



Preview – Information



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Google Slides Lessons Preview





Ontario Health Curriculum Mental Health – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

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

FEELINGS AND EMOTIONS

LEARNING GOAL

We are learning to **name and talk** about our feelings so we can understand ourselves and others, share how we feel, and take care of our mental health each day.

Illustration of five diverse children's faces showing various emotions.

FEELINGS AND EMOTIONS

LABEL THE EMOTIONS

Drag the feeling word to the face that shows that feeling.

Emotion words: Nervous, Mad, Worried, Relaxed, Happy, Excited, Proud, Shock.

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

QUICK DRAW

Can you name a time you felt happy?
Draw an emoji on a paper that shows a happy feeling.

Illustration of a smiling face emoji.



Ontario Health Curriculum

Mental Health – Grade 1



HANDLING EMOTIONS

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



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**.

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

Positive
Negative



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

Ontario Health Curriculum Mental Health – Grade 1



HEALTHY FOOD, HEALTHY BRAIN

ODD ONE OUT

Look at the foods. Which food is the odd one out? Circle the food that is different.

1




2




3




4






ACTION



EXERCISE AND MENTAL HEALTH

GOOD OR BAD

Look at each picture. Drag it to the correct box: good or bad for our brain.

Good for our brain











Bad for our brain

YES OR NO

Show your answer with a thumbs up 👍 or thumbs down 👎

1) Sleep helps our brain rest.

2) We should go to bed at the same time each night.

3) It is healthy to stay up very late every night.

4) Sleep makes us feel tired all day.

5) A quiet and dark room can help us sleep.






Workbook Preview



Grade 1 – Health Unit

Mental Health Literacy

	Curriculum Expectations	Pages
D1.5	Demonstrate an understanding that mental health is a part of overall health and reflect on the things they can do to appreciate and take care of their body and mind	32 – 87
D3.3		31

**Preview of 70 pages from
this product that contains
120 pages total.**

NAME: _____

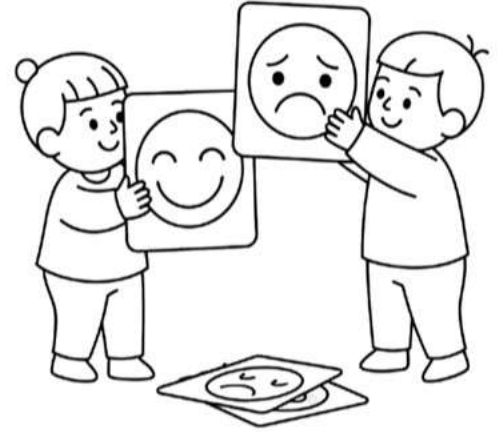
MENTAL HEALTH



Feelings and Emotions

Feelings and Emotions

Feelings and emotions are how we feel inside. It is important to understand them for our mental health.



Key Words about Feelings:

- Happy: When we are happy, we feel good. We smile and laugh.
- Sad: Sometimes we feel sad. It is okay to be sad. We might cry when we are sad.
- Mad: When we are mad, we feel angry. It is okay to feel mad, but we should try to calm down.
- Scared: Sometimes, we get scared. We get nervous about something. We can talk to grown-ups about it.
- Surprised: When something unexpected happens, we feel surprised. It can be a fun feeling!

Why Feelings are Important:

- Feelings help us understand ourselves and others.
- Talking about our feelings helps us feel better.
- It is okay to have different feelings. We can share them with our friends and family.

Name: _____

7

True or False

Is the statement true or false?

1. Happy feelings make us smile and laugh.	True	False
2. It is never okay to feel sad.	True	False
3. When we are mad, we feel joyful.	True	False
4. Talking about our feelings is helpful.	True	False
5. Feeling is important for understanding others.	True	False

Matching

Draw a line to match each feeling with the correct situation.

1. Happy		You lost your favourite toy.
2. Sad	☐	You played a game with your friends.
3. Mad	☐	☐ You heard a loud noise at night.
4. Scared	☐	☐ Someone took your toy.
5. Surprised	☐	☐ A friend threw you a surprise party.

Question

Write about a time you felt sad.

Learning About Feelings with the Emotion Guide

Think

Circle the emotion being shown.



Happy | Worried



Anxious

Excited



Disappointed

Pleased



Worried

Happy



Sad

Happy



Upset

Joyful



Tired

Fresh



Angry

Calm



Thinking

Sleepy



Loving

Anger



Thinking

Happy



Sleepy

Alert

True or False

Is the statement true or false?

1)	When we feel _____ we might cry.	Sad	Happy
2)	We can talk to _____ when we are scared.	Grown-ups	Nobody
3)	_____ help us know ourselves better.	Feelings	Toys
4)	We _____ when we are happy.	Frown	Smile
5)	_____ feelings makes us feel better.	Forgetting	Talking

Draw

_____ feelings you might have in a day.

Happy

Sad

Scared

Sleepy

Surprised

Exit Cards

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

Name: _____

What would you feel?

1) You lose your favourite toy.	Sad	Joy
2) You didn't sleep well.	Tired	Happy
3) You didn't win a game.	Alert	Upset
4) You won a prize.	Scared	Joy

Name: _____

What would you feel?

1) You lose your favourite toy.	Sad	Joy
2) You didn't sleep well.	Tired	Happy
3) You didn't win a game.	Alert	Upset
4) You won a prize.	Scared	Joy

Name: _____

What would you feel?

1) You lose your favourite toy.	Sad	Joy
2) You didn't sleep well.	Tired	Happy
3) You didn't win a game.	Alert	Upset
4) You won a prize.	Scared	Joy

Name: _____

What would you feel?

1) You lose your favourite toy.	Sad	Joy
2) You didn't sleep well.	Tired	Happy
3) You didn't win a game.	Alert	Upset
4) You won a prize.	Scared	Joy

Activity – Expressing Feelings through Art

Objective

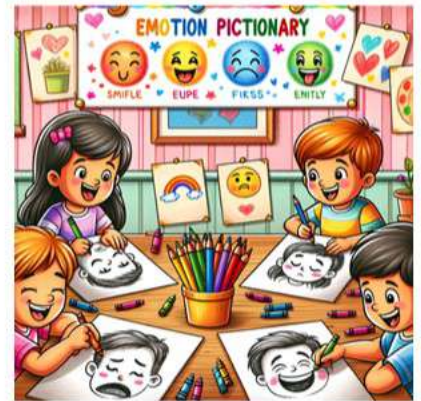
What are we learning about?

Encourage students to recognize and express various emotions through creative drawing.

Materials

What you will need for the activity.

- Blank sheets of paper
- Crayons



Instructions

How you will complete the activity

1. Each student receives a sheet of paper and a set of crayons.
2. The teacher announces an emotion (happy, sad, excited, etc.).
3. Students draw a picture representing the announced emotion. They should draw it on any of the 8 spots on the pages provided.
4. After drawing all 8 emotions announced, students show their drawings to a classmate.
5. Classmates guess the emotion based on the drawing.
6. Encourage discussion on why certain features represent specific emotions.
7. Ask students to share personal experiences related to the emotions drawn.
8. Discuss how expressing emotions through art can be therapeutic.
9. Conclude with a reflection on the importance of understanding and expressing feelings.

Name: _____

12

Curriculum Connection
D3.3

Emotions

Emotion Cards

Happy

Sad

Excited

Surprised

Scared

Laughing

Frustrated

Silly

Shy

Confused

Pro

Sleepy

Loving

Calm

Curious

Embarrassed

Grumpy

PREVIEW

Activity – Expressing Feelings through Art

Draw

Draw a picture of the emotion. Then have a classmate guess the emotion.

PREVIEW

1) Emotion

emo

3) Emotion

4) Emotion

Activity – Expressing Feelings through Art

Draw

Draw a picture of the emotion. Then have a classmate guess the emotion.

PREVIEW

5) Emotion

mo

7) Emotion

8) Emotion

Story: Handling Emotions

Max's Big Feelings

Max had a day filled with big feelings. In the morning, his little sister broke his toy airplane. Max felt angry. He remembered his mom saying, "When you are mad, count to ten and take deep breaths." Max counted slowly, and his anger went away.



At school, Max's best friend Sam was away. Max felt sad and missed him. His teacher, Mrs. Maple, noticed and said, "It's okay to feel sad, Max. Talking about it helps." Max talked to Mrs. Maple and felt a little better.

During recess, Max's new ball got stuck in a tree. Max felt frustrated. Then he remembered his dad's words, "Take a break, then try again." Max took a break, and with his friends' help, they got the ball down.

At bedtime, Max told his parents about his day. "I had so many feelings today," he said. His parents hugged him and said, "It is good to feel things, Max. You handled your emotions really well." Max smiled, feeling proud and happy. He learned that it is okay to have big feelings and that there are ways to handle them.

Name: _____

16

True or False

Is the statement true or false?

1) Max's sister broke his toy airplane.	True	False
2) Max felt sad at school.	True	False
3) Talking made Max feel worse.	True	False
4) Max's ball got stuck in a tree.	True	False
5) Max ran for his ball back.	True	False

Fill in the Blank with the missing word.

1)	Max felt _____ when his toy ball broke.	Angry	Happy
2)	He counted to _____ to calm down.	Ten	One
3)	Max shared his feelings with Mrs. _____.	Apple	Pine
4)	Max felt _____ when he talked about his feelings with Betty.	Happy	Sadder
5)	His ball was stuck in a _____.	Tree	Box

Directions

Draw three ways to handle emotions.

Story: Positive Thinking

Lucy's Sunny Thoughts

Lucy was a girl who loved to think happy thoughts. One cloudy day, her friends were sad because they could not play outside. Lucy smiled and said, "Let's make a fort inside!"



Using blankets and pillows, they built the biggest fort ever. Inside, they told jokes and laughed. Lucy's positive thinking turned a gloomy day into an adventure.

The next day, Lucy saw a boy who dropped his ice cream. He was very upset. Lucy thought for a moment and said, "It's okay! Now you can choose a new flavour!" The boy smiled, picked a new flavour, and felt happy again.

At school, Lucy's class had a hard puzzle to solve. Some kids felt it was too difficult. Lucy said, "We can do it if we work together!" With everyone's help, they solved the puzzle. The class cheered!

Lucy showed everyone that with positive thinking, you can find happiness in any situation. Her friends learned that thinking positively can change feelings and make things better.

True or False

Is the statement true or false?

1) Lucy was sad on the cloudy day.	True	False
2) The boy was happy about dropping his ice cream.	True	False
3) Lucy helped the boy choose a new ice cream.	True	False
4) Positive thinking made things worse.	True	False
5) Lucy's _____s learned from her.	True	False

Think _____ if the thought is positive and ☹️ if it is not.

1. "I can't do this. I want _____ing."		
2. "I will keep trying even _____met _____d."		
3. "This is too hard for me, so I won't _____anymore."		
4. "I can make this better if I stay calm and try _____ain."		
5. "I can ask a teacher or friend for help."		

Directions

How do you feel when you help someone?

Story: Ben's Brave Day

Ben's New Classroom

Ben was moving to a new class. He felt nervous.

Everything would be different: new teacher,
new friends, and a new desk. He told his mom,
"I am so nervous about my new class."



Mom hugged Ben and said, "It's okay to be scared, but remember,
change can be good. You will learn new things and make new friends."

On the first day in his new classroom, Ben met his teacher, Mr. Lee. Mr. Lee was
kind and smiled a lot. Ben started to feel a bit braver.

During recess, Ben met Maya. They both liked drawing and felt happy to
find a friend with the same interest.

Each day, Ben found something fun and exciting in his new classroom. He realized
that changes could be adventures. He told his mom, "I like my new class
now."

Mom smiled. "See, you are learning to cope with change. That is important
for being happy."

Ben understood that changes are part of life. He felt braver and ready for
more new adventures.

True or False

Is the statement true or false?

1) Ben was excited about his new class.	True	False
2) Ben's mom said change can be good.	True	False
3) Mr. Lee was Ben's new teacher.	True	False
4) Ben started scared in his new class.	True	False
5) Maya and Ben both liked drawing.	True	False

Sequence

Number the events from 1 to 5 in the order they happened in the story.

	Ben talked to his mom about his feelings.
	Ben made a new friend in his class.
	Ben said he liked his new class.
	Ben felt scared about his new class.
	Ben met his teacher, Mr. Lee, who was kind.

Reflection

How did you feel on your first day of school?

Being Thankful Makes Us Happy

What is Gratitude?

Gratitude means being thankful for the good things in our lives. It is like saying a big "thank you" to the world!

Things to Be Thankful For:

- Our family and friends.
- A nice home.
- Yummy food.
- Fun toys.
- Beautiful nature.



How Gratitude Makes Us Feel

- When we think about good things, we feel happy.
- Saying thank you makes others and us feel good.
- Being thankful helps us see more good in the world.

Fun Gratitude Activity

Every night, think of three good things that happened that day. It could be playing with a friend, a hug from mom or dad, or seeing a bird. Remember, there is always something to be thankful for!

True or False

Is the statement true or false?

1. Gratitude means being happy.	True	False
2. We should not thank our friends.	True	False
3. Toys can make us thankful.	True	False
4. Nature can make us grateful.	True	False
5. Saying thank you is not important.	True	False

Think

Write down three things you are grateful for.

1	
2	
3	

Word Search

Find the words in the wordsearch.

Thanks	Food
Toys	Home
Family	Nature
Happy	Friends
Play	Hug

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

Exit Cards

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

Name: _____

Is the statement true or false?

1) Gratitude means being upset.	T	F
2) You shouldn't say thank you very often.	T	F
3) Gratitude means thinking about good things.	T	F
4) We can be thankful for food, toys, and family.	T	F

Name: _____

Is the statement true or false?

1) Gratitude means being upset.	T	F
2) You shouldn't say thank you very often.	T	F
3) Gratitude means thinking about good things.	T	F
4) We can be thankful for food, toys, and family.	T	F

Name: _____

Is the statement true or false?

1) Gratitude means being upset.	T	F
2) You shouldn't say thank you very often.	T	F
3) Gratitude means thinking about good things.	T	F
4) We can be thankful for food, toys, and family.	T	F

Name: _____

Is the statement true or false?

1) Gratitude means being upset.	T	F
2) You shouldn't say thank you very often.	T	F
3) Gratitude means thinking about good things.	T	F
4) We can be thankful for food, toys, and family.	T	F

Activity – Gratitude Show and Tell

Objective

What are we learning about?

Encourage students to express gratitude and understand its positive impact on mental well-being.



Materials

What you will need for the activity.

- Small items for showing and telling about what they are grateful for.

Instructions

How you complete the activity

1. Choose something you are really thankful for. It could be a toy, a picture, or anything special!
2. Bring it to class or draw a picture of it.
3. Tell us all about it and why it is so special to you.
4. Listen to your friends share too and guess why they feel thankful.
5. We will chat about how awesome it feels to share and hear about happy things.
6. Remember, saying thank you for what we have makes us and our friends smile more!

Newspaper Article: Celebrating Successes

Cheers for Little Victories

Published February 15, 2024

In a heartwarming gesture, our community came together to celebrate small successes, reminding us of the joy in little victories. Local expert, Dr. Johnson, emphasized, "Celebrating even the tiniest achievements is crucial for building confidence and a positive mindset." She shared simple ways like clapping hands or giving a high-five.

We spoke to young friend Alex, who proudly exclaimed, "When I finished

my puzzle, I felt super happy!" Experts agree, these moments matter. Dr. Smith, a child psychologist, highlighted, "Positive experiences in childhood contribute significantly to mental well-being."

Dr. Johnson puts it, "Every success, no matter how small, deserves to be celebrated. Continue to celebrate the small wins, creating a community of confident and happy individuals."



True or False

Is the statement true or false?

1. Celebrating small successes boosts confidence.	True	False
2. Stars are mentioned in the article.	True	False
3. Celebrations impact mental health positively.	True	False
4. The article suggests drawing celebrations on paper.	True	False
5. The article discusses nature's role in celebrations.	True	False

Direction: Draw your ways of celebrating successes.



Word Search

Find the words in the wordsearch.

News	Smile
Friend	Adapt
Feel	Boost
Like	Change
Sad	Joy

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

Healthy Eating for a Healthy Mind

Eating Right Helps You Think Bright

Your brain is amazing! It helps you think, play, and learn. To keep your brain happy and healthy, eating the right foods is very important.

Foods That Make Your Brain Happy

- Fruits like apples and bananas
- Vegetables like carrots and broccoli
- Fish like salmon
- Nuts and seeds
- Whole grains like oatmeal
- Dairy like milk and yogurt



Why These Foods Are Great

These foods are full of vitamins and nutrients. They help your brain grow strong and work well. When you eat healthy foods, you can remember things better, solve problems easier, and even feel happier!

Fun Food Tip

Try to eat a rainbow of foods! Different colours mean different vitamins. Can you find a food for every colour of the rainbow?

True or False

Is the statement true or false?

1. Apples are good for your brain.	True	False
2. Fish cannot help your brain.	True	False
3. Broccoli is a brain food.	True	False
4. Candy makes your brain strong.	True	False
5. Nuts are good for the brain.	True	False

Draw

Draw healthy foods you like to eat.



Question

What healthy food did you eat today?



Exit Cards

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

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

Choices

Circle if the choice is healthy or unhealthy

#	Descriptions	Healthy	Unhealthy
1	Eating an apple after play.	Healthy	Unhealthy
2	Drinking milk at breakfast.	Healthy	Unhealthy
3	Snacking on candy bars.	Healthy	Unhealthy
4	Munching on carrot sticks.	Healthy	Unhealthy
5	Drinking soft drinks.	Healthy	Unhealthy
6	Enjoying a smoothie.	Healthy	Unhealthy
7	Having cereal for snack.	Healthy	Unhealthy
8	Eating fish for dinner.	Healthy	Unhealthy
9	Gobbling up potato chips.	Healthy	Unhealthy
10	Crunching on mixed nuts.	Healthy	Unhealthy
11	Drinking lots of water.	Healthy	Unhealthy
12	Eating ice cream late.	Healthy	Unhealthy
13	Snacking on fresh berries.	Healthy	Unhealthy
14	Having chocolate for lunch.	Healthy	Unhealthy
15	Biting into a juicy peach.	Healthy	Unhealthy
16	Eating cake after school.	Healthy	Unhealthy
17	Chewing on whole grain bread.	Healthy	Unhealthy
18	Sipping on fruit punch.	Healthy	Unhealthy
19	Tasting yummy yogurt.	Healthy	Unhealthy
20	Eating fried fast food.	Healthy	Unhealthy

Activity – Healthy Habits Drawing Contest

Objective

What are we learning about?

Encourage students to reflect on and express their understanding of healthy habits through creative drawing.

Materials

What you will need for the activity.

- Paper
- Crayons or markers



Instructions

How you will complete the activity

1. Provide each student with a sheet of paper and a set of crayons.
2. Encourage them to draw their favourite healthy habit.
3. Discuss the importance of habits like eating fruits and vegetables for overall health.
4. Emphasize the positive impact of these habits on physical well-being.
5. Allow time for students to share their drawings with the class.
6. Foster a supportive environment for discussion and expression.
7. Connect the activity to the concept of maintaining a healthy lifestyle.
8. Ask students to explain why their chosen habits are good for them.
9. Celebrate and display the drawings in the classroom.
10. Reinforce the idea that small, positive habits contribute to a healthier life.

Name: _____

37

Practice

Draw 6 of your favourite healthy habits to practice for your poster.

PREVIEW

2

3

5

6

Exercise and Mental Health

Moving Makes Us Happy

When we play outside or do sports, our body and mind feel great!

Exercise helps us think better, feel happier, and stay healthy.

Awesome Activities for a Healthy Body and Mind

- Playing with your friends.
- Riding your bicycle.
- Jumping rope.
- Playing soccer or basketball.
- Swimming in a pool.
- Walking with your family.
- Dancing to your favourite music.



Why Exercise is Super Cool

- Helps your muscles grow strong.
- Makes your heart happy and healthy.
- You can think better and solve problems easier.
- Helps you sleep well at night.
- You feel more cheerful and less worried.

Tip for Fun Exercise

Try to play or move around every day! It can be a game, a sport, or even a dance party in your room. Moving is fun and good for you!

True or False

Is the statement true or false?

1. Exercise makes us happy.	True	False
2. Playing tag is not exercise.	True	False
3. Riding a bike is good exercise.	True	False
4. Sports make your mind strong.	True	False
5. Swimming does not help our health.	True	False

Colour It

Colour GREEN if the activity helps your body and mind and RED if not.

Jumping rope	Going to bed very late	Riding a bike
Playing outside with friends	Dancing to music	Playing video games for many hours
Watching TV all day	Stretching your body	Talking to your family

Question

How do you feel after playing outside?

Exit Cards

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

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

Activity – Healthy Body, Healthy Mind Collage

Objective

What are we learning about?

To encourage students to understand and express the connection between a healthy body and a healthy mind through the creation of a collage.



Materials

What you will need for the activity.

- Magazines or printed images related to health and well-being
- Large sheets of construction paper or poster board
- Glue sticks
- Safety scissors
- Markers or crayons
- Optional: stickers or other items related to health

Instructions

How you will complete the activity.

1. Discuss with the students what a healthy body and mind mean.
2. Give each student a large sheet of construction paper or poster board.
3. Provide magazines or printed images that depict healthy body and mind, emotions, and habits.
4. Encourage students to cut out images and words that represent a healthy body and mind to them.
5. Instruct them to arrange their cutouts on the poster board to create a collage.
6. Once satisfied with their arrangement, students use glue sticks to attach the images and words.
7. Allow time for students to decorate their collages with markers, crayons, and optional stickers.
8. When finished, each student presents their collage to the class, explaining their choices.

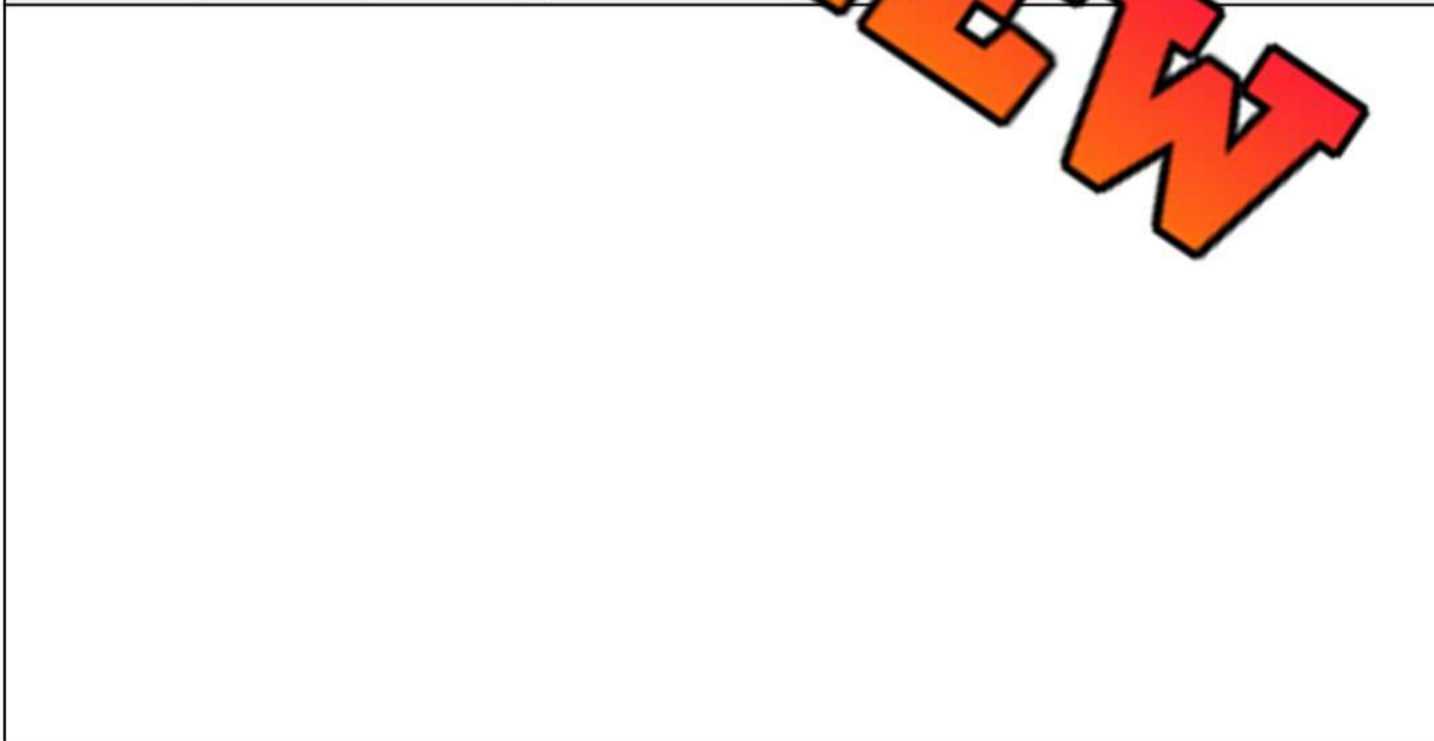
Reflection

Answer the questions below

1) What makes you feel happy and calm, like in your collage?

2) How does your favourite activity help you feel good?

3) Draw a picture of you doing your favourite activity.



PREVIEW

Sleep Makes Us Shine

Why Good Sleep is Great

Sleep is like a magic time for your brain. When you sleep well, your brain gets to rest and recharge, just like plugging in your favourite toy to charge.

Super Sleep Facts

- Sleep helps your brain stay strong.
- It helps you remember what you learn.
- Good sleep makes you feel happy and calm.

How Sleep Helps Us

- When we sleep, we dream, which is fun!
- Sleep helps us solve problems better.
- We can learn better after a good sleep.
- It keeps us healthy and full of energy.

Bedtime Tips

Try to go to bed at the same time every night. Make sure your room is quiet and dark. And remember, a bedtime story can help you drift off to dreamland!



True or False

Is the statement true or false?

1. Sleep helps us grow.	True	False
2. Good sleep makes us sad.	True	False
3. We feel tired after good sleep.	True	False
4. Bedtime stories help us sleep.	True	False
5. A noisy room is good for sleep.	True	False

Draw

Where do you sleep the best.



Question

How do you feel when you wake up from a good sleep?

Exit Cards

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

Name: _____

Circle the best answer.

1) Sleep helps your ____ grow.	brain	mind
2) Sleep is like ____ your brain.	draining	charging
3) Sleep helps you ____ things.	remember	forget
4) Your room should be ____.	light	dark

Name: _____

Circle the best answer.

1) Sleep helps your ____ grow.	brain	mind
2) Sleep is like ____ your brain.	draining	charging
3) Sleep helps you ____ things.	remember	forget
4) Your room should be ____.	light	dark

Name: _____

Circle the best answer.

1) Sleep helps your ____ grow.	brain	mind
2) Sleep is like ____ your brain.	draining	charging
3) Sleep helps you ____ things.	remember	forget
4) Your room should be ____.	light	dark

Name: _____

Circle the best answer.

1) Sleep helps your ____ grow.	brain	mind
2) Sleep is like ____ your brain.	draining	charging
3) Sleep helps you ____ things.	remember	forget
4) Your room should be ____.	light	dark

Mindfulness and Relaxation

What is Mindfulness?

Mindfulness means paying attention to what you are doing and how you are feeling. It is like being a detective of your own thoughts and feelings.

Simple Ways to be Mindful:

- Taking slow breaths in and out.
- Listening to calm sounds.
- Sitting quietly and noticing how you feel.
- Thinking about things that make you happy.

Why Mindfulness is Good for You

- It helps you feel calm and peaceful.
- You can forget your worries for a while.
- It makes you feel happy inside.
- Mindfulness helps you sleep better at night.

Fun Relaxation Tip

Try to find a quiet spot. Close your eyes, take deep breaths, and think of your favourite place. It is like a mini-holiday for your brain!



Name: _____

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Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Mindfulness means being loud.	True	False
2. Deep breathing helps us relax.	True	False
3. Calm music can make us happy.	True	False
4. We can practice mindfulness anywhere.	True	False
5. Running is a mindfulness activity.	True	False

Draw

Draw two ways you can relax.

Check

Put a ✓ on the actions that help you relax.

☐ Closing your eyes	☐ Taking slow breaths
☐ Yelling loudly	☐ Sitting quietly
☐ Stretching your body	☐ Running around when tired
☐ Listening to calm music	☐ Thinking of happy things
☐ Hitting things	☐ Clenching your fists

Activity – Relaxation Techniques Demonstration

Objective

What are we learning about?

To teach students simple relaxation techniques such as deep breathing and stretching, helping them to calm down and focus.

Materials

What you will need for the activity.

- A clear space in the classroom
- A soft carpet area
- Relaxing background music (optional)
- A timer or clock



Instructions

How you will do the activity

1. Gather students in the open space and have them sit comfortably on mats or the carpet.
2. Demonstrate how to sit cross-legged and place hands on their knees.
3. Introduce deep breathing: breathe in slowly through the nose for a second, and exhale slowly through the mouth.
4. Lead the students through deep breathing for 2-3 minutes, guiding them to focus on their breath.
5. Show them a simple stretching exercise, like reaching up high for the toes and then gently bending to touch their toes.
6. Guide the students through the stretching exercise, holding each stretch for about 10 seconds.
7. Teach them to relax their muscles starting from their toes up to their head.
8. Introduce a quiet moment of relaxation, where they sit still, close their eyes, and think of a happy place.
9. After a few minutes, gently guide them to open their eyes and bring their focus back to the classroom.
10. Conclude by discussing how they felt before and after the exercise and when they can use these techniques.

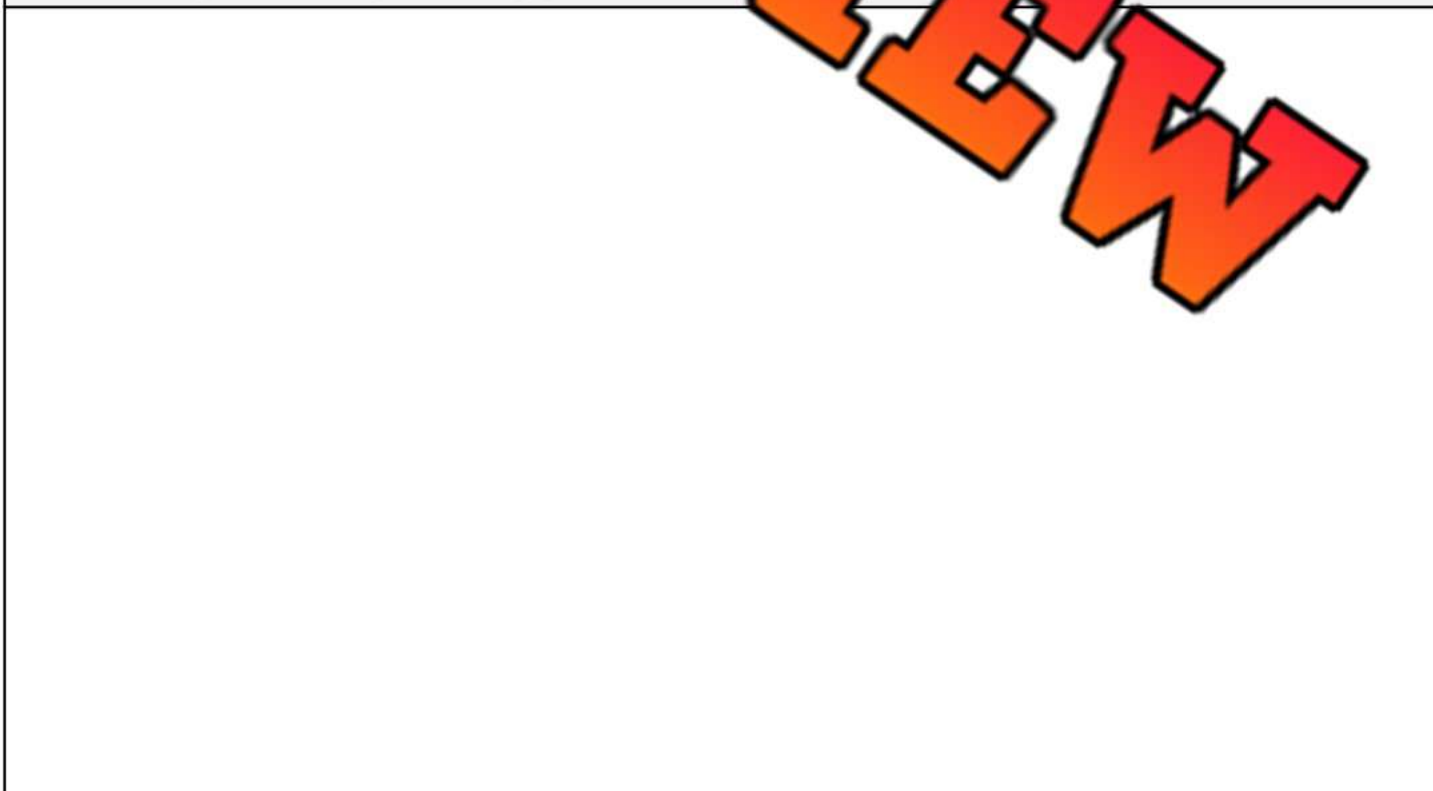
Reflection

Answer the questions below.

1) How did you feel before the activity?

2) How did you feel after the activity?

3) Draw a picture of you doing your favourite relaxation activity.



PREVIEW

Activity – Mindful Moments

Objective

What are we learning about?

To begin each day with a mindful moment, helping students to focus on positive thoughts and feelings, and setting a calm, positive tone for the day.



Materials

What you will need for the activity.

- A designated area (mats or a carpeted section of the classroom)
- A timer or a clock
- Optional: calming background music
- Optional: a mindfulness app (for guided sessions)

Instructions

How to complete the activity

1. Start the day by gathering students in a comfortable seating area.
2. Ask students to sit cross-legged or in a comfortable position.
3. Explain that they will have a few minutes of quiet time to think about happy and calm thoughts.
4. If using, start the calming background music at a low volume.
5. Guide students to close their eyes gently and take slow, deep breaths.
6. Encourage them to think about something that makes them happy or feel good.
7. Keep this mindful moment brief, about 3-5 minutes, to suit their attention span.
8. Use the timer to keep track of time, ensuring consistency each day.
9. Gently signal the end of the session by ringing a soft bell or turning off the music.
10. Conclude with a group sharing moment, where students can talk about their thoughts or feelings if they wish.

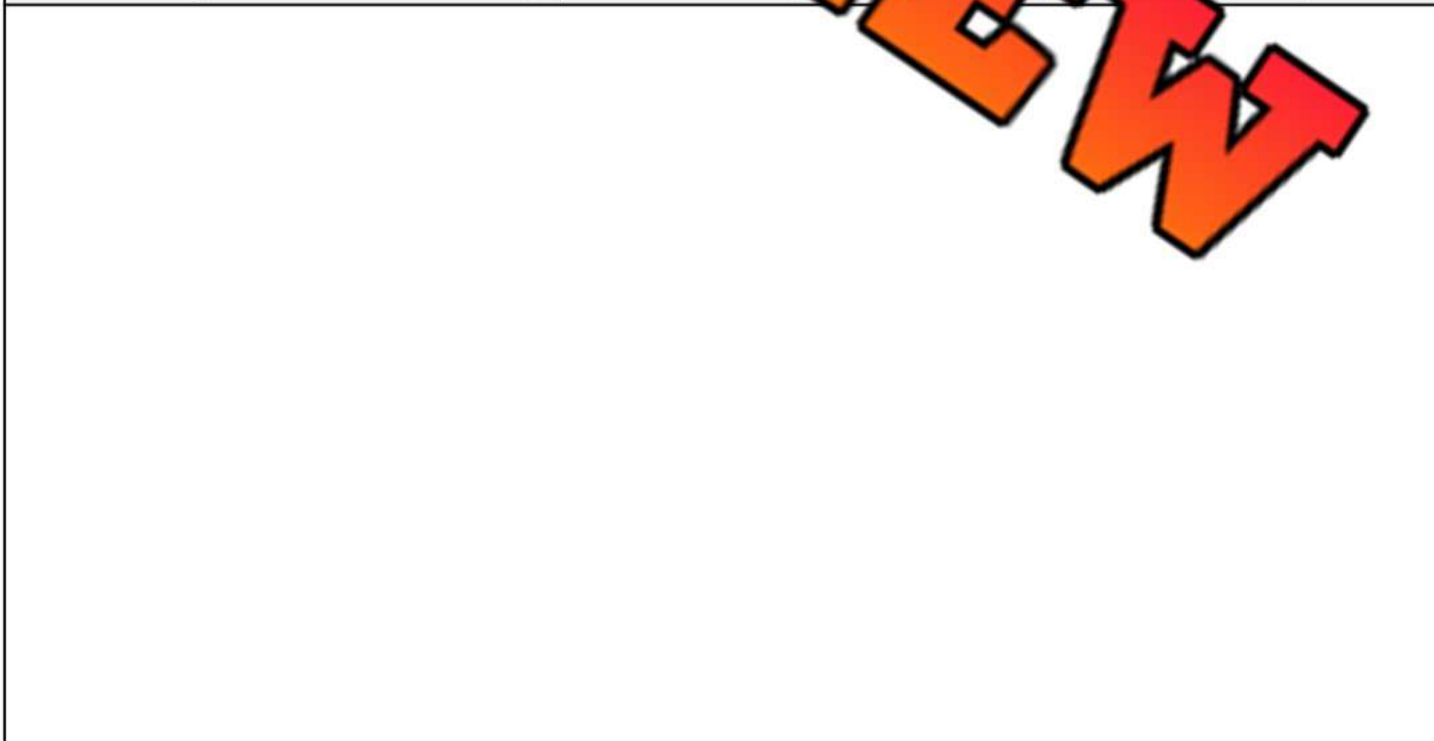
Reflection

Answer the questions below.

1) How did you feel during our quiet time?

2) What did you notice most about our mindful moment?

3) Draw a picture of something you were thinking of while relaxing.

**PREVIEW**

Taking Care of You

What is Self-Care?

Self-care means doing things to take care of your body and mind. It is like giving yourself a big, warm hug!

Fun Self-Care Activities:

- Reading your favourite book.
- Drawing or painting pictures.
- Taking a warm bath.
- Playing quietly with toys.
- Listening to soft music.



Why Self-Care is Good

- It helps us feel calm and happy.
- We feel better after taking a break.
- Self-care makes us feel loved and special.
- It helps us sleep well at night.

Easy Self-Care Tip

Every day, choose one thing that makes you feel good. It could be cuddling with a teddy bear, telling a story, or building a puzzle.

Remember, taking care of yourself is important!

True or False

Is the statement true or false?

1. Reading a book is self-care.	True	False
2. Drawing makes you feel stressed.	True	False
3. Warm baths are relaxing.	True	False
4. Running fast is self-care.	True	False
5. Self-care makes us happy.	True	False

Identify the best choice.

1. When I feel _____, I should:		
A. Keep playing _____	B. _____	C. Yell
2. When I feel sad, I can:		
A. Talk to someone	B. Hide	C. Cry and scream
3. Before bedtime, it helps to:		
A. Run fast	B. Read quietly	C. Watch scary videos
4. When I feel angry, I can:		
A. Hit things	B. Shout	C. Take a break
5. When I feel worried, I can:		
A. Ask for help	B. Keep it inside	C. Run away

Question

Why is self-care important?

Exit Cards

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

Name: _____

Draw 2 self-care activities you enjoy doing.

--	--

Name: _____

Draw 2 self-care activities you enjoy doing.

--	--

Name: _____

Draw 2 self-care activities you enjoy doing.

--	--

Name: _____

Draw 2 self-care activities you enjoy doing.

--	--

Nature Makes Us Smile

Fun in Nature

Going outside to play or walk in nature is not just fun, it is also good for our brains and hearts. Nature is all around us - in parks, gardens, and even on a city street with trees!

Nature Activities to Love:

- Walking in a park.
- Looking at flowers and trees.
- Watching birds and animals.
- Playing in a leaf pile.
- Jumping in puddles after rain.



Why Nature is Awesome for Us

- Nature helps us feel calm and happy.
- Fresh air is good for our bodies.
- Seeing green trees and colourful flowers makes us feel good.
- Listening to birds sing is like music to our ears.

Nature Tip

Next time you go outside, try to see how many different colours you can find in nature. It is like a rainbow treasure hunt!

Name: _____

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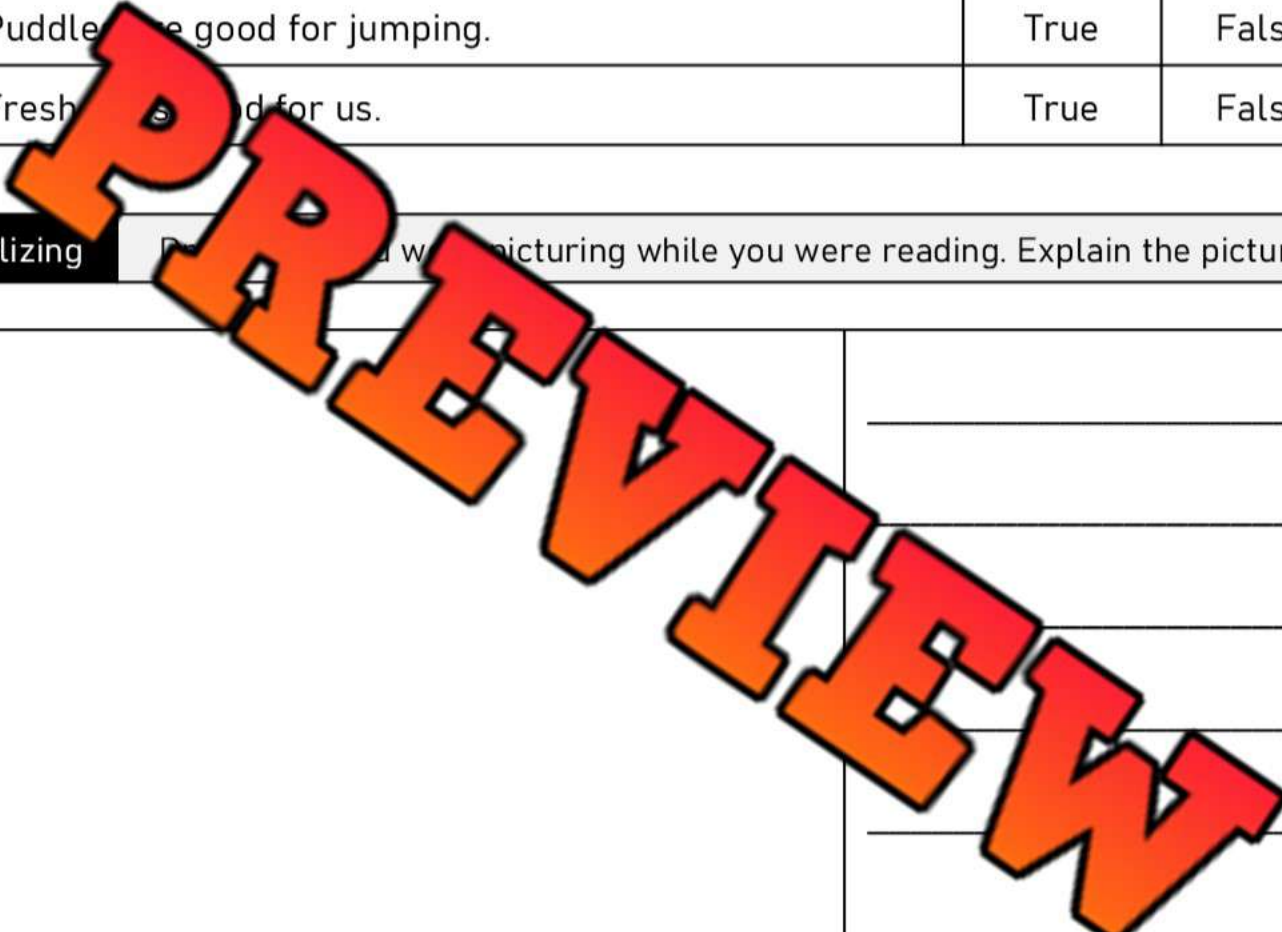
True or False

Is the statement true or false?

1. Nature makes us smile.	True	False
2. Birds cannot make us happy.	True	False
3. Walking in a park is fun.	True	False
4. Puddles are good for jumping.	True	False
5. Fresh air is good for us.	True	False

Visualizing

Draw a picture of what you pictured while you were reading. Explain the picture.

	_____

Question

What is your favourite thing in nature?

Story: Creative Expression

Draw

Draw pictures that show the story.

Lily's Colourful Feelings

Once upon a time, there was a little girl named Lily. She loved to play and express herself. One day, she felt very happy and wanted to show it.

Lily found her art supplies and a big, white canvas. She decided to paint her happiness. She used bright yellow and red, swirling them together on the canvas. The colors blended like the sunshine and laughter.

PREVIEW

Next, Lily felt excited. She had so many ideas! She grabbed her craft box. Out came ribbons, glitter, and glue. Lily made a sparkling, colourful collage. It was as exciting as a party.

Then, Lily felt a little sad. She missed her friend who had moved away. She started to dance, moving slowly to soft music. As she danced, she felt better. Her body told her story.

One afternoon, Lily was very thoughtful. She sat quietly, making a clay sculpture. It was a small, peaceful garden. It made her feel calm and happy.

Another day, Lily felt adventurous. She put on music and danced wildly. She jumped, twirled, and laughed. It was like an adventure in her living room!

PREVIEW

PREVIEW

Every day, Lily expressed her feelings in new ways. She painted, crafted, danced, and sculpted. Each time, she felt a little lighter and happier.

Lily learned that being creative was a wonderful way to show how she felt. She could be happy, excited, sad, thoughtful, or adventurous. And each time, she created something beautiful.

True or False

Is the statement true or false?

1. Painting made Lily sad.	True	False
2. Lily used glitter in her craft.	True	False
3. Dancing cannot express feelings.	True	False
4. Lily felt adventurous while dancing.	True	False
5. Lily's _____ made her happy.	True	False

Directions

Draw ways to express your feelings.

Happy Dance

Sad Painting

_____ Craft

Word Search

Find the words in the wordsearch.

Art	Joy
Sad	Fun
Clay	Dance
Paint	Happy
Calm	Jump

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

Friends Make Us Happy

Why Friends are Special

Friends are people who make us smile and feel loved. When we have friends, we feel happy because we can play, talk, and share things with them.

How to Be a Good Friend

- Listen to your friends
- Share your toys
- Be kind and help them
- Say nice things
- Play fair in games

Good Friends are Like Sunshine

- Friends make us laugh when we are sad.
- They help us when we have problems.
- Friends play with us and make everything more fun.
- When we have friends, we do not feel alone.



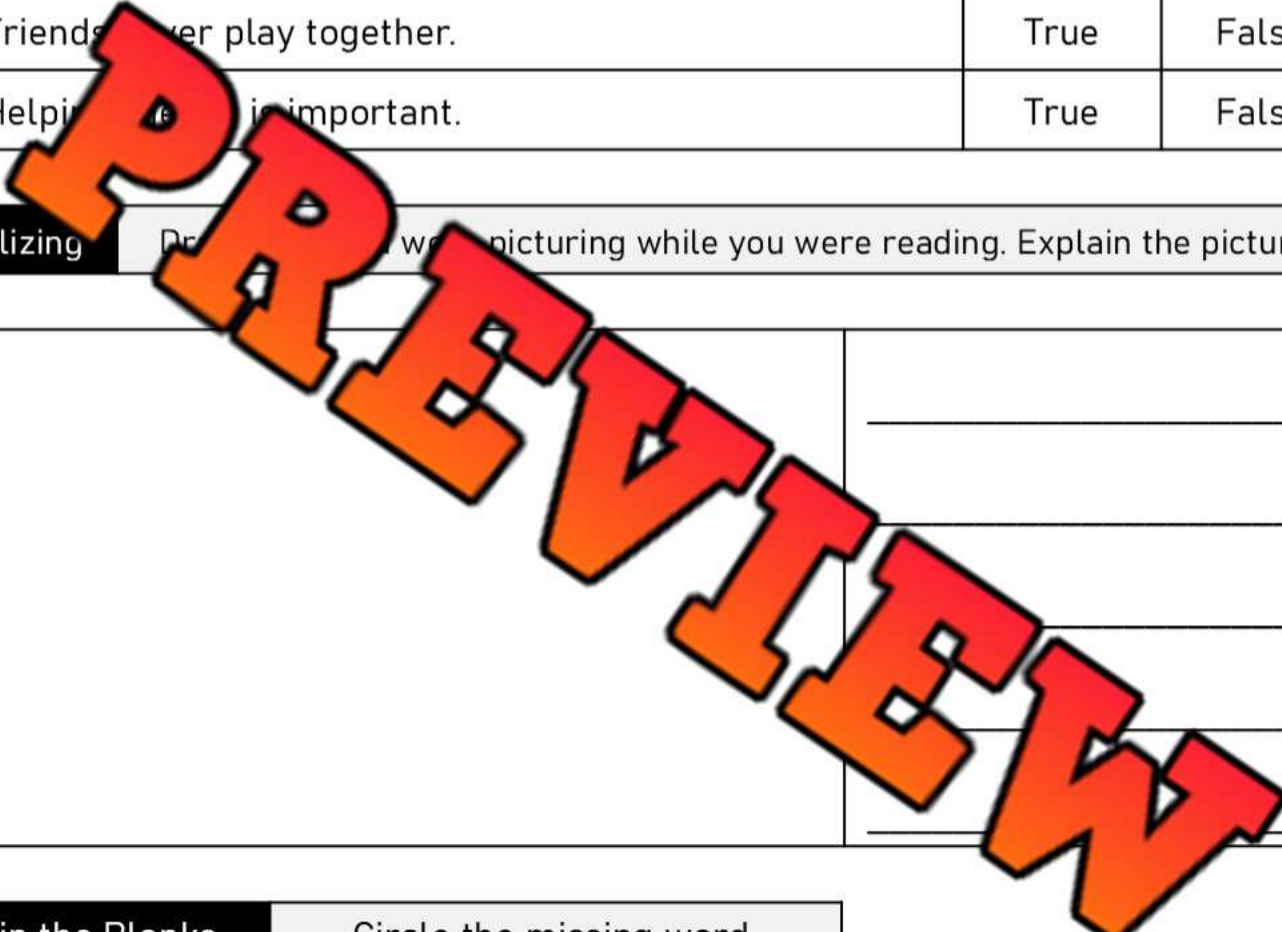
True or False

Is the statement true or false?

1. Friends make us laugh.	True	False
2. Being alone is always fun.	True	False
3. Sharing toys is kind.	True	False
4. Friends never play together.	True	False
5. Helping friends is important.	True	False

Visualizing

Draw a picture of what you were picturing while you were reading. Explain the picture.

	_____

Fill in the Blanks

Circle the missing word.

1)	We show care by _____ friends.	helping	ignoring
2)	Keeping a friend's _____ shows trust.	voice	secret
3)	Trust grows when we keep _____.	promises	games
4)	Being _____ makes friends feel safe.	mean	kind
5)	We feel _____ with trusted friends.	safe	scared

Exit Cards

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

Name: _____

Is the statement true or false?

1) Friends make each other laugh.	T	F
2) Good friends do not share.	T	F
3) Good friends worry about winning more than being fair.	T	F
4) Friends help each other solve problems.	T	F

Name: _____

Is the statement true or false?

1) Friends make each other laugh.	T	F
2) Good friends do not share.	T	F
3) Good friends worry about winning more than being fair.	T	F
4) Friends help each other solve problems.	T	F

Name: _____

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Name: _____

Is the statement true or false?

1) Friends make each other laugh.	T	F
2) Good friends do not share.	T	F
3) Good friends worry about winning more than being fair.	T	F
4) Friends help each other solve problems.	T	F

Newspaper Article: Problem-Solving Skills

Puzzle Power for Growing Brains

Published: January 20, 2024

In today's world, we explore how solving puzzles and problem-solving helps kids' brains stronger. Dr. Emily Chen, a brain expert, says, "When kids solve puzzles, their brains work hard. It is exercise for the brain!"

Seven-year-old Jayden shared his experience. "I solved a big puzzle with my sister. It was hard, but fun. I felt really smart after!" he said with a big smile.

Dr. Chen explains that when kids like Jayden solve puzzles, they learn to

think and remember better. "Every time a child solves a problem, a tiny part of their brain grows stronger. It helps them in school and with friends too."

Kids everywhere are encouraged to try puzzles, riddles, and other brain games. These activities are not just fun, but they also help your minds grow in amazing ways. Remember, every puzzle solved is a step to becoming a problem-solving superhero!



True or False

Is the statement true or false?

1. Dr Chen is a foot expert.	True	False
2. Jayden solved a puzzle.	True	False
3. Solving puzzles is exercise for the brain.	True	False
4. Solving puzzles is not fun..	True	False
5. You can make your brain stronger by solving puzzles.	True	False

Direct

creative ways to express feelings.

Word Search

Find the words in the wordsearch.

Art	Joy
Sad	Fun
Dance	Clay
Sing	Draw
Glue	Twirl

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

Activity – Friendship Role Play

Objective

What are we learning about?

To help students understand the importance of friendship and kindness in promoting mental health.

Materials

What you will need for the activity.

- Scenario cards with friendship scenarios
- Props for role-play (optional)



Instructions

How you will run the activity

1. Divide the students into small groups.
2. Provide each group with a scenario card containing a friendship scenario.
3. Instruct the students to read the scenario together and discuss how they would respond in real life.
4. Encourage them to think about kind and supportive actions.
5. After discussing, ask each group to perform a short role-play based on their scenario.
6. Rotate the scenarios among the groups so that everyone has a chance to explore different situations.
7. During the role-play, emphasize the importance of being kind, empathetic, and understanding in building friendships.
8. Conclude the activity with a class discussion, allowing students to share their insights and thoughts on the importance of relationships for mental health.

Role Plays

Cut out the role play scenarios.

You see a new student sitting alone. What do you do to make them feel welcome?

Your friend falls down on the playground. How do you help them?

Someone is making fun of another student's shoes. What should you say or do?

A classmate is struggling with their homework. How can you offer to help?

Your friend has to play with the same toy. How do you decide?

A friend is sad because they lost their favourite pencil. How can you cheer them up?

You notice someone is not getting a turn. What can you do?

It's someone's birthday, but they didn't bring treats. How can you make their day special?

A classmate doesn't understand the rules of a new game. How do you explain it to them?

Your friend is moving away. What can you do or say to stay in touch?

Someone is scared to slide down the slide. How can you encourage them?

A friend's drawing gets ripped by accident. How can you help fix the situation?

You see someone cheating during a class game. What is the right thing to do?

A friend forgot their snack. How can you help them feel better?

Two friends are arguing about a book. How can you help them share?

Reflection

Answer the questions below

1) What was your role-play about?

2) Is it okay for people to sometimes argue?

3) Draw a picture of you acting out your role-play.

PREVIEW

Story: Understanding Others

Emma's New Friend

One day, Emma saw a new boy in her class, Aiden. He looked shy and sat alone. Emma remembered feeling shy on her first day. She understood how Aiden might feel.



During recess, Emma went to Aiden. "Do you want to play?" she asked. Aiden's face lit up with a smile. They played and laughed together.

Emma learned Aiden loved drawing, just like her. They drew pictures and shared stories. Emma felt happy to be helping him.

At home, Emma told her mom about Aiden. "I helped welcome," she said. Her mom smiled. "That is called empathy, understanding how others feel. It is a kind thing to do."

Emma felt proud. She made a new friend and learned about empathy. She realized that understanding others made her a good friend. It made her feel good inside, knowing she could help someone feel better.

True or False

Is the statement true or false?

1) Emma helped Aiden feel welcome.	True	False
2) Aiden was always happy.	True	False
3) Emma and Aiden played together.	True	False
4) Emma felt sad after helping Aiden.	True	False
5) Being _____ does not make you feel good.	True	False

Fill in

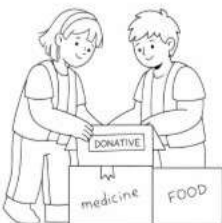
the blanks

Write the missing word.

1)	Aiden felt _____ on his _____.	Shy	Bold
2)	Emma asked Aiden to _____.	Leave	Play
3)	Understanding others can make _____ feel _____.	Strangers	Friends
4)	Emma showed _____ by helping Aiden _____.		Empathy
5)	Emma felt _____ when Aiden smiled.	Happy	Sad

Draw

Draw a happy face 😊 if the picture shows kindness and a sad face ☹ if not.

Story: Acts of Kindness

Timmy's Day of Kindness

One sunny day, Timmy decided to do kind things for others. First, he saw Mrs. Lee, his neighbour, struggling with heavy bags. Timmy helped her carry them home. Mrs. Lee smiled and thanked him. Timmy felt proud and happy inside.



At school, Timmy noticed Ana, looking sad. He shared his snack with her. Ana's face lit up with a smile. Timmy felt proud and happy.

After school, Timmy saw a stray cat looking hungry. He gave the cat some of his sandwich. The cat purred and rubbed against him. Timmy giggled, feeling joyful.

Walking home, Timmy found a lost toy on the sidewalk. He remembered his friend had lost it and returned it to him. His friend was so grateful and hugged Timmy.

At bedtime, Timmy told his mom about his day. She hugged him and said, "Kindness makes the world a better place, and it makes us feel good too." Timmy went to bed feeling happy and good about himself, dreaming of more kind acts for the next day.

True or False

Is the statement true or false?

1) Timmy helped Mrs. Lee.	True	False
2) Timmy made Ana sad.	True	False
3) Timmy kept the lost toy.	True	False
4) Timmy's mom was proud of him.	True	False
5) Kindness made Timmy sad.	True	False

Fill in the Blank

Write the missing word.

1)	Timmy helped Mrs. Lee carry her _____.	Bags	Cat
2)	Ana smiled when Timmy shared _____.	Snack	Homework
3)	Timmy gave his sandwich to a _____ cat.	Toy	Stuffed
4)	Timmy returned a lost _____ to his friend.	Book	Toy
5)	Timmy's acts of kindness made him feel _____.	Happy	

Directions

Draw three acts of kindness.

Newspaper Article: Helping Others

The Joy of Helping Others

Published: January 21, 2024

Today we are sharing a wonderful feeling of helping others in our community. Expert psychologist Dr. Smith, shares, "Helping others creates a happy community." It is like spreading joy to everyone around us. Benny, a friend from our community, happily exclaims, "When I shared my toys, it felt super good!"

In our interview with Mrs. Johnson, a community helper, she tells us, "Acts of kindness, big or small, make our community a positive place to be."

Whether it is helping a friend or sharing with others, these simple actions make a big difference. Dr. Smith encourages us all, saying, "Even small acts of kindness contribute to a positive environment."

Join hands, share smiles, and make our community a wonderful and happy place to live. Remember, helping others not only feels good but also makes our community shine with positivity.



True or False

Is the statement true or false?

1. Helping others can make us feel good.	True	False
2. Sharing toys can feel good.	True	False
3. Only big acts of kindness help.	True	False
4. Mrs. Johnson is a community helper.	True	False
5. Our community doesn't need kindness.	True	False

Directions

What does Dr. Smith say about small acts of kindness?

Word Search

Find the words in the wordsearch.

Joy	Help
Kind	Learn
Laugh	Smile
Friend	Feel
Share	Small

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

Unit Test – Mental Health Literacy**Multiple Choice**

/10

1. What helps your brain grow strong? a) Eating fruits and vegetables b) Playing video games all day c) Watching TV for hours d) Staying up all night	2. What should you do to be a good friend? a) Ignore your friends b) Share your toys c) Only play alone d) Never listen
3. Why is exercise good for you? a) Makes muscles strong b) You never get tired c) It's boring d) You don't play with friends	4. What makes us feel happy and calm? a) Being in nature b) Sitting in a dark room c) Staying inside always d) Never going outside
5. Why is good sleep important? a) You should watch TV all night b) We don't need to dream c) It's okay to stay up late d) Helps us learn better	6. Why is mindfulness good for? a) Forgetting to do homework b) Being run over by a car c) Feeling nervous and scared d) Being happy
7. What should we eat to help our brain? A. Candy B. Cake C. Broccoli D. Ice cream	8. Why is playing tag good? A. It's fun B. Makes muscles strong C. Both A and B D. It's not
9. Why is sleep like magic for your brain? A. It's boring B. It charges your brain C. You eat D. You swim	10. What do different food colours mean? A. Nothing B. Different vitamins C. The same vitamins D. Food colouring

Matching

Match the terms with what they mean

Self-Care

☐ Being thankful

Mindfulness

☐ Doing things that make us feel healthy

Gratitude

☐ Thinking about our feelings**Scenarios**

Read the situation and circle the best way to handle it

1) Sara feels scared to be alone. What should she do?

- a) Hide under the bed
- b) Think of a happy dream
- c) Call a friend
- d) Watch a movie

2) Leo dropped his lunch and feels sad. What can he do?

- a) Stay hungry
- b) Ask a teacher for help
- c) Cry all day
- d) Ignore his friends

3) Jack solved a hard puzzle. How should he feel?

- a) Sad and upset
- b) Nothing at all
- c) Angry at the puzzle
- d) Proud of himself