

# Introducing the Kit to Students plus the Student Quiz



## Discuss with students:

### 1 What does being healthy mean to you?

- Health is a resource for everyday life.
- Health is influenced by many things, i.e., income, education, genetics, culture, gender, health services, justice, and personal choices.
- Health has two parts: physical health and mental health.
- Someone can still be healthy if they have a long-term chronic health condition, like diabetes or depression, as long as they look after their health condition.

### 2 What does mental wellness mean to you?

- It is not just the absence of mental illness.
- Being mentally well can help someone to reach their full potential.
- It is affected by the things we do over the day, like getting enough sleep, proper nutrition and adequate physical activity.
- Physical, mental and spiritual health are all closely interconnected, i.e., what’s happening with one impacts the others.

## Activity

- Start by having students do the “Be Kind to Yourself & Others Quiz” located in this section (remind students that it is anonymous).
- After the students have completed the quiz, discuss how each statement impacts mental wellness.
- Collect all the student’s quiz and collate the results. See “Lesson Correlation to Quiz” in this section for associated lesson plans. If student responses are mostly positive, consider discussing with the class what lesson topics they would enjoy learning more about. If you have a number of problematic responses to individual questions, you may want to address it with the whole class by teaching the corresponding lesson plan.
- Encourage students to ask for help if difficult feelings arise during the quiz or other lessons throughout the unit (see local resource list included in Resource Section of binder, for appropriate supports).

## Be Kind to Yourself & Others Quiz

Take this quiz to learn how you're being kind to yourself and others.  
Pick one answer.

Question	Often	Sometimes	Never
I think I am good at developing healthy relationships with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often skip meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeful most of the time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually do not get enough sleep at night.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually manage stress in a healthy way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel judged by others based on what I look like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seldom do any exercise, even walking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have received disturbing messages on my cell phone from another student.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes have a drink of alcohol with my friends on week-ends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Grade 8 Students only:</b>			
I am worried about someone because I think they might be depressed, or have other mental health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Grade 9 Students only:</b>			
I feel prepared to go to a new school next year for high school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Thank you! Have fun using this quiz in your classroom to talk about how you can continue to be kind to yourself and others.**

## Lesson Correlation to Quiz

<b>Question:</b>	<b>Associated Lesson Plans in the Mental Wellness Kit:</b>
I think I am good at developing healthy relationships with others.	Healthy Relationships (Grades 7, 8, 9)
I often skip meals.	Healthy Eating, Active Living & Sleep (Grades 7, 8, 9)
I feel hopeful most of the time.	Hope (Grades 7, 8, 9)
I usually do not get enough sleep at night.	Healthy Eating, Active Living & Sleep (Grades 7, 8, 9)
I usually manage stress in a healthy way.	Stress (Grades 7, 8, 9)
I feel judged by others based on what I look like.	Body Image (Grades 7, 8, 9)
I seldom do any exercise, even walking.	Healthy Eating, Active Living & Sleep (Grades 7, 8, 9)
I have received disturbing messages on my cell phone from another student.	Cyber Bullying (Grades 7, 8, 9)
I sometimes have a drink with my friends on week-ends.	Substance Use (Grades 7, 8, 9)
<b>Grade 8 Students only:</b> I am worried about someone because I think they might be depressed, or have other mental health problems.	Mental Illness & Suicide Prevention (Grade 8)
<b>Grade 9 Students only:</b> I feel prepared to go to a new school next year for high school.	Transition to High School (Grade 9)

**Thank you! Have fun using this quiz in your classroom to talk about how you can continue to be kind to yourself and others.**

## Evaluating the Mental Health Kit

We hope the Junior High School Mental Health Kit “Be Kind to Yourself and Others” assists teachers in presenting various mental wellness concepts, and meeting the corresponding outcomes of the Alberta Education Health and Life Skills Curriculum. Since the educators who use this kit are the best people to identify its strengths and weaknesses, please provide us some feedback.

We appreciate feedback on all aspects of the kit, from the Classroom Introduction to individual lesson plans. Please copy as many pages of this evaluation as you need, and identify which component you are providing feedback on.

Thank you for your time in helping us to improve this resource!

How do you rate:

\_\_\_\_\_ section being evaluated

	<b>Very</b>		<b>Not At All</b>		<b>If not (2 or 1) please explain:</b>	
<b>1</b> Useful?	5	4	3	2	1	
<b>2</b> Easy to understand?	5	4	3	2	1	
<b>3</b> Well organized?	5	4	3	2	1	
<b>4</b> Received well by students?	5	4	3	2	1	
<b>5</b> Linked to Health Curriculum?	5	4	3	2	1	

Other comments

Please forward your evaluations to your school nurse,

**Or** FAX to: Public Health – Edmonton Zone, School Health Consultant:  
780-482-4203

# Instructions for Making the “Be Kind to Yourself and Others” Kit

This kit consists of a manual with several lesson plans on various topics, including corresponding activities. If you have received an electronic copy of the manual, you will require only a binder and dividers to make this kit.

**Please note:** There is a section in this manual to include a Resource List, in the event that the student or family needs referral for assistance. Please take the time to complete this section. We have included a template that can be completed with your local resources.