

Grade 4-6 Mental Health Kit

Be Kind to Yourself and Others

The *Mental Health Kit – Be Kind to Yourself and Others* is a curriculum-based teaching resource for students in grades 4 to 6.

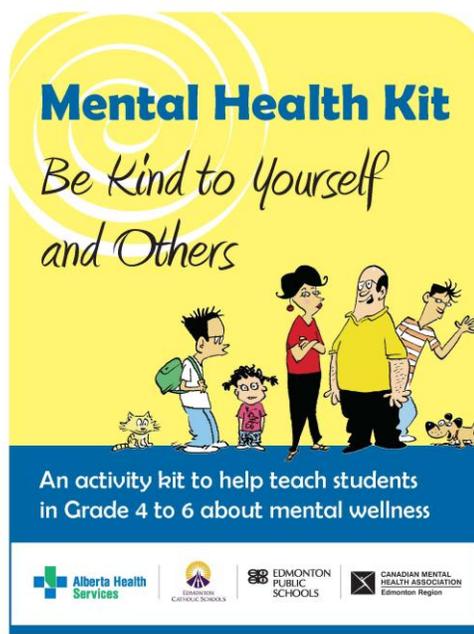
The purpose of the kit is to teach students about mental wellness. Children and youth today are experiencing more stress and anxiety than ever before. It is important that children develop the skills to enhance their mental well-being.

This kit was created to provide educators with ready to go lesson plans and supporting materials to teach children about mental wellness. Each lesson includes take home activities to support the learning at home as well as assessment strategies for the teacher.

A student quiz has been included as an introductory tool .The quiz also helps determine which lesson plans the educator may wish to focus on.

The **11 Lesson Plans** are:

- All Dolled Up
- Healthy Communication: Dinner Talk
- Picturing Hope
- Humour for Health
- Peer Relationships: Bullying
- Peer Relationships: Friendship
- Physical Activity & Mental Wellness:
Move Your Mood
- Resiliency: Chain of Support
- Resiliency: Feel Good Box
- Stress: Chicken Juggling 101
- Stress: Listening to My Inner Voice



The kit has been assembled in partnership between Alberta Health Services Edmonton Zone (Regional Mental Health Program and Community Health Services), Canadian Mental Health Association – Edmonton Region, Edmonton Public Schools, and Edmonton Catholic School District and the Hope Foundation.