HEALTHY TRANSITIONS
Promoting Resilience and Mental Health in Young Adolescents
Grade 6
Student Worksheets
Thoughts, Feelings, Actions

Change one and you can change them all.

...the easiest of the 3 to change
Reacting to Problems: Self-Talk

Positive self-talk can change a lot.

Thoughts → Feelings → Actions!

Negative self-talk can change a lot.

Thoughts → Feelings → Actions!
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/