Mental Health Lesson Plan for Students in Grades 9 to 12
YouthNet/RéseauAdo (YNRA) – Live Virtual Workshop: Wellness 101

**Learning Outcome:** This workshop helps youth to develop an understanding of fundamental concepts related to mental health (e.g., the mind-body connection, factors that impact mental and physical health, the effects of stigma, etc.), to learn about maintaining their own mental health, and encourages youth to break down barriers to utilizing mental health resources.

**Skills Taught:** Mental Health Literacy, Basic Wellness Habits, Help-Seeking Behaviours

**Estimated Time:** 60-90 minutes *(workshop)*; 15 to 30 minutes *(optional discussion)*

*NOTE: Please review the Special Considerations for COVID-19 section prior to booking.*

<table>
<thead>
<tr>
<th>Teaching Strategies</th>
<th>Resources</th>
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<tbody>
<tr>
<td>Live Virtual Workshop</td>
<td><a href="#">YNRA’s Wellness 101</a> Live Virtual Workshop (easy booking process).</td>
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<tr>
<td>Sign up to participate in YNRA’s <strong>Wellness 101 workshop</strong> <em>(max 25-30 participants).</em></td>
<td>Each student will need:</td>
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<td>- Teachers may participate in the workshop alongside their students or (if booking an exclusively online cohort) sign their students up to participate on their own</td>
<td>- A device, such as laptop, tablet or desktop computer</td>
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<td>- Connection to internet</td>
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<td>- The Zoom link to join the workshop (provided with booking confirmation)</td>
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Optional Discussion
To extend the learning, educators may lead a discussion with students with the following suggested prompts:

1. What is mental health and who has it?
2. How are physical and mental health related?
3. Is it harder to talk about and reach out for help with mental health compared to physical health? Why do you think that is?
4. What is stigma?
5. Have you experienced a time in your life when you felt different? How did it feel?
6. What are ways that we can reduce stigma?
7. What questions can you ask for a wellness self-check-in?

Discuss the questions as a group and share the school’s resources and contacts.

Ideal, but optional materials:
- The Zoom program/app downloaded onto the device, (if not, joining from a browser window will suffice)
- An additional device, such as a smartphone or tablet, to participate in online activities

Materials for Educators:
- If hosting an “In-Class” or “Synchronous” workshop, you will need: projector, speakers, an appropriate space to minimize background noise (e.g., classroom vs. caf) and, ideally, a webcam for us to see in-class participants
- Wellness 101 Digital Worksheet: Educators may share this worksheet with their students prior to assess and/or extend the learning, and/or use it themselves to guide an optional discussion

Special Considerations for COVID-19
Lesson Delivery Options: During COVID-19, YNRA offers exclusively virtual presentations in the following delivery modes.

| 1. Remote (ideal): Participants join remotely on their own devices (i.e., from home during online learning times) | 2. In-Class: Participants and educator join as a group on one device (i.e., during in-school learning periods) | 3. Hybrid/Synchronous: Some participants join remotely, while others join simultaneously from in-class with an educator. |

*Follow our easy booking guide HERE.*