

HEALTHY

TRANSITIONS

Promoting Resilience and Mental Health in Young Adolescents



















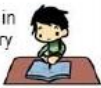








Student Worksheets
Grade 4











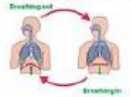














 Ottawa | Public Health
Santé publique



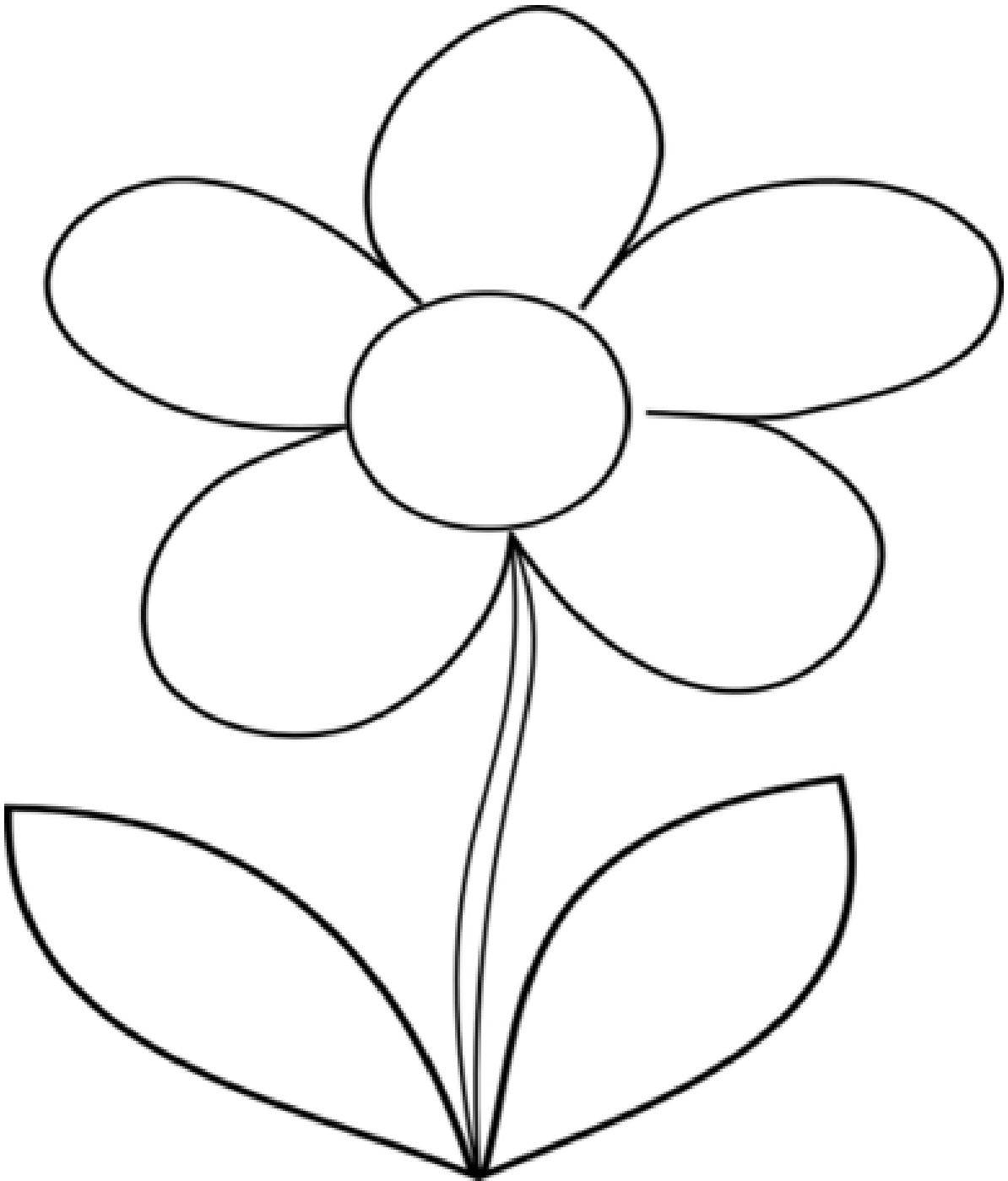
HEALTHY TRANSITIONS

Stress Busters

Stress Busters				
Play a card or board game 	Dance 	Say "I can do this!" 	Watch YouTube 	Text a friend 
Listen to music 	Watch a movie 	Play an instrument 	Count to 10 	Use positive self-talk 
Call someone you trust 	Ask an adult for help 	Take a nap 	Cook or bake 	Put a puzzle together 
Play video games 	Write in a diary 	Do something kind 	Do school work 	Play basketball 
Talk to a parent 	Play soccer 	Eat a healthy snack 	Doodle on paper 	Say something kind to yourself 

Stress Busters				
Use a stress ball 	Play a card or board game 	Read a book 	Text a friend 	Listen to music 
Watch a movie 	Call someone you trust 	Take a nap 	Play an instrument 	Go for a mindful nature walk 
Take deep breaths 	Use positive self-talk 	Ask an adult for help 	Play video games 	Drawing/coloring 
Do something kind 	Do school work 	Play basketball 	Talk to a parent 	Play with a pet 
Practice yoga 	Say something kind to yourself 	Clean or organize something 	Take a bath or shower 	Doodle on paper 

Gratitude Flower









Emotions

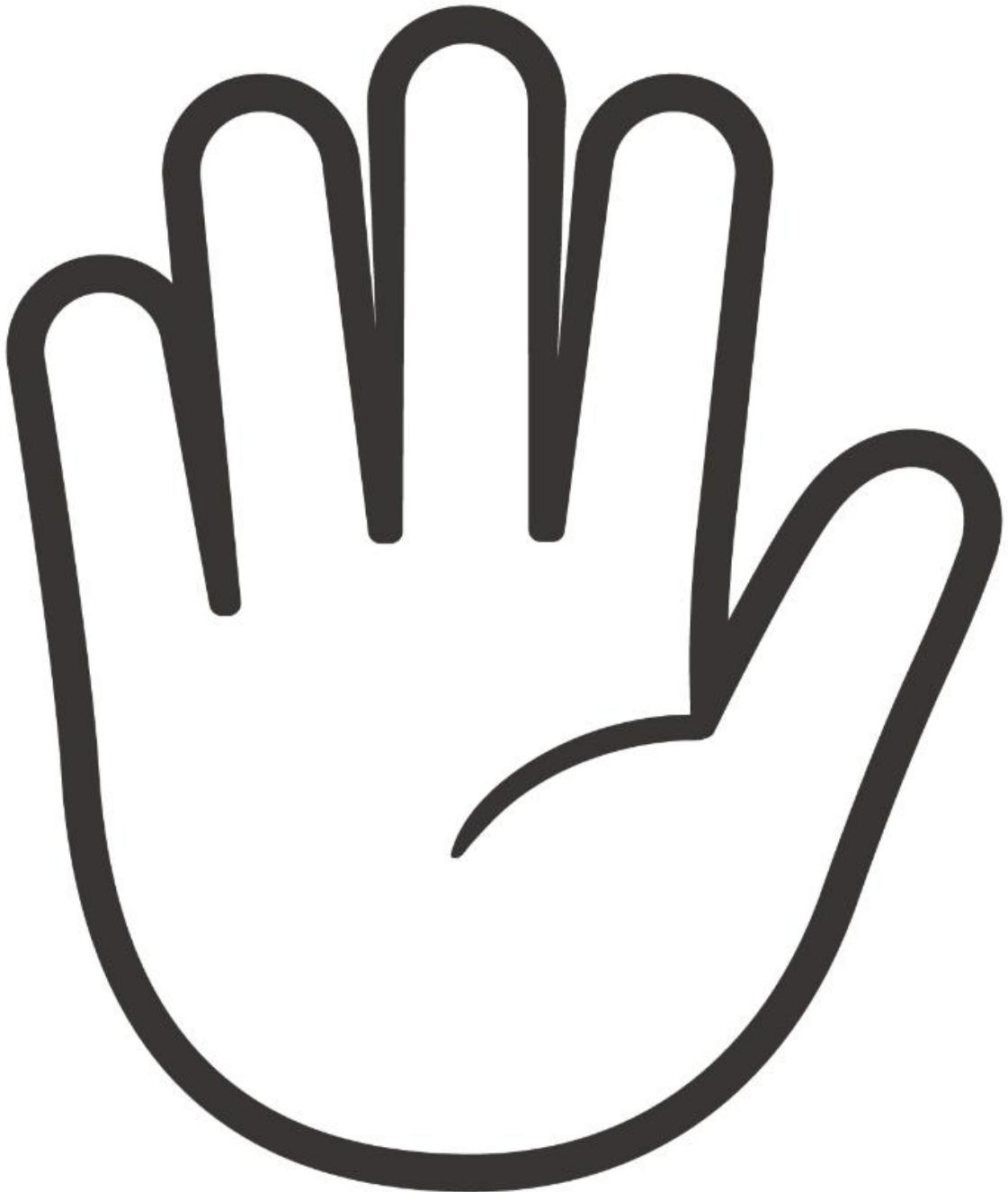
Fill in the blanks. How would you feel in each situation?

Statements for students:

1. Your pet has been missing since last night. _____
2. You win third place at a track and field race. _____
3. You find out that someone has been going through your personal stuff in your room. _____
4. You have to prepare for an oral presentation. _____
5. Your grandparents unexpectedly pick you up from school. _____
6. Someone made fun of your clothing. _____
7. Your parents have signed you up for a week at a sleepaway summer camp. _____
8. Your parents take away your privileges (tv, computer, video game, phone privileges, etc.). _____
9. You have an argument with your bestfriend. _____
10. Someone you don't know is knocking at your door. _____

					
Afraid Nervous Anxious Scared Worried Frightened Terrified Uncertain Overwhelmed	Happy Excited Amused Content Proud Optimistic Loved Relaxed Confident	Angry Bothered Annoyed Frustrated Agitated Grouchy Irritated Resentful Impatient Jealous	Sad Depressed Hopeless Lonely Disappointed Ashamed Guilty Homesick Embarrassed	Disgusted Dislike Unpleasant Offensive Gross Revolting Nauseating Squeamish	Surprised Amazed Shocked Startled Confused Speechless Unaware Caught off guard

Helping Hands



Where to Find Help



An adult you trust from your school, family or community

Youth Services Bureau (24/7)

- Crisis Line: 613-260-2360
- Crisis Chat: www.ysb.ca

Kids Help Phone

- Phone (24/7): 1-800-668-6868
- Text (24/7): Text CONNECT to 686868
- Live Chat (open 7 pm – midnight ET):
<https://kidshelpphone.ca/live-chat/>

Hope for Wellness Helpline (First Nations, Métis and Inuit) (24/7)

- Telephone: 1-855-242-3310
- Online Chat: <https://www.hopeforwellness.ca/>