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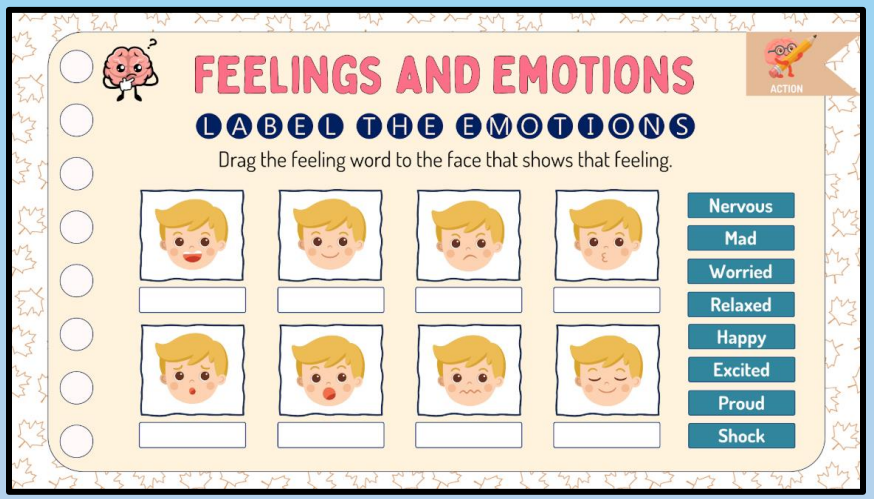
Ontario Health Curriculum
Mental Health – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!



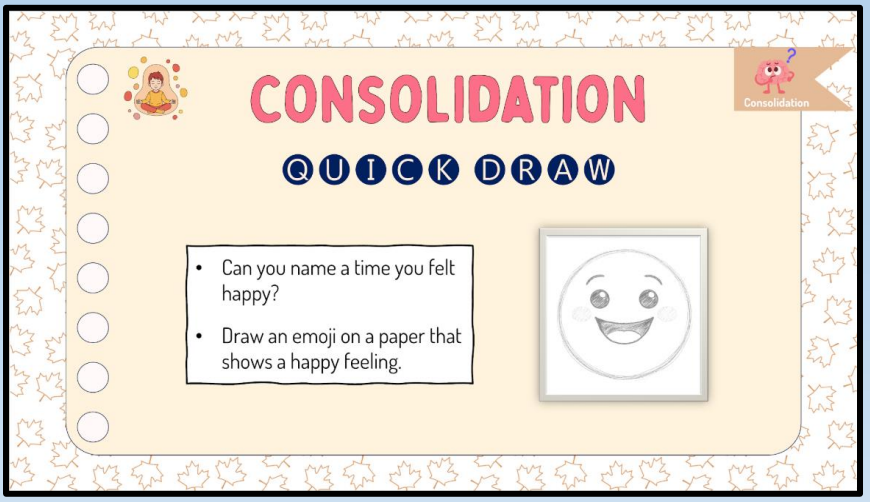


Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



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HANDLING EMOTIONS

ACTION

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

1) It is good to keep our feelings a secret all the time.
2) Yelling at others is a safe way to handle big feelings.
3) Talking to a grown-up can help us feel better.
4) Taking a short break can help us calm down.
5) Feelings can change during the day.

True
False

ACTION

POSITIVE OR NEGATIVE

Read each sentence or thought. If it shows happy and helpful thinking, choose **Positive**. If it shows sad or unhelpful thinking, choose **Negative**.

Positive | Negative

1) I can try again.
2) I will never get this right.
3) This is hard, but I can do it.
4) I give up.
5) I will ask for help.
6) No one likes me.
7) I can learn from my mistake.
8) I am not good at anything.
9) I will keep practising.
10) This is too hard for me.

WORD SEARCH

Find and circle the thankful words in the puzzle.

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

Care	Thankful	Kind
Friend	Help	Happy
Family	Gift	Thanks

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