Mental Health Lesson Plan for Students in Grades 4 to 8
Healthy Transitions: Session 2 - Coping strategies

**Learning Outcome:** This activity teaches students to appreciate the value of handling stress and strong feelings in a positive way. They will also be able to recognize positive, negative and neutral/time out coping strategies.

**Skills Taught:** Understanding coping strategies and which coping strategies are positive

**Estimated Time:** 15-30 minutes

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<td>Large group discussion.</td>
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| Write Positive, Negative, and Neutral coping on the board, or use the signs on page 9. Ask students to share ‘what students their age do’ when they’re feeling stressed, worried, sad, or angry. Ask students if the action represents positive, negative or neutral coping. Write the coping strategy under the appropriate ‘coping’ header. Facilitate a brief discussion of each coping method described by asking students: Why is this method positive/negative/neutral? Would there be negative consequences to using this method? (use the definitions found on page 8 to help) If listening to music is mentioned as a coping strategy, ask students if the kind of music they listen to would make a difference (some music might make us feel... | Suggested materials:  
- Flip chart paper or whiteboard, smart board or chalk board.  
- Flip chart or whiteboard markers or chalk. | Ensure students are wearing a mask, unless exempt. Try to ensure students maintain a 2-metre distance from one another. Teaching Online: This activity can be done as a group during an online classroom meeting. The teacher can share their screen with their students to capture the ideas of the group during the discussion period. |

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Ottawa Public Health  
Sante Publique Ottawa.ca  
613-580-6744  
TTY/ATS : 613-580-9656  
Twitter: OttawaHealth  
Facebook: OttawaSante
better, but some music might make us feel worse). Mention humour as a coping strategy if students do not. Also discuss the impact screen time can have on our health. See examples in "Definitions for Facilitators" on page 8.

Remind them that talking to others and getting help if needed are good strategies for coping with feelings and stress. Discuss any negative coping strategies raised in terms of feeling better and consequences.

Remind students that relaxation is a positive coping strategy. Refer to Learn to Chill handout on page 13.