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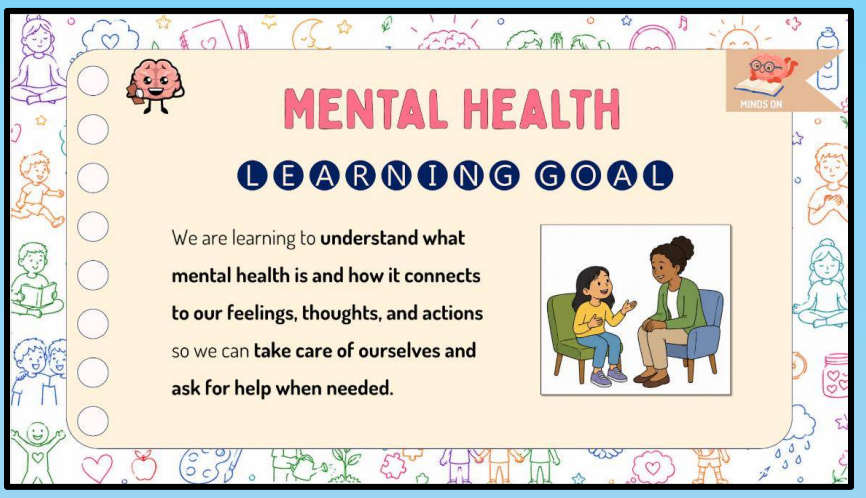
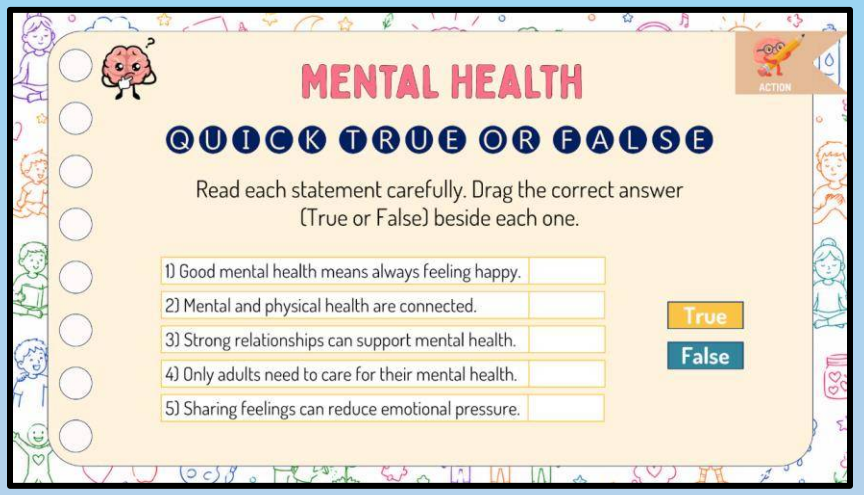
Ontario Health Curriculum
Mental health Literacy– Grade 5

3-Part Lesson Format

Part 1 – Minds On!
- Learning Goals
- Discussion Questions
- Quotes
- And More!





Part 2 – Action!
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- Drag and Drop
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Part 3 – Consolidation!
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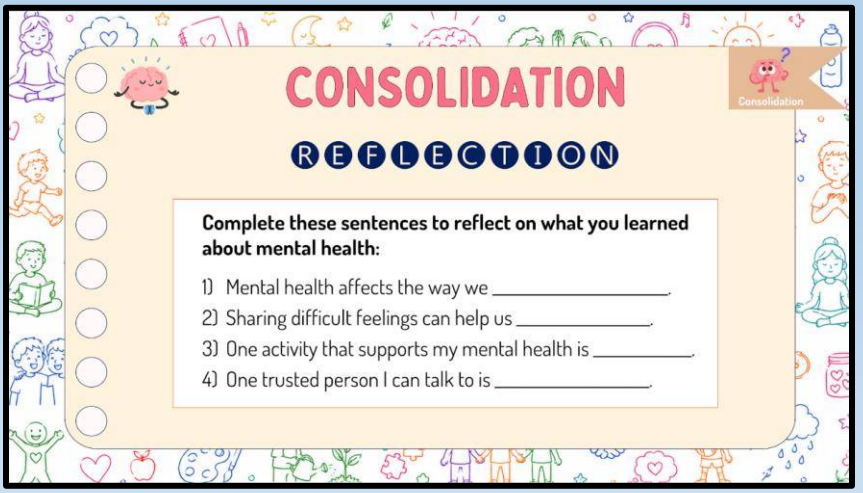

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Mental health Literacy– Grade 5



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Grade 5 – Health Unit

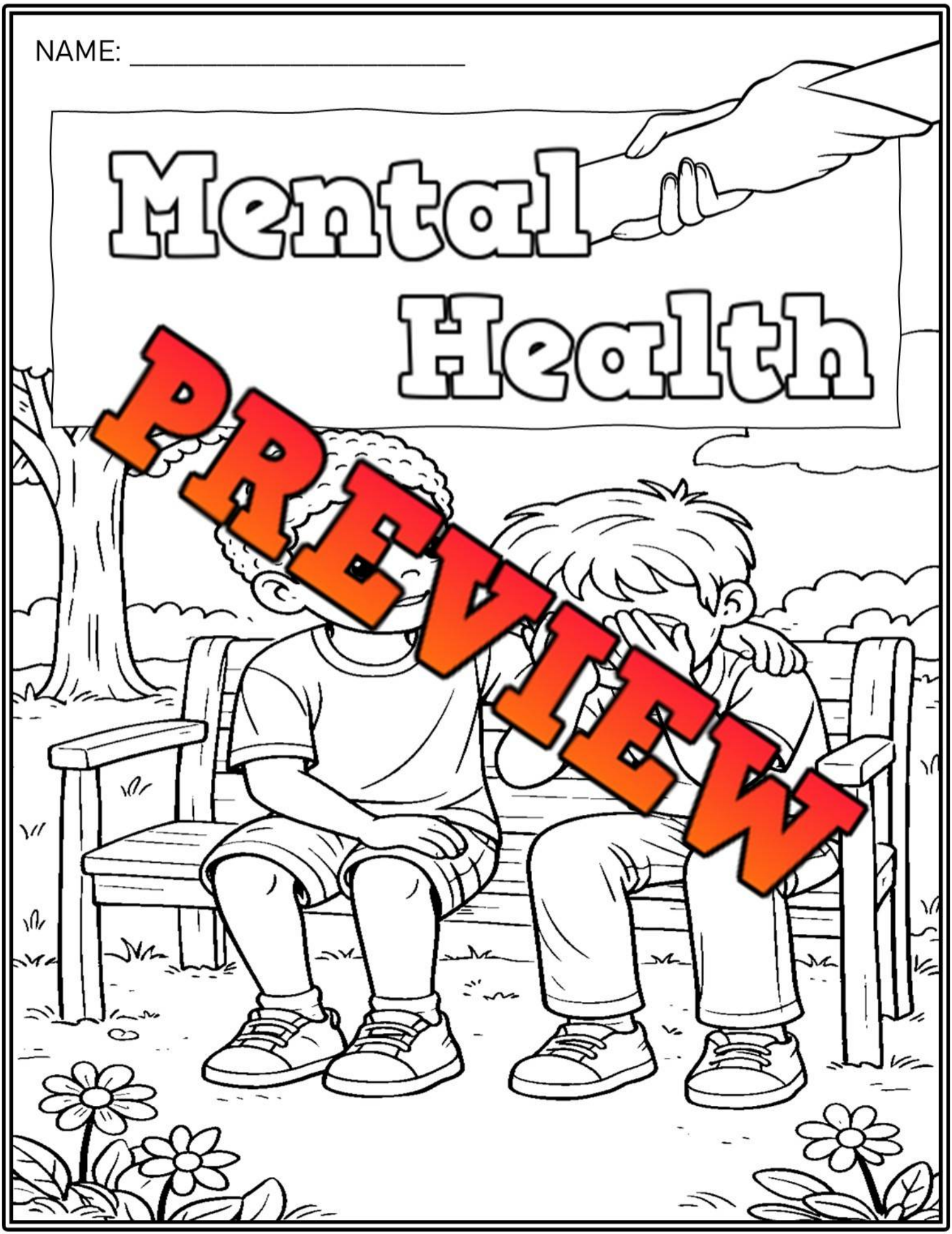
Mental Health Literacy

	Curriculum Expectations	Pages That Cover the Expectations
D2.6	demonstrate an understanding of their role, and the limits of their role, in helping others who may need mental health support	6 – 44
D3.4		

Preview of 40 pages from this product that contains 84 pages total.



NAME: _____



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D2.6

Mental Health

Mental Health

Mental health is a positive state of mind and body, where we feel safe and able to cope. When we have positive mental health, we have a connection with people, our community and the environment.



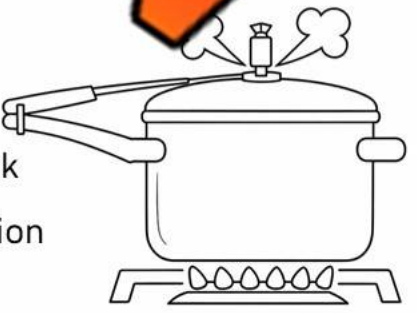
Our mental health and our physical health are connected. When we do not feel well physically it can affect our mental health. When we are feeling anxious or pressured it can affect our physical health. We might get a headache or stomachache because we are feeling stressed or anxious.

PREVIEW

Our Mental Health Changes

Mental health is a person's level of psychological well-being and can affect a person's mood, their thoughts and their behaviour. Everyone has mental health and like our physical health it can fluctuate depending on our current circumstances. Our mental health affects how we handle stress, relate to others and make choices.

Talking About How we Are Feeling Helps



It is okay to not feel okay. It is important to talk about it and ask for help if you are feeling strong emotions, like anger, frustration or sadness or if you just feel overwhelmed. Often the feelings inside us are like the steam inside a boiling pot. The pressure builds and builds until the lid pops off the pot. Talking about our feelings is like that; when we share our concerns with someone else, it takes some pressure off us, and we start to feel better.

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Curriculum Connection
D2.6

True or False

Is the statement true or false?

1) Being connected to other people is part of positive mental health.	True	False
2) Having a connection with nature is part of positive mental health.	True	False
3) Our physical health and mental health are not connected.	True	False
4) Volunteering can help us have positive mental health.	True	False
5) Talking [illegible] our problems makes them worse.	True	False

Check

[illegible] your mental health. Put **X** if not.

	Social me[illegible]		Maintain a balanced lifestyle
	Self-support a[illegible] instincts		Practise self-care
	Talk to friends		[illegible] exercise and workout
	Seek advice from a trusted adult		[illegible] relationships
	Develop problem-solving skills		[illegible]

Questions

Answer the questions below using evidence [illegible]

1) Name a few things that affect your mood?

_____

_____

_____

2) Why do you think being in nature can have a positive effect on your mental health?

_____

_____

_____

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Stress

What Is Stress?

Stress is something we all feel when we are worried or feel uncomfortable about something. But stress is not always bad. Stress can help us in different situations. For example, you might be riding your bike down the street when suddenly a car is backing out of a dri[illegible]way right ahead. Your body releases stress hormones that give you an extra burst of e[illegible]cus, strength and speed. The stress hormones help you think quickly and hel[illegible] on the brakes fast, so you avoid [illegible]ision. O[illegible]nger is over your body turns off the st[illegible]es a[illegible]goes back to normal. Your bod[illegible]ss re[illegible]ed fight-flight-or freeze.



Stress hormones help [illegible]ar[illegible] or freeze when needed. We also feel st[illegible]n we [illegible]ing to have a big test, or a competition is coming up. The stress we [illegible]el can h[illegible] to g[illegible]pared to practice or study more and focus on the task at hand so, w[illegible]etter.

Negative Stress

Sometimes we feel stress that lasts a long time or that caus[illegible] to [illegible]are for what is ahead. If you feel worried and upset, you should tell a tr[illegible] Sometimes stress is caused by an on-going problem like the loss of a loved one or it could be a lot of conflict in the home. This can give us physical symptoms like a stomach-ache or a headache.



Sometimes when we are too stressed, we may not feel like sleeping or eating, or we may feel like sleeping or eating too much. This may leave us feeling cranky or having trouble focussing on school. If you feel this kind of stress, you should talk to an adult. Getting help coping with the problem will help reduce stress and you will feel better.

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Curriculum Connection
D2.6

Managing Stress – Make a Plan

Making a Plan

Planning ahead can help reduce our stress

Sometimes we stress over things that have already happened to us, and other times we stress over things we have to do. If it is something in the future, we can use the strategy of **making a plan.** When we make a plan, we can write down or plan in our head what we need to do and how we will do it. When the plan is done, it makes us feel better to know that we can do it!



Example

Check out an example managing stress plan below

Stress	*I ha… meet on Friday and am worried I will not do well in my 400m*
Monday	I w… tice ru… ace 5 times
Tuesday	I will ta… …n ab… I am racing against to help relieve my stress. I wil… …ctice … race 5 times.
Wednesday	I will talk to my c… …n ab… …extra practice. I will also talk to my peers about the race … me u… …d my worries.
Thursday	I will make sure I eat a good dinner … get e… …leep so I can be well rested for the race tomorrow.
Friday	I will have a good breakfast and do … b… …s a… t… …atters!

PREVIEW

Questions

Answer the questions below

1) How can making a plan help us manage our stress?

_____

_____

_____

2) Everyone has stress. What are two things you feel stressed about that are coming up?

_____

_____

_____

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Managing Stress – Make a Plan



Your Plan Write a plan 7-days in advance for something you need to do that is causing you stress

Stress	
Mo	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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D2.6

Am I Stressed – Stress Test

Are you stressed? Answer the questions below by rating each statement on a scale of 1-4.



1	Never or Seldom	3	Often
2	Sometimes	4	Always



Your Plan Rate the statements below 1-4 based on the scale above

#		Rating
1	[illegible] you w[illegible]t things?	
2	Do you [illegible]daches [illegible]ch aches?	
3	Is it hard for you t[illegible]eep?	
4	Do you have trouble s[illegible]asl[illegible]ke up in the night?	
5	Do you have any problems pay[illegible]ention?	
6	Do you feel tired during the day?	
7	Are you uptight and unable to relax?	
8	Do you get angry easily?	
9	Do you have a hard time finding fun things to do?	
10	Do you laugh less than you used to?	
11	Do you feel sad or disappointed often?	
12	Are you worried about all the things you have to do in the time you have?	
13	Do you clench your fists, crack your knuckles, twirl your hair or tap your fingers?	
	(The lower the number, the less stress you have) - **Total**	

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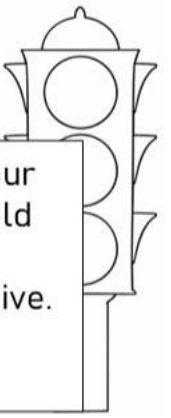
D2.6

Managing Stress – Red vs. Green Thoughts

Adapting to Challenging Situations | Red and Green Thoughts



Some situations cannot be avoided. The way we see these situations can increase our stress levels. For example, your family needing to move is very stressful, but it could be looked at as an opportunity to experience new things. Seeing a positive in a bad situation is called having green thoughts. Red thoughts are thoughts that are negative.

Directions: e scenarios below and write a green and red thought for each.

PREVIEW

Scen #1	*Y her or sister is moving away to university.*
Red Thought	
Green Thought	

Scenario #2	*Your father lost his job.*
Red Thought	
Green Thought	

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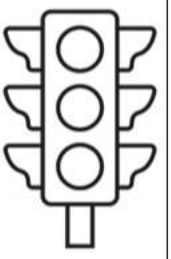
Linking Thoughts, Feelings, and Actions

Thoughts, Feelings, and Actions	What you think affects how you feel and what you do

When a stressful situation arises, your thoughts of the situation will affect how you feel and what you do. We can control how we think about different situations by changing our thoughts from red thoughts to green thoughts. If our immediate reaction is to think red thoughts, we will have feelings like anger, worry, or sadness.

These lings can affect how we act. If someone is angry because of their thoughts, y attack the other person or may say things they do not mean. These ac us into trouble as we cannot take them back.



tough situation into green thoughts, we change these feeli positi d prevent harmful actions.

Directions: Re io b d write down red and green thoughts, feelings and acti n writ l situation that you have had recently and include your red vs g th nd actions.

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Scenario #1	*You have to t your t the garage this weekend.*
Red Thought	
Green Thought	
Red Feeling	
Green Feeling	
Red Action	
Green Action	

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Managing Stress

Some things in life we have control over, and others we do not control. For example, we control who we get to hang out with at recess. If someone is bullying us, we can use the strategy of walking away.

Directions: Read the scenarios below and write down a strategy you would use to reduce your stress level.

Stress We ntrol	Some stress we can control with strategies

Scena #1	Y math test coming up and are stressed about getting a
	**Strategy 1**
	Str y 2

Scenario #2	You cannot find a friend to play with at recess.
	**Strategy 1**
	Strategy 2

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Curriculum Connection
D2.6

Managing Stress

Stress We Can Control | Some stress we can control with strategies

Scenario #3	A classmate took your fidget toy and will not give it back.
	**Strategy 1**
	Strategy 2

Scenario #4	Someone [illegible] about you to your friends
	**Strategy 1**
	Strategy 2

Scenario #5	Your classmate always cheats in dodgeball
	**Strategy 1**
	Strategy 2

PREVIEW

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Curriculum Connection
D2.6

Managing Stress - Infographics

How to Reduce Stress and Anxiety



PREVIEW

Questions Answer the questions below

1) What did you learn from the infographic?

_____

_____

2) What do you like about this infographic?

_____

_____

3) What could the author have done better?

_____

_____

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Mental Illnesses

Mental Health

Everybody has mental health. Whether we have good mental health, or a mental health concern can fluctuate from day to day. Some days we have more trouble coping with the problems, feelings and stresses everyone has in their life.

Mental Ill

Mental ealth conditions involving changes in emotions, thinking or beha Mental are linked to distress or problems functioning in social, work or famil nesses are diagnosed by a doctor or mental health professional. On anadi ng children, have a diagnosed mental illness. Mental illness is treata

There are many different typ ncluding:

- Anxiety
- Autism Spectrum Disorder
- Bi-Polar Disorder
- Depression
- Eating Disorders
- Post Traumatic Stress Disorder
- Schizophrenia
- ADHD



PREVIEW

Resiliency

Being mentally healthy enables you to feel, think, and act in ways that help you enjoy life and cope with challenges. Poor mental health may mean you feel unhappy, have difficulty thinking clearly, or you feel overwhelmed by stressful situations. Resiliency is the inner strength you use to cope with stressful situations. It is your ability to bounce back when you have been knocked down by a problem.

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D2.6

True or False

Is the statement true or false

1) Mental Illness is very rare.	True	False
2) Children do not get mental illness.	True	False
3) There is nothing you can do to help people who have mental illness.	True	False
4) Our resilience is our inner strength.	True	False
5) Our ment[illegible]health stays the same every day.	True	False

Questi[illegible]

[illegible]ite three questions you have after reading the text

1)	
2)	
3)	

PREVIEW

Questions

Answer the questions below using evi[illegible]fro[illegible]

1) What are 3 things that make you feel stressed?

_____

_____

_____

2) What are 3 things you like to do that make you feel better when you are sad or stressed?

_____

_____

_____

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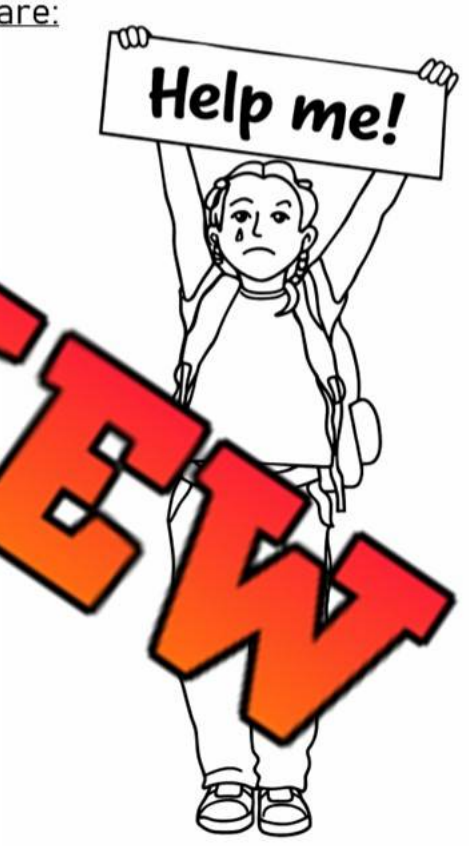
Signs of Mental Health Problems

Signs of Mental Health Issues	What a mental health issue can look like

Everyone feels stressed from time to time. When we deal with our stress appropriately using strategies that work for us, we reduce the issues that can arise. If we do n[illegible]se strategies to cope with our stress, signs of mental health problems can occu[illegible]

Some [illegible]mples [illegible]a mental health problem are:

- Getting si[illegible]a [illegible]lower[illegible]s in school
- Avoiding friend[illegible]d fa[illegible]
- Having frequent outb[illegible]ange[illegible]
- Changes to sleeping or eat[illegible]g hab[illegible]
- Acting out or rebelling against a[illegible]ty
- Not doing the things they used to enjoy
- Worrying constantly
- Experiencing frequent mood swings
- Not concerned with their appearance
- Lacking energy or motivation
- Increased risk-taking behaviour
- Feeling very down



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These signs are normal and happen to kids on occasion, but they can be a serious mental health problem if they:

- Are intense where the child cannot control themselves
- Persist over long periods of time
- Interfere with the child's life

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Questions — Answer the questions

1) Have you ever felt any of the signs of a mental health problem listed above? Explain.

2) What are [illegible]trategies you can use if you are feeling some signs of a mental health problem?

3) Is it normal to feel these sig[illegible]me[illegible]oblems from time to time?

PREVIEW

Word Search — Find the words in the word search

Word Bank	
Anger	Signs
Worrying	Avoidance
Help	Sad
Risky	Bored
Interfere	Intense

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

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Activity – What's On Your Mind

Objective What are we learning more about?

Students will identify and express their thoughts and feelings by writing or drawing inside the thought clouds. This activity helps build self-awareness, emotional expression, and mental health reflection.

Materials What do we need for our activity?

- Wh[illegible] On Y[illegible] Worksheet
- Pencil, cr[illegible] oloure[illegible] rials (optional)
- Eraser



Method How do we c[illegible]lete

1. Think about the lesson on signs of mental [illegible] pr[illegible] such as worrying too much, feeling sad, mood swings, or [illegible]ng fr[illegible].
2. Reflect on your own thoughts and feelings you[illegible] e[illegible]erie[illegible] ecently. These can be happy thoughts, worries, or strong e[illegible]s.
3. In each cloud, write or draw one thought that has been on[illegible]
4. You may include thoughts that affect your mood, behaviour, or relationships with others.
5. Work quietly and honestly. Your answers can be private unless you choose to share.
6. After finishing, look at your clouds and notice which thoughts are positive, negative, or mixed.
7. If comfortable, share one thought and listen as the teacher discusses ways to manage difficult thoughts and seek support.

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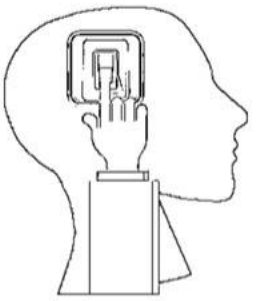
Healthy Habits – Lifestyle Change

Having strong mental health is crucial to our healthy living. Since life can be hard, it is important we use the strategies we have learned about in our day to day lives. Forming habits that provide us with a stronger mental health can have great benefits on every aspect of our life. Below is a list of strategies you can use daily to improve your mental health.



1.	S the day with physical activity
2.	time before going to bed
3.	ing tool online apps to support mindful practices
4.	Using ng
5.	Socializi frien
6.	Talking to othe ur stre
7.	Using green thought e o
8.	Going to bed early to get enou
9.	Connecting with a caring adult
10.	Being a part of something bigger – vol ing

PREVIEW

Reflection Which healthy habits do you already do sou start doing?

Already Do	
1)	
2)	
3)	

Start Doing	
1)	
2)	
3)	

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Accessing Help

Accessing Help Outside the School

Who can you go to for help in the community?

We have many community services outside of the school that can help you and your family. If you feel like your home life is stressful and you need help, you can call one of the following services. It is a good idea to call an adult you trust before you make the call.



Research questions for the following community services. Write down how they can help you solve your problem.

Community Services		What Do They Do? How Can They Help?
Help Lines		
Mental Health and Addiction Workers		
Psychologists		
Faith/Cultural Leaders		
Public Health Units		

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Helping Others

Helping Others

If you think that someone is having trouble with their mental health, there are several ways that you can help. The first step is recognizing the signs that someone might not be themselves.





What Are The Signs?

- Feels [illegible] or hopeless
- Can [illegible]
- Is [illegible] and f[illegible]
- Is excessiv[illegible]
- Wants to be a[illegible]oids [illegible]
- Has trouble focusing [illegible]
- Hurts other people, anim[illegible] ope[illegible]
- Is falling behind in school
- Loses interest in friends or activities



How Can You Help?

Helping a friend doesn't mean you have to give them m[illegible] advice, o[illegible]ke their psychologist, counsellor, or doctor. Instead, try the followi[illegible]

- Be an active listener if someone is confiding in you. Do not inter[illegible]
- Offer suggestions, like deep breathing or exercising to relieve stress
- Do not force anyone to share. Instead, ask them if they want to talk about it and tell them you're always there to listen
- Talk to a trusted adult if a friend seems to need help that you cannot provide
- Encourage them to speak to a trusted adult and seek help

It is important to remember that mental health problems can be serious and might require the help of an adult. If you are worried a friend might hurt themselves, you need to tell a trusted adult, even if the friend asked you not to. The friend needs help, and you are likely not capable of giving them the support they need.

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True or False

Is the statement true or false?

1) Listening helps a sad friend.	True	False
2) You must solve your friend's problems by yourself.	True	False
3) Talking to a trusted adult can help a friend in need.	True	False
4) Ignoring a friend who is struggling is a good way to help.	True	False
5) Encour[illegible] friend to share their feelings is helpful.	True	False

Helping [illegible]aviour

[illegible] behaviour helpful?

1) Mia listens qu[illegible]hile h[illegible]lks about feeling sad.	Yes	No
2) Ben laughs at his frie[illegible]ving.	Yes	No
3) Alex tells a teacher when [illegible] wor[illegible] friend.	Yes	No
4) Sara invites her friend to take a w[illegible] relax.	Yes	No
5) Noah tells his friend to keep their proble[illegible]ecret.	Yes	No
6) Emma reminds her friend that they are not alo[illegible]	[illegible]es	No
7) Leo tells his friend to "just stop being sad."	[illegible]	No
8) Ava asks her friend if they want to talk.	[illegible]	No
9) Daniel listens and avoids interrupting his friend.	[illegible]es	No
10) Jenny encourages her friend to seek help from a trusted adult.	Yes	No

PREVIEW

Question

List three ways you can help a friend who is having a hard time.

_____

_____

_____

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D2.6

Helping Others

What Would You Do? Read the following scenarios and explain how you would help

Scenario	How Will You Help?
Your frien… make the basketb… mopi… the classroo… and ya… not play with y…	
Your friend's parents have split up. You notice they do not bring a lunch or snacks to school anymore and tells you they have lost their appetite.	
Your friend is confiding in you that they are not feeling like themselves. They seem sad and hopeless. You are not sure what to say.	

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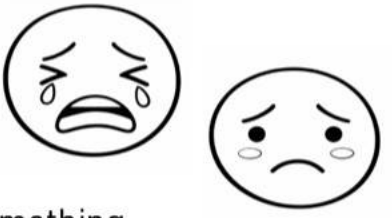
D2.6

Helping Others - Limitations

Limits to Helping Others

When we listen and help others dealing with mental illness, it can feel very rewarding. It can feel good to problem solve with a friend and make them feel better. However, it can also be very challenging.

It is not always easy or simple to help a friend. It can be challenging to listen to a friend's issues repeatedly, which can cause:



- Guilt or frustration that your friend is upset
- Frustration that your friend isn't getting better
- Sadness, discomfort or anger that your friend is dealing with something
- Sadness or grief over things that they used to be with your friend
- Fear or concern that things will happen to you or others you love
- Resentment if you feel that your friend is taking up all your time together

It is important to understand that you are not trained or experienced enough to solve all mental health issues. There are times when your friend needs help from a trusting adult.



Getting Help From A Trusting Adult

In today's world, we are fortunate enough to have access to anonymous mental health phone lines. In Canada, children can call the Kids Help Phone at 1-800-668-6868 to receive free and anonymous support. They can also chat online or via text. The people on the other end of these support lines are trained professionals who know how to help someone in need.

Remember that you are not alone. It can take more than one person to support someone going through a tough time. Ask for help if you feel overwhelmed. You could reach out to a teacher, explaining the issue without naming names. You could also try the phone lines above. These phone lines can be accessed by anyone, not just the people dealing with mental health issues.

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Curriculum Connection
D2.6

True or False Is the statement true or false?

1) It is easy to help others with their mental health	True	False
2) We can always solve our friend's mental health issues	True	False
3) Helping a struggling friend can be hard.	True	False
4) Listening to a stressed friend can stress us too.	True	False
5) We shou stop being friends with someone struggling.	True	False

Questi me feelings someone might have if they are always trying to help so lse with a mental illness?

_____

_____

_____

_____

_____

Direction Practise healthy thinking by turning the ng he hought into a balanced thought.

Challenging Thought	Balanced Tho
I must solve my friend's problems.	
I feel bad because my friend is still sad.	
I get tired listening to my friend.	
I am a bad friend if I ask for help.	
My friend's problems are my responsibility.	
I should keep my friend's struggles secret.	

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D2.6

Activity: Helping Others Role Play

Objective What are we learning about?

Help students understand that supporting a friend with ment[illegible]lth struggles can be challenging and that aski[illegible]m trusted adults is important.



Materials Wh[illegible]ne[illegible] for the activity?

- Scenario cards a[illegible]g a fri[illegible]ith mental health struggles
- Simple props (optional[illegible]ok[illegible]o[illegible]airs for conversation scenes)
- Space in the classroom for role-[illegible]

Instructions How will you complete the acti[illegible]

1. Print and cut out the scenario cards showing situati[illegible]whe[illegible]ies to help a friend who feels sad, stressed, or overwhelmed.
2. Discuss with students that helping others is kind, but we cannot[illegible]e everything alone.
3. Divide the class into small groups and give each group a scenario card.
4. Allow groups time to read and plan how they will act out a helpful and realistic response.
5. Let each group perform their role play while classmates observe.
6. After each performance, discuss what the student did well and when it was important to ask for help from a trusted adult.

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D2.6

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Friend Feeling Overwhelmed	During lunch, your friend suddenly starts crying. They tell you they are stressed about schoolwork and problems at home. They say they feel like everything is "too much" and don't know what to do. They look at you and say, "I don't want anyone else to know." What do you do?
Emotional Exhaustion	the past few weeks, one of your friends has been telling th oblems every single day. You try to help, but now you f tracted in class, and stressed. Today they s ing ag d you feel overwhelmed. What do you do?
Secret That Feels Too Heavy	Your friend as talk pr y. They say they have been feeling very sad and d ant t nyone else. Then they ask you to promise n you feel worried after hearing what they say. W ou
Friend Withdrawing From Others	You notice that one of your classmates ying at recess and no longer joins group work. The alone and avoid eye contact. When you ask if they're okay, they just shrug. What do you do?
Feeling Responsible for a Friend	Your best friend keeps saying that you're the only person they trust and that you're the only one who can help them. You start to feel pressure, like it's your job to fix everything for them. You feel stressed but don't want to let them down. What do you do?

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D2.6

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Friend Having Mood Swings	During group work, your friend suddenly becomes irritated over small mistakes. They snap at teammates, cross their arms, and say, "Why does no one ever listen?" The rest of the group looks uncomfortable, and the work stops. Your friend keeps sighing loudly and refuses to participate. What do you do?
Feeling Sad / Helping	spend most of recess listening to your friend talk about r p lems. You try to comfort them, but afterward, you eel he worried too. You can't stop thinking about what and now you're distracted in class. The n ney c ack to you with more problems. What do
Friend Refuses Help	Your friend ac ney ar truggling and feeling unhappy, but when you s st te to someone, they quickly say, "No. Don' nyon ant help." They look serious and a little tell. You feel unsure about what to do ne at do you
Balancing Friendship and Schoolwork	Your friend has been upset lately and w day after school. Because of this, you ha n't d your homework, and your grades are starting to d onight, they text you again saying they really need you. You feel torn between helping them and catching up on your work. What do you do?
Encouraging Professional Help	Your friend tells you they haven't been sleeping well and can't focus in class because of constant worries. They say they feel tired all the time and their marks are getting lower. They keep sharing the same worries but don't seem to feel better. You care about them and want to help. What do you do?

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D2.6

Exit Cards

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

Name: _____

Circle YES or NO based on the situation.

1) I must solve my friend's problems alone.	Yes	No
2) It is okay to ask a trusted adult for help.	Yes	No
3) Listening to a struggling friend can feel tiring.	Yes	No
4) I can support my friend without fixing everything.	Yes	No

Name: _____

Circle YES or NO based on the situation.

1) I must solve my friend's problems alone.	Yes	No
2) It is okay to ask a trusted adult for help.	Yes	No
3) Listening to a struggling friend can feel tiring.	Yes	No
4) I can support my friend without fixing everything.	Yes	No

Name: _____

Circle YES or NO based on the situation.

1) I must solve my friend's problems alone.	Yes	No
2) It is okay to ask a trusted adult for help.	Yes	No
3) Listening to a struggling friend can feel tiring.	Yes	No
4) I can support my friend without fixing everything.	Yes	No

Name: _____

Circle YES or NO based on the situation.

1) I must solve my friend's problems alone.	Yes	No
2) It is okay to ask a trusted adult for help.	Yes	No
3) Listening to a struggling friend can feel tiring.	Yes	No
4) I can support my friend without fixing everything.	Yes	No

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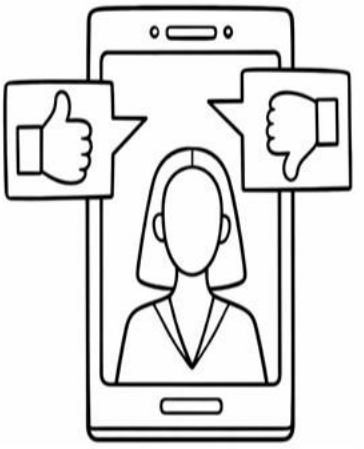
Curriculum Connection
D3.4

Stigma

What is Stigma?



Stigma is the negative attitudes and beliefs that surround mental illnesses. It causes people to fear, reject, avoid and discriminate against people who have a mental illness. Stigma is not just using the wrong words; it is about disrespect.

The media often shows people with a mental illness as being, dangerous and unpredictable, which contributes to the stigma around mental illness.

Sixty percent of people with mental illness will not look for the help they need because they are afraid of the stigma attached to being labelled as a person with a mental illness.

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What Can We Do To Help?

How can we help people who are battling mental illness to feel more comfortable in getting help?

- We can educate ourselves about mental health. A mental illness is not a character flaw. When we are afraid of someone struggling with a mental health issue we contribute to the prejudice against them.
- If someone we know talks to us about how they are feeling, listen without judging
- Think about mental illnesses in the same way we think about physical illness. We would not think less of someone because they broke their leg or had cancer.
- Use people first language when we speak about mental illnesses. Say individual living with mental illnesses, mental health condition or issue, not he is a schizophrenic, or they are mental.

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D3.4

Stigma



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Fact or Myth?

Indicate whether each of the following is a fact or myth

Information	Fact	Myth
1) 1 in 5 Canadians will experience mental illness at some point in their lives	Fact	Myth
2) Mental illness affects people of all ages, education and income levels	Fact	Myth
3) Mental illness only affects adults	Fact	Myth
4) Mental illness cannot be treated	Fact	Myth
5) Mental illness is expensive- it costs upwards of $50 billion per year in health care costs in Canada	Fact	Myth
6) Many people do not seek treatment for anxiety because they consider it normal	Fact	Myth
7) The stigma attached to mental illness presents a serious barrier not only to diagnosis and treatment, but also to acceptance by society	Fact	Myth
8) There are many complex factors that cause mental illness	Fact	Myth
9) Mental illness indirectly affects all Canadians at some time, through a family member, friend or colleague	Fact	Myth
10) 49% of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem	Fact	Myth

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D3.4

Stigma – Attitude Towards Mental Health



Survey What are your personal attitudes towards mental health?

1) If you have a mental illness, you have it for life a) Agree b) Disagree c) Not sure	2) You can tell by looking at people if they have a mental illness a) Agree b) Disagree c) Not sure
3) People with mental illness are generally violent and dangerous a) Agree b) Disagree c) Not sure	4) People should figure out their own mental health issues a) Agree b) Disagree c) Not sure
5) Most people will never be affected by mental illness a) Agree b) Disagree c) Not sure	6) Mental illness only affects certain types of people a) Agree b) Disagree c) Not sure
7) Adults are more likely to have mental illness than teenagers a) Agree b) Disagree c) Not sure	8) Medicine is the best treatment for mental illness a) Agree b) Disagree c) Not sure
9) Females are more likely to have mental illness than males a) Agree b) Disagree c) Not sure	10) People with mental illness are generally shy and quiet a) Agree b) Disagree c) Not sure

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D3.4

Word Choice and Stigma

Explain Explain your feelings about the quotes. What is the person trying to say? How can you help them by thinking positively about their quote?

Quote	Explanation
"Some[illegible] the worst pl[illegible]can be, is[illegible] sad"	
"You cannot tell just by looking at someone what they are dealing with inside"	

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Questions Answer the questions below

1) How can we take action to change the stigma associated with me[illegible]

2) Is it okay to tell someone who is dealing with a mental health issue to "get over it?" Explain.

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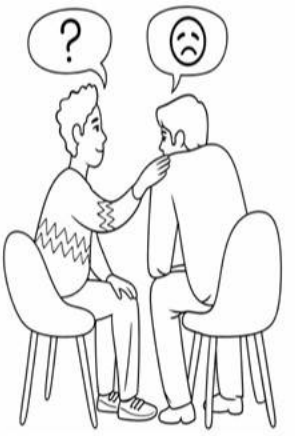
D3.4

Empathy

What Is Empathy?

Empathy is when you can understand how someone else is thinking or feeling. Empathy is putting yourself in the other person's place and seeing things from their perspective. Empathy is not only about figuring out how someone i[illegible]ling. It is also about caring enough to do something about it. T[illegible] not being a bystander. It means connecting with the p[illegible] to solve the person's problem, but being with the[illegible]nd sh[illegible]are will help.



Why Is Empathy Imp[illegible]t?

Using empathy helps you [illegible] best [illegible]d to other people, so that you can be helpful. When you show empath[illegible]u s[illegible]

How Can We Become More Empathetic?

You can start practicing having empathy by:

1. Pay Attention to Other People's Feelings - watch [illegible]ce and b[illegible]nguage to get an idea of how they are feeling. You can listen to their w[illegible] an[illegible] ask how they are feeling.
2. Think Before You Speak or Act - Put yourself in the other person's pl[illegible]nd imagine what they might feel about what you are going to say.
3. Realize that Everyone is Different - You may know how you feel about something that happens, but not everyone has the same experiences or perspective that you have. Try to understand what the event or words mean for the other person, without bringing negative judgements.
4. Stand up for Others - When you see that someone is being bullied or has hurt feelings because of something someone else has said or done, imagine how they are feeling and try to help.

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Curriculum Connection
D3.4

Empathy For Classmates



Empathy is the ability to understand and share the feelings of someone else. It is putting yourself in someone else's shoes so that you can understand how they feel and why they may be acting the way they are acting.

Being empathetic for others means the world would be a better place as we would treat everyone the way we want to be treated. A bully is not empathetic because they treat others poorly, with no regard for how their actions will affect the person being bullied.

Think Answer the questions below to show empathy for the individual in the scenario

1) Sam [illegible] basketball, so his friends don't invite him to play.	
a) How do you think Sam feels?	
b) Have you ever felt this way? Explain	
c) What made you feel better?	
d) What could you say to Sam to make him feel better?	

2) Sofia shared her candy with 4 of the 5 people at her table. Adam	
a) How do you think Adam feels?	
b) Have you ever felt this way? Explain	
c) What made you feel better?	
d) Was Sofia being empathetic? Would she like to be treated this way?	

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Empathy For Adults

Think Do the students below show empathy for the adults? Explain.

1) Josh finished his lunch and threw his wrappers on the floor.	
a) Did Josh show empathy for the custodian? Explain.	
b) If everyone did like Josh, how would that affect the custodian?	

2) Rebecca talks when the teacher is talking and doesn't listen and interrupts frequently.	
a) Is Rebecca showing empathy for the teacher?	
b) How do you think the teacher feels? Put yourself in their shoes!	

3) Leah doesn't listen to the Educational Assistant during lunch.	
a) Is Leah showing empathy to the educational assistant?	
b) If Leah grows up to be an educational assistant, will she regret her behaviour when she was in school?	

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Unit Test – Mental Health

1. When we have positive mental health, we have a positive connection with: a) People b) The community c) The environment d) All of the	2. We can help someone struggling with a mental health concern by: a) Being an active listener b) Not judging what they are saying c) Telling an adult if you are worried about them d) All of the above
3. Having … an affect the way a perso… a) thinks b) feels c) behaves d) All of the above	4. What is the least effective way of dealing with a mental illness? a) Telling a trusted adult how you feel. b) Staying at a hospital for a short stay. c) Keeping your feelings to yourself. …aying a meeting with a mental health care …ional.
5. Examples of mental illnesses include a) Eating disorders and depression b) Anxiety and Post Traumatic Stress c) ADHD and Bulimia d) All of the above	You c… …rove your mental health by: a) St… acti… b… g you… …ver it. c) Be… …tarian d) Ignoring … …lem
7. Stress is: a) Negative hormones that cause mental illness b) A negative response to pressure in our lives. c) A release of hormones that causes the fight/flight or freeze response d) an anxious feeling that gives you a headache.	8. Stress can be g…od w… a) It gives us a boost of …erg… …a race. b) It makes us study more for…st. c) It improves our reaction time when there is a danger. d) All of the above
9. Stigma is? a) When we ignore other people. b) Calling people names. c) Negative attitudes and beliefs about mental illness d) All of the above	10. Our mental health can affect our: a) mood, thoughts and behaviour b) physical health c) relationships d) All of the above

PREVIEW

Define What do the terms below mean?

Term	Definition – What does it mean?
Mental Health	
Mental Illness	
S	

Short Answer Answer the questions below – Each question is worth 3 marks

1) How would you know when it is time to talk to a trusted adult about a friend's mental health concern?

2) What are 3 things you can do to stop the stigma associated with mental illness?

3) What are 3 resources you can turn to if you need mental health support?

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