	Yes	No
3) Exercise and rest are part of a balanced lifestyle.	Yes	No
4) Ignoring your emotions helps you stay productive.	Yes	No
5) Self-care improves overall well-being.	Yes	No

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Physical Activity and Mental Health

The Morning Boost



Starting your day with physical activity isn't just good for your body; it has significant benefits for your mental health too. When we engage in exercise in the morning, it can lead to a brighter mood, lower stress levels, and overall enhanced mental well-being.

Biological Benefits

Exercise a[illegible]our brain chemistry in several positive ways. Here's how:

- Rele[illegible]ins: These are chemicals in the brain that act as natural painkillers a[illegible]rning exercise triggers a release of endorphins, leading to fee[illegible] of ha[illegible] a reduction in pain.
- Reduction [illegible]Physical activity reduces levels of the body's stress hormones, [illegible]renali[illegible]ortisol, helping us start our day with lower stress.
- Enhancement [illegible]n Fu[illegible]: [illegible]r physical activity boosts brain function and is linked to better me[illegible]ion, a[illegible]blem-solving abilities.

Psychological Advantages

Exercise also provides psychological be[illegible]t su[illegible]mental health:

- Confidence Boost: Achieving fitness goals, no m[illegible] ho[illegible]ll, can increase self-esteem and confidence.
- Improved Sleep: Regular, morning exercise c[illegible]lp r[illegible]atterns, leading to deeper and more restorative sleep.
- Social Interaction: Group exercises or team sports ca[illegible]a [illegible]e of co[illegible]mmunity and support, essential for mental health.

Facts and Statistics

To understand the impact of morning exercise on mental health, consider[illegible]e statistics:

- Individuals who engage in regular physical activity have up to a 30% lower risk of depression.
- 75% of people report feeling more mentally alert after morning exercise.
- Exercise can reduce stress levels by up to 40% in regular participants.

Practical Tips

To incorporate physical activity into your morning routine, consider the following:

- Choose activities you enjoy to ensure you stick with them.
- Set realistic goals and gradually increase the intensity of your workouts.
- Consider team sports or group exercises for social interaction.

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Questions

Answer the questions below.

1) How do endorphins affect our mood after exercise?

2) Why is exercise said to reduce stress?

PREVIEW

Draw

What morning activities you to help boost your well-being? Label each activity.

True or False

Is the statement true or false?

1) Exercise releases chemicals called endorphins.	True	False
2) Morning exercise increases levels of stress hormones.	True	False
3) Regular physical activity can improve memory.	True	False
4) Exercise is only beneficial for physical health.	True	False
5) Achieving fitness goals boosts confidence.	True	False

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The Role of Sleep in Mental Health

The Importance of Sleep

Sleep plays a critical role in maintaining our mental health and overall well-being. It's as essential as eating healthy and exercising. Good sleep can improve our mood, enhance our brain function, and increase our emotional stability. When we sleep, our brain processes the day's events, makes memories, and releases hormones that help repair our body and manage stress.



Effects of Sleep Deprivation

Lack of sleep can have significant negative effects on our mental health:

- Mood Changes: Sleep deprivation can lead to irritability, mood swings, and even depression. It affects our emotional regulation, making it harder to cope with stress.
- Concentration and Memory: Without enough sleep, our concentration, creativity, and problem-solving skills can suffer. This can impact our performance at school, making it harder to learn and remember new information.
- Stress and Anxiety: Not getting enough sleep can increase our stress levels and susceptibility to anxiety. It becomes a vicious cycle: stress makes it harder to sleep, and lack of sleep makes us more stressed.

Improving Sleep Habits

Here are some tips for better sleep:

- Regular Schedule: Try to go to bed and wake up at the same time every day, even on weekends.
- Relax Before Bed: Develop a relaxing bedtime routine to help signal that it's time to sleep.
- Comfortable Environment: Keep your bedroom cool, quiet, and comfortable. Use your bed only for sleep.
- Limit Screen Time: Turn off electronic devices at least an hour before bedtime.
- Physical Activity: Regular physical activity can help you fall asleep faster and enjoy deeper sleep.

Key Terms to Remember

- Sleep Deprivation: Not getting the required amount of sleep.
- Circadian Rhythm: The body's natural sleep-wake cycle that influences our physical, mental, and behavioural changes within a 24-hour period.
- REM Sleep: A stage of sleep important for emotional regulation and memory formation.

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Questions

Answer the questions below.

1) What are the effects of sleep deprivation on mood?

2) Why is i[illegible]mended to limit screen time before bed?

PREVIEW

Connecting

Describe a ti[illegible]en y[illegible]deprived. How did it affect you?

True or False

Is the statement true or false?

1) Sleep is as essential as eating healthy.	True	False
2) Sleep deprivation improves concentration.	True	False
3) A cool, quiet bedroom promotes better sleep.	True	False
4) Electronic devices help with sleep.	True	False
5) Stress can make it harder to sleep.	True	False

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Listen & Draw: The Ideal Sleep-Friendly Bedroom

Objective

What are we learning about?

Students will demonstrate understanding of healthy sleep habits by listening to descriptions and drawing an ideal bedroom that promotes good sleep and mental health.

Materials

What will you need for the activity?

- Pa
- P
- Cray s or co cils



Instructions

How you activity?

1. Draw a bedroom and place d in d a pillow and a blanket to make it look comfortable.
2. Draw a small clock beside the bed and set the to a :00 or 10:00 at night to show bedtime.
3. Draw a window in the room. Outside the window, moon a rs to show that it is nighttime.
4. Add curtains to the window and draw them closed to block out
5. Draw a lamp beside the bed and show that it is turned off to create a and calm environment.
6. Draw a table or shelf with a book on it to show a relaxing bedtime activity.
7. Do not draw any gadgets like a cellphone, television, or computer near the bed. Leave that space empty to show no screen time.
8. Draw a small plant or decoration in the room to create a peaceful and relaxing environment.
9. Draw a person sleeping peacefully on the bed, showing that the room supports good sleep and mental health.

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Listen & Draw: The Ideal Sleep-Friendly Bedroom



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Screen Time and Sleep

The Impact of Screen Time
In today's digital age, many of us spend a considerable amount of time in front of screens. This habit can significantly affect our sleep quality and, by extension, our mental health. Screens emit blue light, which can trick our brains into thinking it's still daytime, disrupting our natural sleep cycles.

Key Facts and Statistics
- Blue L[illegible]nd Melatonin: Exposure to blue light from screens can inhibit the produ[illegible]elatonin, the hormone responsible for regulating sleep.
- Scr[illegible]a[illegible]ics: On average, teenagers spend about 7 hours a day on screens, [illegible]tin[illegible]hoolwork.
- Sle[illegible]equire[illegible]lth experts recommend 8-10 hours of sleep per night for adolescent[illegible]sh[illegible]at screen time before bed can lead to fewer sleep hours.

Effects on Sleep and Mo[illegible]
Lack of adequate sleep due[illegible]sive[illegible]before bed can have several effects on students' well-being, includi[illegible]



- Increased risk of depression and a[illegible]y.
- Difficulty concentrating and poor academic pe[illegible]nance.
- Heightened feelings of stress and irritability.

Strategies for Better Sleep Hygiene
Implementing strategies to reduce screen time before bed[illegible]ad t[illegible]ep quality and mental health. Here's a list of practical tips:

- Establish a Screen-Free Zone: Keep bedrooms free of screens. This m[illegible]no TVs, computers, or smartphones.
- Set a Screen Time Limit: Aim to turn off all screens at least one hour before bedtime.
- Create a Relaxing Bedtime Routine: Consider activities like reading a book, taking a warm bath, or meditating to unwind before sleep.
- Use Night Mode: If you must use a device, activate the "night mode" setting to reduce blue light exposure.

Encouraging Healthy Digital Habits
It's essential to be mindful of our screen time, especially before bed, to ensure we're giving our bodies and minds the rest they need. By adopting healthier digital habits, we can improve our sleep quality and overall mental health, paving the way for a more balanced and productive life.

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True or False

Is the statement true or false?

1) Screen time before bed improves sleep quality.	True	False
2) Teenagers need 8-10 hours of sleep nightly.	True	False
3) Blue light boosts melatonin production.	True	False
4) Screen-free zones help improve sleep.	True	False
5) Reading books before bed can help with sleep.	True	False

Question

Answer the questions below.

1) What effect does [illegible] have on sleep?

2) How does screen time before bed affect mental health?

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Define

What do the terms below mean?

Melatonin	
Screen Time	
Sleep Hygiene	

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D2.4

Activity - Give Me 5 – Screen Time and Sleep

Objective What are we learning about?

Students will identify and recall key concepts about screen time and sleep by listing examples of healthy habits, effects, and practices that support mental health and well-being.

Materials [illegible]hat will you need for the activity?

- S[illegible] (Give Me [illegible] (printed and cut)
- Time[illegible] (option[illegible]
- Board and [illegible]e[illegible]ional [illegible]oring)



Instructions How wi[illegible] complete [illegible]tivity?

1. Begin by reviewing the topic of scr[illegible] and [illegible] including its effects on mental health.
2. Explain to students that they will play a qu[illegible]pons[illegible]led "Give Me 5," where they must name five correct answers [illegible]ach[illegible]
3. Divide the class into small groups or teams.
4. Give one card to each group or call out a category for the whol[illegible]
5. When the teacher says "Go," students must list or say five correct an[illegible]elated to the category.
6. Set a time limit of about 10–15 seconds for each round.
7. Groups earn a point if they can give five correct and relevant answers within the time limit.
8. If a group cannot complete five answers, other groups may "steal" and complete the list.
9. Continue the game using different cards until all categories have been used.
10. At the end of the activity, discuss the answers and connect them to healthy sleep habits and reducing screen time.

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D2.4

Instructions Cut out these cards

Card 1 Give me 5 healthy bedtime habits	**Card 11** Give me 5 habits that can help reduce stress before bedtime
Card 2 Give me 5 effects of too much screen time	**Card 12** Give me 5 problems caused by lack of sleep
Card 3 Give [illegible] should NOT do [illegible] bef[illegible]	**Card 13** Give me 5 healthy evening routines
Give me 5 re[illegible]ctiviti[illegible]	**Card 14** Give me 5 bad sleep habits
Card 5 Give me 5 benefits of good [illegible]leep	**Card 15** [illegible]e 5 ways to relax your mind [illegible]before sleeping
Card 6 Give me 5 gadgets that give off blue light	**[illegible]d 16** G[illegible]e 5 [illegible] light on sleep
Card 7 Give me 5 ways to improve sleep habits	**[illegible]ard** Give me 5 thi[illegible]gs th[illegible]om sleep[illegible]
Card 8 Give me 5 signs you need more sleep	**Card 18** Give me 5 consequences of staying up late
Card 9 Give me 5 activities you can do instead of using gadgets at night	**Card 19** Give me 5 habits that improve mental health through sleep
Card 10 Give me 5 reasons why sleep is important for students	**Card 20** Give me 5 things you can do during the day to sleep better at night

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D2.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Draw your ideal nighttime routine that helps you sleep better and stay healthy.

Name: _____

Draw your ideal nighttime routine that helps you sleep better and stay healthy.

Name: _____

Draw your ideal nighttime routine that helps you sleep better and stay healthy.

Name: _____

Draw your ideal nighttime routine that helps you sleep better and stay healthy.

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Digital Wellness

"Balancing Screen Time"

Publish Date: March 22, 2024

In today's world, where screens are an essential part of our daily lives, finding a balance bet[illegible]n online and offline activities has never b[illegible]re crucial. Digital wellness, a term tha[illegible]ed popularity in recent years, re[illegible]of using techn[illegible]ay t[illegible]otes mental and physica[illegible]lth.

According to ex[illegible]t[illegible]verage person now spends [illegible]even h[illegible]a[illegible] front of a screen. This i[illegible]d[illegible] from smartphones and tabl[illegible]or[illegible]puters and televisions. While technolog[illegible] countless opportunities for learning[illegible]nd connection, too much screen time can lead issues like poor sleep, reduced concentrati[illegible] and increased stress levels.

Dr. Anne Patrick, a psychologist specializing in digital wellness, emphasizes the importance of setting boundaries. "It's essential to have limits on how long we spend using devices," she says. "Taking regular breaks, ensuring we have 'screen-free' times during the day, and engaging in other activities can help maintain our mental health."

One approach that has been effective for many is the "20-20-20 rule." This involves taking a 20-second break to look at something 20 feet away every 20 minutes of screen time. This simple habit can reduce eye strain and help refocus the mind.

Moreover, Patrick suggests that families should have open discussions about digital use and agree on household rules. This could include specific times when screens are off-limits, such as during meals or before bedtime.

Jaspreet Singh, a high school student, shares his experience with managing screen time. "I realized I was spending too much time on my phone, which made it hard to concentrate on my homework. After setting limits for myself and finding hobbies outside of the internet, I've seen a big improvement in my grades and my sleep."

It's also important to be mindful of the content we consume. Engaging in positive activities, such as learning a new skill online or connecting with friends and family, can [illegible]nhance our well-being. On the other hand, [illegible]ssive exposure to negative content can [illegible]e opposite effect.

As we [illegible]e this digital age, the key to digit[illegible]llnes[illegible]in finding a healthy [illegible]. By se[illegible]boundaries, taking [illegible]brea[illegible]d[illegible]g in a variety of activ[illegible]es[illegible]ne and[illegible], we can protect [illegible]r[illegible]health[illegible]nsure that technology a[illegible]e fo[illegible] in our lives.



PREVIEW

Name: _____ 35

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D2.4

True or False

Is the statement true or false?

1) Digital wellness promotes mental health.	True	False
2) Screen time is limited to just computers.	True	False
3) Content consumption doesn't affect mental health.	True	False
4) Setting boundaries with technology is beneficial.	True	False
5) Offline activities can improve digital wellness.	True	False

Question

Answer the questions below.

1) Why is setting limits important?

2) How can content consumption affect health?

PREVIEW

Word Search

Find the words in the wordsearch.

Screen	Limit
Break	Books
Music	Sleep
Focus	Stress
Online	Family
Clock	Media

Q A E K R T P W N O I T A T D
M U S I C B S O U E Q U Y A Y
F A V C G S O K W W R C E L T
A W R B E A G O I Z B Q C T S
M K K R R O K F K A C E I A C
I K T L S E N K O S R M E J R
L S J W K N A L G C I J S L E
Y C L O C K K K I L U Z F K E
M E D I A S I Q H N N S S L N
R P W A R N B I S L E E P G M

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D2.4

Mindfulness and Mental Health in the Digital Age

Mindfulness in the Digital Age

In our fast-paced world, mental health has become a crucial part of our overall wellbeing. Mindfulness and meditation are practices that help us maintain our mental health by focusing on the present moment, reducing stress, and improving our emotional regulation. For students, understanding how to manage stress and emotions is particularly important as you navigate through changes in your lives.



The Role of Technology

Technology, often seen as a source of distraction, can also be a valuable tool for improving mental health. Mindfulness apps are a great example of how technology supports our wellbeing. These apps offer guided meditations, breathing exercises, and other mindfulness practices right at our fingertips, making it easier for young people to engage in these beneficial activities.

Benefits of Mindfulness Practices

Practicing mindfulness through these apps can offer several benefits for your mental health, including:

- Stress Reduction: Mindfulness helps decrease anxiety and stress by encouraging relaxation.
- Improved Focus: Regular practice can enhance your ability to concentrate on your studies.
- Better Emotional Health: Mindfulness aids in managing emotions, leading to improved mood and self-esteem.

Popular Mindfulness Apps

Here's a list of widely used mindfulness and meditation apps that are designed to be accessible and engaging for young people:

- Headspace: Offers guided meditations for a variety of needs and goals.
- Calm: Features sleep stories, breathing programs, and relaxing music.
- Smiling Mind: Developed specifically for young people, providing exercises based on age.

Engaging with Mindfulness

Incorporating mindfulness practices into your daily routine can be a simple yet effective way to improve your mental health. Whether it's starting the day with a short meditation or taking a few minutes to focus on your breathing, mindfulness apps can guide you through these processes in an engaging and accessible way. By making use of these digital tools, you can take an active step towards maintaining your mental wellbeing.

PREVIEW

Name: _____ 41

Curriculum Connection
D2.4

True or False

Is the statement true or false?

1) Mindfulness can reduce stress and anxiety.	True	False
2) Meditation apps can worsen our mental health.	True	False
3) Technology always distracts from mindfulness practices.	True	False
4) Headspace offers guided meditations for various goals.	True	False
5) Calm features sleep stories and relaxing music.	True	False

Questions

ver the questions below.

1) How mindful support mental health?

2) Why is it important to practice mindf s?

PREVIEW

Making Connections

Draw a social media app that helps support your mental health.

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D2.4

Healthy Eating and Mental Health

The Link Between Diet and Mood

Understanding how what we eat impacts our mental health is essential. A balanced diet isn't just crucial for physical health; it significantly affects our mood, energy levels, and overall mental well-being. When we nourish our bodies with the right kinds of foods, we provide our brains with the nutrients they need to function optimally. This reading explores the connection between nutrition and mental health, highlighting how certain dietary choices can enhance or detriment our mental state.



Key Nutrients for Mental Health

A variety of nutrients are essential for maintaining good mental health. Some of the most important:

- Omega-3 Fatty Acids: Found in fatty fish like salmon and trout, and in flaxseeds and walnuts, omega-3s are linked to reduced rates of depression and anxiety.
- Vitamins and Minerals: B vitamins, vitamin D, and magnesium play critical roles in mood regulation and brain health.
- Protein: Sources like lean meat, fish, eggs, and legumes contain amino acids, which are building blocks for neurotransmitters like serotonin and dopamine that influence mood.

Impact of Diet on Mental Health

Diet affects mental health in several ways:

- Mood Regulation: Balanced diets rich in fruits, vegetables, whole grains, and lean proteins can improve mood and reduce symptoms of depression and anxiety.
- Energy Levels: Consistent intake of complex carbohydrates, healthy fats, and proteins can stabilize energy levels throughout the day, affecting focus and alertness.
- Brain Function: Nutrients from a balanced diet support brain function and the production of neurotransmitters, which play a significant role in mood and cognitive processes.

Incorporating Healthy Eating Habits

Students should be encouraged to incorporate healthy eating habits into their daily routine, understanding how such choices can positively impact their mental well-being. Including a variety of nutrient-rich foods in every meal and understanding the connection between what we eat and how we feel can empower students to make informed dietary choices for their mental and physical health.

PREVIEW

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D2.4

True or False Is the statement true or false?

1) Omega-3 fatty acids can reduce depression.	True	False
2) Proteins have no role in mood regulation.	True	False
3) Vitamins and minerals do not affect brain health.	True	False
4) A balanced diet improves focus and alertness.	True	False
5) Foods rich in omega-3 include salmon and walnuts.	True	False

Question ...w... the questions below.

1) What ... omeg... ...ids, and why are they important for mental health?

2) How do vitamins and minerals influe... ...mental h... ...?

PREVIEW

Direction Put a check (✓) under Healthy Choice or Unhealthy Choice.

Actions	Healthy	Unhealthy
1) Eating fruits and vegetables daily		
2) Drinking too many sugary drinks		
3) Eating balanced meals		
4) Choosing whole grains and healthy snacks		
5) Eating at regular meal times		

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Activity – Healthy Eating Role Play

Objective

What are we learning about?



Help students understand how food choices can influence mood, ene[illegible]nd mental health, and encourage them to make hea[illegible]balanced eating decisions.

Materials

W[illegible]u n[illegible]d for the activity?

- Scenario cards sh[illegible]ns [illegible]to food choices and eating habits
- Pencil and paper
- Simple props (optional: food pictur[illegible]box, [illegible]etc.)
- Space in the classroom for role-pla[illegible]g

Instructions

How will you complete the activity?

1. Explain that the food we eat can affect our mood, energy, and [illegible]
2. Discuss examples of healthy and unhealthy eating habits (balanced [illegible]skipping meals, too much junk food, etc.).
3. Divide the class into small groups and give each group a scenario card.
4. Ask each group to discuss what eating habit is shown, how it affects mental health, and what a healthier choice would be.
5. Let groups act out their scenario, showing both the unhealthy habit and a healthier alternative.
6. After each role play, discuss as a class how healthy eating supports mental health and overall well-being.

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Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Skipping Breakfast	You wake up late and skip breakfast before going to school. During class, you start to feel tired, hungry, and unable to focus. You wonder how skipping meals affects your energy and mood and think about what a better choice would be.
Choosing Food	and your friends buy chips, soda, and fast food after hool rst, you feel happy, but later you feel sluggish and l . You begin to think about how unhealthy f oices ca your mood and well-being.
Healthy Snack Choice	During break u ch eat fruits and drink water while your friends choo gary . You feel more energized and focused ass how healthy food choices can support you hea
Sugary Drinks Habit	You drink soft drinks every day instead notice that you often feel tired and have trouble con trating. You start to think about how too much sugar can affect your energy and mood.
Balanced Meal at Home	At home, your family prepares a meal with vegetables, rice, and protein. After eating, you feel full, energized, and ready to do your tasks. You realize how balanced meals can improve both your body and mind.

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D2.4

Scenario Cards Cut out the topics below.

Scenario	Key Moments/Descriptions
Peer Influence on Eating	Your friends often eat unhealthy snacks and encourage you to join them. You feel pressured but also want to make better choices. You think about how peer influence can affect your eating habits and mental health.
Emotional Ea	r feeling stressed from school, you eat a lot of sweets to be ater, you feel uncomfortable and still stressed. You k about healthier ways to manage your e
Late Night Eating	You stay up la eat sn hile using your phone. The next day, you feel tired a nfoc ou consider how late-night eating and ca leep and mental health.
Trying a Healthier Routine	You decide to eat regular meals, drink m d reduce junk food. After a few days, you notice ter mood, energy, and focus. You reflect on how small changes can improve your well-being.
Skipping Lunch at School	You skip lunch because you are busy or not hungry. Later, you feel weak, irritable, and unable to concentrate. You think about why regular meals are important for mental and physical health.

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D2.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Check (✓) the Best Healthy Habits for Mental Health

Eat a balanced diet with fruits and vegetables	
Skip meals often	
Drink plenty of water	
Eat too much junk food	
Ignore how food affects your mood	
Choose nutritious meals regularly	

Name: _____

Check (✓) the Best Healthy Habits for Mental Health

Eat a balanced diet with fruits and vegetables	
Skip meals often	
Drink plenty of water	
Eat too much junk food	
Ignore how food affects your mood	
Choose nutritious meals regularly	

Name: _____

Check (✓) the Best Healthy Habits for Mental Health

Eat a balanced diet with fruits and vegetables	
Skip meals often	
Drink plenty of water	
Eat too much junk food	
Ignore how food affects your mood	
Choose nutritious meals regularly	

Name: _____

Check (✓) the Best Healthy Habits for Mental Health

Eat a balanced diet with fruits and vegetables	
Skip meals often	
Drink plenty of water	
Eat too much junk food	
Ignore how food affects your mood	
Choose nutritious meals regularly	

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D2.4

Stress Management Techniques

Easing Stress Creatively

Date: March 10, 2024 Author: By: Owen MacLeod *2-minute read*

In today's fast-paced world, finding effective ways to manage stress is more important than ever. Journaling, art, and music stand out as powerful tools for coping, offering not just a mean[illegible]of expression but a pathway to inner peace. These activities encourage mindfulne[illegible]wing individuals to focus on the present moment, thereby reducing stress le[illegible]cantly.

Jour[illegible]ps in untangling thoughts and emotions, serving as a private, judgem[illegible]free z[illegible]-reflection. Art, on the other hand, allows for the visual expression of [illegible]wor[illegible]ght not capture, promoting a sense of calmness. Music, with its [illegible]angua[illegible]othe the mind and elevate mood, proving to be an effective stress [illegible]er ac[illegible]nd age groups.

Adopting these stress man[illegible]techn[illegible]lead to a healthier mental state, fostering resilience in the face[illegible]'s c[illegible]incorporating these practices into our daily routines, we can embark on a [illegible]owa[illegible]ntional well-being, enhancing our overall quality of life.

Bye for now,
Owen MacLeod

PREVIEW

Comments:



Paul Johnson, March 13, 2024

Exploring these creative outlets has dramatically improved m[illegible]ility to handle stress. It's amazing how much a simple journal entry or a piece of music can change your perspective.

Like Reply 4h ago



Claire Desjardins, March 10, 2024

I've found that art allows me to express emotions I didn't even know I was holding onto. It's not just about stress relief; it's about discovering more about ourselves and our capacities for resilience and joy.

Like Reply 3d ago

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Curriculum Connection
D2.4

True or False

Is the statement true or false?

1) Journaling can help manage stress by organizing thoughts.	True	False
2) Music increases stress levels instead of reducing them.	True	False
3) Artistic expression can lead to increased calmness.	True	False
4) Mindfulness is not related to stress management techniques.	True	False
5) Music is [illegible]iversal language for stress relief.	True	False

Ques[illegible]

[illegible]wer the questions below.

1) How does j[illegible]st i[illegible]s management?

2) In what way does music contribute to reduci[illegible]s?

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Connecting

Which strategy would you prefer – journalling or music? Explain when you might use this strategy.

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D2.4

Positive Social Interactions

Bonds That Heal

In a vibrant Canadian town, a student named Kieran found himself struggling with feelings of isolation and sadness. He felt disconnected from his classmates and unsure how to bridge the gap. This is a common feeling, as studies show that 1 in 5 children and youth in Canada experience a mental health challenge with isolation being a significant factor.



Kieran's turning point came when he decided to join the school's environmental club, motivated by his love for nature. There, he met Sam and Emma, two students who shared his passion. The club met weekly for engaging clean-up activities, planting trees, and advocating for environmental conservation. Through these interactions, Kieran experienced firsthand the power of positive social interactions.

Participating in activities with Sam, Emma, and others provided Kieran with a sense of belonging and purpose. He learned that engaging in shared activities can foster emotional support and reduce feelings of loneliness. The Canadian Mental Health Association emphasizes that social connections can boost mental health and overall happiness and self-worth.

Kieran's story underscores a crucial message: positive social interactions are vital for mental health. By finding common ground with others, individuals can create supportive networks that counteract isolation. Statistics indicate that students who actively participate in community or school groups report higher levels of mental well-being.

Through Kieran's journey, it's clear that reaching out, connecting with others, and engaging in collective activities can significantly impact one's mental health, illustrating the transformative power of bonds that heal.

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Questions

Answer the questions below.

1) How do positive social interactions impact mental health?

2) What ty[illegible] of activities did the environmental club engage in?

True or False

[illegible] or false?

1) Kieran felt isolated because [illegible]	True	False
2) 1 in 5 Canadian youth face mental he[illegible]	True	False
3) Positive social interactions can boost mental [illegible]	True	False
4) Social connections do not affect feelings of hap[illegible]	True	False
5) Engaging in group activities can reduce loneliness.	True	False

Connecting

What are some of the things you do to avo[illegible]?

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Curriculum Connection
D2.4

Conflict Resolution Skills

Understanding Conflict
Conflict occurs when there are disagreements or clashes between individuals due to differences in opinions, values, or needs. In schools, conflicts might arise among students over group projects, sharing spaces, or differences in opinion. Understanding that conflict is a normal part of human relationships is crucial. Handling these disagreements healthily can reduce stress and strengthen connections between people.



Key Skills [illegible]lving Conflicts
Develop[illegible]ict resolution skills is essential for everyone, especially young indiv[illegible]ate complex social environments. These skills include:

- Effective C[illegible]n: E[illegible]sing your thoughts and feelings clearly without blaming or [illegible] other[illegible]olves active listening, where you pay full attention to wha[illegible] othe[illegible]ing, showing empathy and understanding.
- Empathy: Trying to se[illegible]ation f[illegible] other person's perspective. This doesn't mean you have to agree[illegible]m b[illegible]ding their viewpoint can lead to more harmonious solutions.
- Finding Common Ground: Looking f[illegible]of ag[illegible]nt that both parties can acknowledge. This helps in shifting [illegible]ocus fro[illegible]positions to shared interests.

Strategies for Healthy Dispute Resolution
To resolve disagreements in a manner that is beneficia[illegible]rties[illegible]ed, consider the following steps:

- Speak Up: Talk about what's bothering you in a respectful way. [illegible]nts to express your feelings and needs.
- Listen Actively: Give the other person your full attention, acknowledge their feelings, and ask questions to clarify your understanding.
- Seek Common Ground: Discuss ways to meet the needs of everyone involved.
- Agree to Disagree: Sometimes, it's not possible to find a solution that satisfies everyone. It's okay to respectfully agree to disagree.

Importance of Conflict Resolution
Practicing effective conflict resolution can lead to:

- Reduced stress from unresolved disagreements.
- Stronger relationships built on mutual respect and understanding.
- Improved communication skills, leading to more positive interactions.

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True or False

Is the statement true or false?

1) Conflict is always negative and should be avoided.	True	False
2) Active listening is not important in resolving conflicts.	True	False
3) Finding common ground can help resolve disagreements.	True	False
4) "I" statements can help express feelings respectfully.	True	False
5) Effective communication excludes non-verbal cues.	True	False

Connecting

Describe a conflict you had and how you resolved it.

PREVIEW

Conflict Response

Circle 👍 if it shows a healthy response and 👎 if it shows an unhealthy response.

1	Listens to the other person's side during a disagreement.	👍	👎
2	Shouts and interrupts when arguing.	👍	👎
3	Uses "I" statements to express feelings calmly.	👍	👎
4	Tries to find a solution that works for both people.	👍	👎
5	Blames others without listening to their explanation.	👍	👎
6	Apologizes sincerely after making a mistake.	👍	👎
7	Ignores the problem and avoids talking about it.	👍	👎

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D2.4

Direction Read each situation. Identify the conflict and write a possible solution.

Situation	Conflict	Solution
Two classmates argue about who should be the leader in a group project. Both want to be in charge and stop listening to each other.		
A student [illegible] because [illegible] interr[illegible] while t[illegible] talking.		
Two friends disag[illegible] which game to play d[illegible]g recess and refuse to compromise.		
A student borrows a classmate's pen but forgets to return it, causing frustration.		
During a group discussion, one member ignores others' ideas and insists on their own plan.		
Two students misunderstand each other's messages in a group chat and start arguing.		
A student feels left out because their groupmates do not include them in activities.		
One student makes a joke that hurts another student's feelings.		

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D2.4

The Power of Positive Thinking

Brighter Thoughts, Brighter Days

In the heart of Toronto lived Alex, a student who discovered the power of positive thinking during a challenging school year. As Alex struggled with his mathematics class, his mood began to plummet, affecting both his schoolwork and friendships.



One day, their teacher, Mr. Singh, introduced the class to a lesson unlike any other. He spoke about the impact of positive thinking on mental health. He shared that, according to several studies, individuals who engage in positive thinking can experience a 23% reduction in stress. He explained how shifting perspectives from negative to positive can significantly improve one's mood and resilience.

Intrigued, Alex decided to apply this lesson to his life. He started by focusing on the progress he had made in mathematics, rather than the difficulties. Alex also began to practice gratitude, acknowledging three positive things each day, no matter how small.

Over time, Alex noticed a remarkable change. His mood brightened, and his confidence strengthened. He felt more motivated to tackle challenges and found himself enjoying mathematics more than he ever had before. His friendships flourished as he shared his new outlook with others, creating a ripple effect of positivity.

Through Alex's journey, Mr. Singh's class learned a vital lesson: the power of positive thinking isn't just about feeling better in the moment; it's about building a foundation of mental strength that can carry one through life's ups and downs. Alex's story became a testament to the fact that with a positive mindset, brighter days are always within reach.

PREVIEW

Name: _____ 69

Curriculum Connection
D2.4

True or False

Is the statement true or false?

1) Mr. Singh taught the power of positive thinking.	True	False
2) Alex was initially excellent at mathematics.	True	False
3) Alex practiced gratitude by acknowledging one positive thing daily.	True	False
4) Alex's mood improved with positive thinking.	True	False
5) Only Ale benefited from positive thinking in the story.	True	False

Question

r the questions below.

1) What allenge acing, and how did he overcome it?

2) How did positive thinking affect Alex's ademic ocia ?

PREVIEW

Direction

Change each negative thought into a positive one.

Negative Thoughts	Positive Thoughts
I am not good enough.	
I always fail at everything.	
I always make mistakes.	
Others are better than me.	
I don't belong anywhere.	

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Curriculum Connection
D2.4

Mental Wellness Match-Up – Positive Thinking

Objective

What are we learning about?

To reinforce students' understanding of positive thinking, its benefits, and strategies that improve mental health through an engaging matching activity.

Materials

you need for the activity?

- Cardstock
- Markers or pe sors
- List of positive thinki and the nings or examples
- Timer (optional for competitive pla



Instructions

How will you complete the act

1. Print the cards using cardstock (terms and matching m gs/e)
2. Divide the class into groups of 3 or 4.
3. Distribute the printed cards to each group. Have students cut along t otted lines. On the back of each card, label them with T (term) or M (meaning/example).
4. Shuffle all the cards and place them face down in a grid pattern.
5. Students take turns flipping two cards at a time, trying to match a positive thinking term with its correct meaning or example.
6. If the cards match, the student keeps the pair and takes another turn.
7. If the cards do not match, they are turned back over, and the next student takes their turn.
8. The game continues until all cards have been matched.

PREVIEW

Name: _____ 71

Curriculum Connection
D2.4

Cards | List of mental health terms and their definitions

Positive Thinking	Focusing on the good and looking for solutions instead of problems
Gratitude	Being thankful for the good things in life
Optimism	Believing that good things can happen
Self-Encouragement	Telling yourself positive and motivating words
Resilience	Bouncing back from challenges and difficulties
Growth Mindset	Believing you can improve through effort and learning

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Cards | List of mental health terms and their definitions

Positive Self-Talk	Saying kind and helpful words to yourself
Pro gress	Paying attention to improvement, not perfection
Kind Thinki	Thinking positively about urself and others
Hopefulness	Fe onfi about fu
Self-Belief	Knowing that you can succeed if you try
Acceptance	Understanding and accepting situations you cannot change

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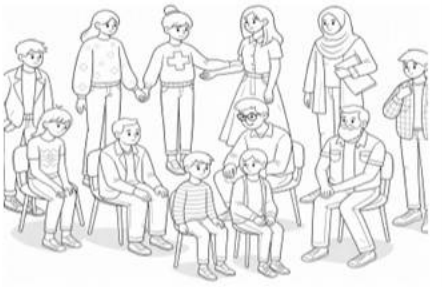
D2.4

Support Networks for Wellness

Understanding Support Networks

A support network consists of family, friends, and trusted adults who provide comfort, advice, and assistance during stressful periods. These networks are fundamental to maintaining mental health and well-being.



Key Components of a Support Network

- Family: ily members offer emotional support, love, and un ling. They are often the first ones we turn to during difficult times.
- Frien provide companionship, empathy, and social interaction, helping us feel c ve
- Adults: can include teachers, counsellors, and community leaders who offer guidanc d a fe space to share concerns.

Why Support Net atter

- Emotional Suppo vin to reduces feelings of isolation and anxiety.
- Practical Help: Suppo s can with daily tasks or during crises.
- Perspective and Advice: divi insights and advice that can help navigate challenges.
- Increased Resilience: Those with str rt sy re better able to cope with life's stressors.

Support Networks in Numbers

- Studies show that individuals with robust suppo e ntal health outcomes.
- Adolescents who feel connected to family and friends re ver s and anxiety.
- Community involvement has been linked to higher levels of self- ess among youths.

Creating and Maintaining Healthy Support Networks

- Be open to making connections with others.
- Offer support to friends and family; it's a two-way street.
- Seek out community groups or clubs with interests similar to yours.
- Communicate regularly with members of your support network.

The Impact of Support Networks

Support networks are not just about having people to lean on during tough times; they are also about sharing joys, successes, and everyday experiences. The presence of a strong support system enhances our mental health, encourages positive coping mechanisms, and enriches our lives in countless ways. Building and nurturing these connections is a crucial aspect of personal development and well-being.

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True or False

Is the statement true or false?

1) Trusted adults can be teachers or counsellors.	True	False
2) A support network can help reduce feelings of isolation.	True	False
3) Having no support network has no impact on resilience.	True	False
4) Community involvement increases self-esteem and happiness.	True	False
5) Suppor rks offer only emotional, not practical help.	True	False

Con g

u in anyone's support network? Explain.

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Questions

Answer the questions belo

1) How does a support network impact mental health?

2) Why is it important to have trusted adults in your support network?

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High School Transition Stress

Navigating New Beginnings

Jasleen was feeling a mix of excitement and anxiety about starting high school. Like many students, she knew that transitioning from elementary to high school was a big step. Studies show that nearly 70% of students experience stress during this transition, worried about making new friends and keeping up with more challenging coursework.



To ease her worries, she decided to take proactive steps. First, she joined a program at her new high school, which introduced her to the layout of the school, staff members, and even some of her future classmates. This made the school feel less intimidating and more familiar.

She also reached out to Adam, a family friend and a student at her new high school. Adam shared his experiences and tips for navigating the year successfully. He emphasized the importance of getting involved in clubs and sports to meet people with similar interests, and how valuable it was to use the school's academic resources, like the tutoring centre.

By the time September arrived, Jasleen felt more prepared and less isolated. She remembered Adam's advice to stay organized and manage her time effectively, especially with the increase in workload. Jasleen also made an effort to connect with her peers and join study groups, which not only helped with her studies but also with building friendships.

As the school year progressed, Jasleen found that the transition was smoother than she had anticipated. She learned that facing change with preparation and a positive mindset could turn challenges into opportunities for growth.

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True or False Is the statement true or false?

1) Jasleen felt only excitement about starting high school.	True	False
2) 70% of students find the high school transition stressful.	True	False
3) Jasleen's summer program introduced her to future classmates.	True	False
4) Time management is unnecessary in high school.	True	False
5) Preparation can turn challenges into growth opportunities.	True	False

Questions nswer the questions below.

1) W Ja ke to ease her transition to high school?

2) What did Jasleen learn from her high trans

PREVIEW

Direction Complete the table by writing how you might feel in each situat d a coping strategy to help you manage it.

Challenges	How I Feel	Coping Strategy
Making new friends		
Harder schoolwork		
Feeling nervous or anxious		
Managing time and tasks		
Adjusting to a new environment		

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Expressive Tableaus on Mental Health

Objective

What are we learning about?

To explore and understand different aspects of mental health through the creation and interpretation of tableaus, focusing on the impact of positive social interactions and the benefits of coping strategies.

Materials

What you will need for the activity.

- S[illegible]ovi[illegible]
- Ca[illegible] or sm[illegible]ptional, for documenting tableaus)
- Space in the [illegible]m or [illegible] for performances



Instructions

How yo[illegible]mplet[illegible]tivity

1. Divide the class into small groups, [illegible]g eac[illegible]erent scenario.
2. Each group discusses their scenario, decidin[illegible]ow m[illegible]nes to portray focusing on the problem and emotions inv[illegible]
3. Students plan their tableau, deciding on their pos[illegible]ressions, [illegible]y symbolic elements to include that convey the scenario's mess[illegible]
4. Allow time for rehearsal, encouraging students to think deeply [illegible]ge they want to communicate.
5. Each group presents their tableaus to the class, holding their poses fo[illegible] about 20 seconds and moving to each subsequent pose to tell their story.
6. After each presentation, allow a brief moment for the audience to reflect silently on the tableau's impact.
7. If possible, take photos of each tableau for later analysis.
8. Lead a class discussion on the observed tableaus, focusing on the emotions and messages conveyed.
9. Encourage groups to share their thought process and any challenges they faced in depicting their scenario.

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Description of Scenes for Tableau

A student is shown enjoying their favourite hobby. Friends approach, pressuring them to skip the hobby for something less positive. The student struggles but stands firm. In the next scene, the student is seen happily continuing their hobby, while their friends eventually join in, showing the value of staying true to oneself.

The first scene depicts a student stressed over an upcoming test. The next shows them using relaxation techniques, like deep breathing and positive visualization. Another scene illustrates the student seeking help from a teacher. The final scene shows the student confidently [illegible]king the test, showcasing coping strategies for anxiety.

The tablea[illegible]with a student being isolated and bullied by peers. The next scene shows th[illegible]ing sad and alone at home. The third scene has the student reach[illegible]r help. In the final scenes, the student is shown being suppo[illegible]y class[illegible] making new friends, emphasizing the importance of seeking help.

A student is ove[illegible]d by l[illegible]ents at home. They escape to a quiet space to read. Another scene[illegible]ys th[illegible] counsellor. Gradually, the student uses music to cope and shar[illegible]lings w[illegible]mily member, leading to a calmer household environment in t[illegible]scen[illegible]

A new student feels lonely in a cr[illegible]wded[illegible]mpt to join a lunch table but are initially shy. In the following scene, the[illegible]a proj[illegible]a in class, gaining interest from peers. The next scenes depict the student col[illegible]ating[illegible]e project and laughing with new friends, illustrating the development [illegible]dship.

The first scene shows a student being offered a vid[illegible]g[illegible]g homework time. The student initially looks tempted but ultimately[illegible]e gam[illegible]e and returns to studying. In the next scene, the student presents[illegible]to[illegible] class, earning applause, while the other group members appear unprepar[illegible]

A scene opens with a student reacting to a low score on a test, looki[illegible]de[illegible]The following scene has the student practicing and studying with determinati[illegible]the end, the student receives a better score, celebrating the improvement with a proud walk across the room.

Initially, students witness a classmate being teased. The next scene shows them reflecting on how the classmate might feel. They then decide to show kindness, inviting the classmate to join a group activity. The final scenes reveal the classmate smiling and the group learning about the classmate's unique interests, emphasizing the power of empathy.

The first scene depicts a student attempting to shoot a basketball and missing. They hang their head low in defeat. Another scene shows a peer joining, offering pointers, and cheering. The final scene celebrates the student making a basket, with the peer clapping enthusiastically.

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Reflection Answer the questions below.

1) How did your tableau represent mental health?

2) Which [illegible]sonated most with you? Why?

3) How can non-verbal cues [illegible]em[illegible]s

4) How did collaboration influence your tableau?

5) Did any tableau change your perspective? How?

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Rubric

Understand the rubric to ensure you get a good mark!

Criteria	Needs Improvement	Satisfactory	Good	Excellent
Understanding of Mental Health	Shows little understanding of the scenario's mental health aspects.	Shows a basic understanding of the scenario's mental health aspects.	Shows a good understanding of the scenario and its impact on mental health.	Shows a deep and insightful understanding of the scenario's mental health aspects.
Collaboration in Planning	Minimal collaboration; group does not work well together.	Some collaboration; the group works together with occasional disagreements.	Good collaboration; the group works together with shared responsibilities.	Excellent collaboration; the group works cohesively with clear communication.
Creativity and Symbolism	Lacks creativity and symbolism; not connected to the scenario; message unclear.	The tableau shows some creativity and symbolism, but the message is not clear or impactful.	The tableau is creative, with symbolism that mostly conveys the scenario's message.	The tableau is highly creative, with clear symbolism that powerfully conveys the scenario's message.
Expression and Poses	Poses and expressions do not represent the emotions or narrative effectively.	Poses and expressions somewhat represent the emotions or narrative.	Poses and expressions well-represent the emotions and narrative.	Poses and expressions are powerful and effectively convey the emotions and narrative.
Rehearsal and Preparation	The tableau appears unrehearsed and the transitions are rough.	The tableau seems somewhat rehearsed but transitions could be smoother.	The tableau is well-rehearsed with smooth transitions between scenes.	The tableau is exceptionally rehearsed, with seamless transitions that enhance the story.
Presentation	The tableau is unclear and rushed with little impact on the audience.	The tableau is somewhat clear but lacks a strong impact on the audience.	The tableau is clear with a good impact on the audience.	The tableau is very clear, holding a strong and lasting impact on the audience.

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Cultural Practices and Mental Health

Understanding Cultural Practices

In many cultures around the world, mental health and wellness are approached with unique practices and beliefs. These practices often reflect the values, history, and spirituality of a community. Understanding and respecting these diverse approaches is essential in promoting mental wellness and cultural sensitivity.



Cultural A[illegible]ches to Mental Health

- First [illegible]ommunities: Smudging

Smudgi[illegible]ing sacred herbs like sage, cedar, or sweetgrass. The smoke is belie[illegible]se the body and mind, promoting healing and emotional balance[illegible]is pra[illegible]ply rooted in spirituality and connection to the land.

- Meditation[illegible]stern Cultures

Originating from[illegible]es like[illegible] and Hinduism, meditation and mindfulness involve focusing the[illegible]d an[illegible]. These techniques are used to reduce stress, improve concentr[illegible] prom[illegible]otional health.

- Social Support in Africa[illegible]unit[illegible]

African cultures often emphasi[illegible]e in[illegible]mmunity and social support in maintaining mental health. Sharing pr[illegible]and se[illegible]dvice from elders or community members is a common prac[illegible].

Key Facts and Statistics

- Global Perspective: Mental health issues affect[illegible]e wor[illegible]at some point in their lives.
- Cultural Sensitivity: A study found that culturally sensi[illegible]appr[illegible]al health can significantly improve outcomes for individuals from[illegible]nds.
- Youth Impact: Nearly half of all mental health conditions start[illegible]4[illegible]age, making early intervention and understanding cultural practices cruc[illegible].

The Importance of Cultural Sensitivity

Being culturally sensitive means recognizing and respecting the different ways cultures approach mental health. It's about understanding that what works for one person may not work for another due to cultural beliefs and practices. This approach fosters respect, understanding, and better mental health outcomes for everyone.

Learning from Each Other

By exploring and respecting the varied ways cultures address mental wellness, we can learn valuable lessons about empathy, respect, and the many paths to healing. Remember, mental health is a universal aspect of human life, but the way we nurture it can be beautifully diverse.

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Questions

Answer the questions below.

1) What is smudging and which community practices it?

2) How do [illegible]al sensitivity improve mental health outcomes?

PREVIEW

Connecting

Which cultural ap[illegible]ch fr[illegible] do you relate to most. How can you apply it in your life?

True or False

Is the statement true or false?

1) Smudging involves burning sacred herbs for purification.	True	False
2) Meditation originated only from Hinduism.	True	False
3) Social support is undervalued in African cultures.	True	False
4) Community support is crucial in all cultures.	True	False
5) Only one culture practices mindfulness and meditation.	True	False

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D2.4

Fact or Fiction – Cultural Practices and Mental Health

Objective

What are we learning about?

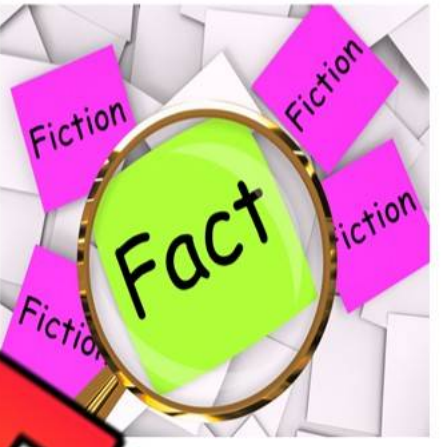
To help students understand different cultural practices related to mental health, recognize their importance, and develop respect for diverse ways of promoting well-being.

PREVIEW

Materi

need for the activity?

- A list of sta bout c ractices and mental health (F r Fi
- "Fact" and "Fiction" sig
- Open space in the classroom r mo
- Tape or markers to label each side room



Instructions

How will you complete the activit

1. Your teacher will read different statements about cultural prac
   health. Listen carefully to each one.
2. Think about whether the statement is true (Fact) or false (Fiction).
3. If you believe the statement is true, walk to the Fact side of the room.
4. If you believe the statement is false, move to the Fiction side.
5. Stay on your chosen side and be ready to explain your answer if asked.
6. Your teacher will reveal the correct answer and explain why it is fact or fiction.
7. Return to your seat and prepare for the next statement.

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Fact or Fiction Read the statements to the class.

#	Statement	Fact or Fiction
1	All cultures view mental health in the same way.	Fiction
2	Different cultures have unique ways of supporting mental health.	Fact
3	Practices like meditation can help reduce stress and improve focus.	Fact
4	Only one method of healing works for everyone.	Fiction
5	Family and community members can support emotional well-being.	Fact
6	Cultural beliefs have no influence on mental health.	Fiction
7	Cultural traditions can help people cope with stress.	Fact
8	Respecting cultural differences helps promote mental wellness.	Fact
9	Mental health is only important in some societies.	Fiction
10	Mindfulness is practised in many cultures around the world.	Fact
11	Community support is important in maintaining mental health.	Fact
12	You should ignore cultural differences when discussing mental health.	Fiction
13	Meditation is only useful for adults.	Fiction
14	Talking about problems makes mental health worse.	Fiction
15	Cultural beliefs can shape how people understand mental health.	Fact
16	Cultural traditions are not related to emotional well-being.	Fiction
17	Some cultures use rituals or traditions to promote healing.	Fact
18	Learning about other cultures can improve empathy and understanding.	Fact
19	Respecting other cultures is not important in mental health.	Fiction
20	People from different cultures cannot learn from each other.	Fiction

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D2.4

Activity – My Mental Health Journey

Objective What are we learning about?

Students will understand how nature supports mental health by imagining a journey and illustrating natural environments that promote relaxation, calmness, and well-being.

Materials What will you need for the activity?

- Printed worksheet (window drawing template)
- Pencil
- Crayons or colouring supplies



Instructions How will you complete the activity?

1. Imagine that you are travelling to a place that helps improve mental health and makes you feel calm and happy.
2. Think about the natural environment you would see along the way (mountains, beach, forest, garden, river, sky).
3. Picture yourself looking out of a window during your journey.
4. Draw the view outside the window that represents a place that relaxes your mind and supports your well-being.
5. Add details such as trees, water, animals, sunlight, or other natural elements.
6. Colour your drawing to show the mood of the place (calm, peaceful, happy).
7. After drawing, write a short sentence about why this place helps your mental health.

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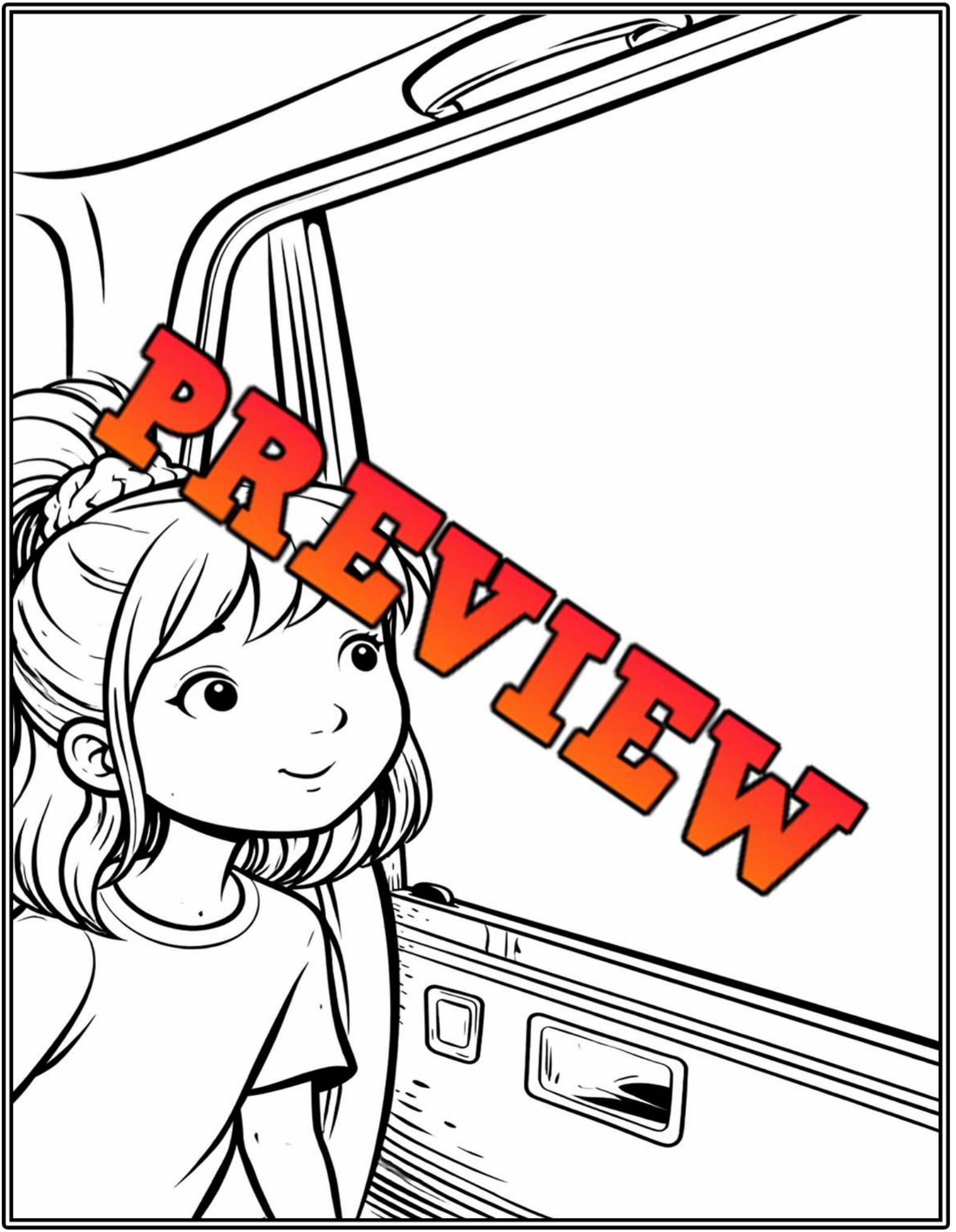

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D2.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Write 10 key words that you remember about today's lesson.

Name: _____

Write 10 key words that you remember about today's lesson.

Name: _____

Write 10 key words that you remember about today's lesson.

Name: _____

Write 10 key words that you remember about today's lesson.

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D2.4

Goal Setting and Mental Health

Understanding Goal Setting



Goal setting is an important skill that helps you achieve what you want in life. By setting realistic and achievable goals, you can give yourself a roadmap to success. This is not just about accomplishing big tasks; it's also about improving your mental health and overall well-being.

Why Goals

Goals pl[illegible]l role in our lives. They provide a sense of direction, motivation, and a clear [illegible]portant. Setting and achieving goals can lead to a sense of satis[illegible]n and ac[illegible]ment, which is essential for our mental health. When we set goals tha[illegible]are m[illegible]d a[illegible]inable, we can improve our confidence, resilience, and happines[illegible]

Key Benefits of Goal [illegible]

- Enhanced Motivation: [illegible]lear g[illegible]ases your determination to achieve them.
- Improved Focus: Goals help [illegible]u co[illegible]on[illegible]is important, reducing distractions.
- Boosted Self-confidence: Achieving your goal[illegible]imp[illegible]w you feel about yourself.
- Better Mental Health: Setting and achieving r[illegible]tic[illegible]e feelings of stress and anxiety, contributing to overall mental[illegible]eing.

How to Set Personal Goals

Setting personal goals involves several steps. Here's a simple list:

- Identify What's Important: Think about what you truly want to achieve.
- Be Specific: Clear, detailed goals are easier to achieve than vague ones.
- Make Them Measurable: You should be able to track your progress.
- Set Achievable Goals: Ensure your goals are realistic and within your capabilities.
- Time-bound: Give yourself a deadline to create a sense of urgency.

Examples in Action

Consider Jayden, who set a goal to read one book a month to improve his vocabulary. Or Maria, who decided to practice piano for 20 minutes daily to participate in the school recital. Both goals are specific, measurable, achievable, relevant, and time-bound (SMART), which greatly contributes to their mental health by providing them with a sense of purpose and achievement.

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Questions

Answer the questions below.

1) Why is goal setting important for mental health?

2) How do ving goals affect self-confidence?

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Connecting

Set 3 SMART g for chieved in the next 12 months.

True or False

Is the statement true or false?

1) Goal setting can improve your mental health.	True	False
2) Goals should be vague to be achievable.	True	False
3) Achieving goals boosts self-confidence.	True	False
4) Setting goals has no impact on motivation.	True	False
5) Maria practices piano for a school recital.	True	False

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Activity - My Mental Health Goal Plan

Objective

What are we learning about?

Students will develop goal-setting skills that support their mental health by identifying a personal goal, planning steps to achieve it, recognizing possible challenges, and identifying sources of support.

Materials

t will you need for the activity?

- Pr worksh
- Pen or pen
- (Optional) colou for design



Instructions

How will y mplete t ity?

1. Begin by discussing how setting g help i mental health, reduce stress, and increase motivation.
2. Ask students to think about one personal g t ca well-being (e.g., managing stress, building healthy habits, improvi s).
3. In the GOAL section, students will write their chosen g earl
4. In the Steps to Reach My Goal section, students will list simple llow to achieve their goal.
5. In the Things I Should Avoid section, students will identify distractions or habits that may prevent them from reaching their goal.
6. In the People Who Can Support Me section, students will write names of people who can help, guide, or motivate them.
7. In the Date to Achieve My Goal By section, students will set a realistic deadline for completing their goal.
8. After completing the worksheet, ask students to review their answers and reflect on how their goal can improve their mental health.

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Planning

Write a personal goal that will help improve your mental health and well-being. Think about how you can achieve it step by step. Identify things that might distract you, people who can support you, and set a realistic deadline for your goal.



GOAL: (Write a goal that supports your mental health):

_____

Steps to Reach My Goal

Things I Should Avoid:
(Write distractions or habits that may stop you from reaching your goal.)

_____

_____

_____

_____

_____

_____

_____

_____

_____

People Who Can Support Me:
(Write people who can help, guide, or remind you)

_____

_____

_____

_____

_____

_____

_____

_____

_____

Date to Achieve My Goal By:

_____

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D3.4

The Stigma of Mental Health

Understanding Mental Health

Mental health is a critical part of our overall well-being, encompassing our emotional, psychological, and social health. It affects how we think, feel, and act, especially in handling stress, making decisions, and relating to others. Unlike physical health, which is often visible and more straightforward to diagnose and treat, mental health issues can be more complex and harder to understand.



Mental H[illegible]ental Illness

It's vital [illegible] between mental health and men[illegible] Ever[illegible] mental health, just like everyone has hea[illegible] Howe[illegible]ryone will experience mental illness, which refers to a wide range of ment[illegible]itio[illegible]t affect mood, thinking, and behaviour. Examples include depress[illegible]ty dis[illegible]hizophrenia, and bipolar disorder.

Stigma and Its Impact

Stigma, or the negative ste[illegible]soc[illegible]ental health issues, can significantly affect those seeking help. Here [illegible]som[illegible] perpetuated:

- Societal Views: Misconceptions and [illegible] of und[illegible]ut mental illnesses can lead to prejudice and discrimination.
- Word Choices: Language matters. Using te[illegible] "cr[illegible]" to describe someone with a mental illness reinforces nega[illegible]es.

Key Statistics and Facts

- Approximately 1 in 5 people in Canada will personally experien[illegible] problem or illness in any given year.
- Only 1 in 3 people who experience a mental health issue will seek an[illegible]ive proper help, largely due to stigma.
- Stigma can lead to exclusion, poor social support, and delays in seeking treatment.

Importance of Support

Support from family, friends, and the community is crucial for those dealing with mental health issues. Understanding, compassion, and proper use of language can make a significant difference in helping individuals feel less isolated and more inclined to seek help.

By learning about mental health and mental illness, students can play a pivotal role in breaking down the barriers of stigma, ensuring a more supportive and understanding society for all.

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D3.4

True or False

Is the statement true or false?

1) Mental illness affects everyone at some point.	True	False
2) Stigma can lead to social exclusion.	True	False
3) Only adults experience mental health issues.	True	False
4) Language does not impact mental health stigma.	True	False
5) Support can reduce feelings of isolation.	True	False

Questions

wer the questions below.

1) Wh he diffe ween mental health and mental illness?

2) How does stigma affect individuals v ntal h ?

PREVIEW

Direction

Check (✓) the healthy coping strategies for mental health gma.

❑ Talk to a trusted person	❑ Believe negative labels	❑ Keep everything to yourself
❑ Ask for help when needed	❑ Hide your problems	❑ Isolate yourself
❑ Use positive self-talk	❑ Learn about mental health	❑ Ignore your feelings
❑ Join a support group	❑ Practise deep breathing	❑ Avoid others
❑ Stay connected with friends	❑ Compare yourself to others	❑ Speak kindly to yourself

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D3.4

Activity – Write A Story About Internet Safety

Write Write your own story that teaches at least 2 important lessons about mental health stigma. Show how stigma can affect people and how it can be reduced through understanding, kindness, and support. Include a drawing.

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D3.4

Combating Mental Health Stigma

"Breaking the Silence"

Publish Date: March 21, 2024

In communities across Canada, an important conversation is gaining momentu[illegible] that could change the lives of m[illegible]'s about mental health and the [illegible]en surrounds it, mak[illegible]especially stude[illegible]o seek t[illegible]e[illegible]ey need. But, as voices grow l[illegible]ore[illegible]in in, there's a grow[illegible]e[illegible]r hope.

"Mental health is just [illegible]s physical health," says Dr[illegible]Smith, a psychologist specializing in [illegible]nt mental health. He notes that, acc[illegible]ding recent statistics, 1 in 5 Canadian youths struggles with a mental health issue, yet less than 20% receive appropriate care. The reason? Stigma. The fear of being judged or treated differently keeps many from reaching out.

But change is possible. "Education is a powerful tool against stigma," Dr. Smith explains. "When students learn about mental health, they understand it better. This understanding can replace fear and judgment with compassion and support."

Schools are starting to include mental health in their curriculum, teaching students about different conditions, how to recognize signs of mental distress in themselves and others, and most importantly, that it's okay to talk about it. These conversations are vital.

They normalize mental health issues, making it easier for students to ask for help without fear of being stigmatized.

Beyond education, kindness plays a crucial role. A simple act of listening can make a huge difference. Farah, a high school student who struggled with anxiety, shares her experience: "When my friends listened without judging, I felt less alone. It gave me the courage to seek professional help."

Support groups, both in-person and online, offer another layer of help. They provide a safe space where individuals can [illegible]hare their experiences and coping [illegible]egies. Knowing you're not alone can [illegible]ibly reassuring.

Acti[illegible]or[illegible]t mental health stigma do[illegible]quire[illegible]estures. They start [illegible]veryd[illegible]understanding, an[illegible]s[illegible]and learn. By fosteri[illegible]nvironme[illegible]e mental health is o[illegible]cus[illegible]dged, communities c[illegible]mak[illegible]ca difference. Educatio[illegible] support groups are ke[illegible]g societal views, proving tha[illegible]ether, we can break the silence and ensure that everyone receives the help and understanding they deserve.



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D3.4

True or False

Is the statement true or false?

1) Mental health is less important than physical health.	True	False
2) Stigma prevents many from seeking help.	True	False
3) Education cannot help reduce mental health stigma.	True	False
4) Listening and kindness can make a big difference.	True	False
5) Only adults can join support groups for mental health.	True	False

Questions

Answer the questions below.

1) What role does play in combating mental health stigma?

2) How can kindness impact someone s with al health?

PREVIEW

Word Search

Find the words in the wordsearch.

Stigma	Listen
School	Support
Safe	Kindly
Circle	Book
Group	Help
Fear	Talk

P A E M Y P G A Q Z G L V J
S A F E S U P P O R T T A A N
B T A L K D K I N D L Y U R N
O D S S U H L D M M E O D E S
O R X Y C G Q C Y T O C T N T
K H E L P H R D I K P S P D I
Y R F Y V T O O L R I O J U G
H F E A R L V O U L C O B H M
T M T L B R X U L P V L J X A
T R G M E Q A E K R T P E W N

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Curriculum Connection
D3.4

Understanding Mental Health Through Role-Play

Objective

What are we learning about?

To foster empathy and understanding among students regarding mental health issues and stigma, and to explore constructive responses to these situations.

Materials

What you will need for the activity.



- Sce[illegible]iling different mental health s[illegible] by the teacher)
- A q[illegible], comf[illegible]ce for role-playing
- Reflection [illegible] pap[illegible]each student
- Pens or pen[illegible]

Instructions

How yo[illegible]ple[illegible]ivity

1. Begin with a short introduction a[illegible]at me[illegible]alth means and the importance of addressing stigma.
2. Explain the concept of role-playing and its [illegible]ose[illegible]ity.
3. Divide the class into small groups and hand out sc[illegible]rds[illegible]up.
4. Assign roles within each group based on the scenarios provi[illegible]
5. Allow time for students to read their scenarios and prepare their [illegible]s.
6. Each group performs their role-play in front of the class, showcasing their scenario.
7. After each performance, facilitate a brief discussion, focusing on feelings and learnings.
8. Encourage students to think about constructive ways to respond in real life.
9. Conclude the activity with a group discussion on the overall experience and insights gained.

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Cards | Use the scenario cards for the role-play activity

After two months in a mental health clinic, Jamie returns to school. Students whisper, and some avoid Jamie, unsure how to act. Jamie feels isolated and anxious.

Taylor ha weekly therapy sessions to talk about feelings and stress. Some classma ve started calling Taylor "the shrink's pet," which makes Taylor e sed and reluctant to continue therapy.

Alex h been lot of school due to severe anxiety. Rumours start to spread th e just ing school. This affects Alex's reputation and friendships.

Jordan takes medicatio n w and focus better in class. Some peers find out and suddenly on't o join their study group, thinking the medication gives an adva

Pat overhears some classmates making abo sion, saying it's just an excuse for laziness. Pat's older sibli s wit pression, and these jokes are hurtful and frustrating.

Chris used to be energetic and outgoing but has become y d seems sad all the time. Friends are noticing the change and w o help but don't know what to say or do.

Casey tells a close friend, Morgan, about feeling overwhelming anxiety, but Morgan laughs it off, saying everyone gets stressed and Casey should just relax more.

A teacher notices that Lee has trouble focusing, isn't turning in homework, and seems to withdraw from friends. The teacher is concerned and wants to help without embarrassing Lee.

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Unit Test – Mental Health

Multiple Choice /10

1. What is mental health? a) Body wellness b) Emotional well-being c) Physical fitness d) Intellec[illegible]llness	2. Which app offers guided meditations? a) Headspace b) Facebook c) Instagram d) YouTube
3. Which [illegible]elp your brain, reduc[illegible]n and anxiety? a) Fibr[illegible] b) Sugar c) Omega-3 Fatty A[illegible] d) Complex Carbohydrate[illegible]	4. How many hours of sleep do adolescents need? a) 6-8 hours b) 8-10 hours c) 5-7 hours [illegible]) 10-12 hours
5. What does the "4-7-8" techni[illegible]p with? a) Waking up b) Building muscles c) Reducing anxiety d) Enhancing creativity	[illegible] is a crucial part of a support [illegible]wo[illegible] a) Tru[illegible]ul[illegible] b)[illegible] foru[illegible] c) [illegible]ga[illegible] d) Social
7. How much lower is the depression risk with regular exercise? a) 10% b) 20% c) 30% d) 40%	8. What reduces blue li[illegible]u[illegible]ght? a) Screen-free zone b) Night mode c) Morning exercise d) Physical books
9. Which is not an effective stress-management technique? a) Journaling b) Listening to music c) Using substances d) Drawing	10. What does volunteering increase according to studies? a) Screen time b) Self-esteem c) Homework load d) Social media usage

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Define What do the terms below mean?

Term	Definition – What does it mean?
Sleep Hygiene	
Meditation	
End[illegible]	

Short Answer [illegible]wer [illegible] below – Each question is worth 3 marks.

1) How does deep breathing [illegible]opi[illegible]s?

2) Who can be part of a support network, and why are they im[illegible]rtan[illegible]ing?

3) What does stigma about mental health mean? Do you think there is a stigma?

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Long Answer Answer the questions below – Each question is worth 5 marks.

1) How can engaging in regular physical activity positively impact a student's mental health and academic performance?

2) What strategies can students implement to e[illegible]ly ma[illegible]educe their screen time, ensuring a balance between digital and rea[illegible]d i[illegible]

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