HEALTHY TRANSITIONS

Promoting Resilience and Mental Health in Young Adolescents

Student Worksheets
Grade 6
Thoughts, Feelings, Actions

Change one and you can change them all.
Listening Well

I am listening well if I:

- Listen without interrupting.
- Rephrase what the person just said.
- Use conversation encouragers like "Really?" or "That's great!".
- Send positive non-verbal messages.
- Put down my cell phone or other electronic devices.
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/