HEALTHY TRANSITIONS
Grade 4

Last updated: December 2023
Before we start…

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will be shared at the end of the module.
Stress Backpack
Hooked by Stress
Good vs Bad Stress
## Coping Strategies

<table>
<thead>
<tr>
<th>Positive</th>
<th>Neutral</th>
<th>Negative</th>
</tr>
</thead>
</table>
| - Helps to restore emotional balance and/or feel better about yourself  
- Respectful of you, others, and property  
- Helps you to solve the problem | - Not positive or negative, but could lead to problems if used too much  
- May help to calm you and restore emotional balance  
- Are temporary strategies, and should be used with a positive coping strategy and solve the problem | - Does not restore emotional balance, and may make strong emotions (like anger) even worse  
- May be harmful to you, others or property  
- Does not solve the problem  
- May create more problems |

### SOME EXAMPLES

<table>
<thead>
<tr>
<th>Positive</th>
<th>Neutral</th>
<th>Negative</th>
</tr>
</thead>
</table>
| Talk to a friend or parent.  
Keep a journal.  
Be physically active. | Walk away from the situation.  
Watch TV. | Break something.  
Yell at someone.  
Use alcohol or drugs |
Stress Busters
Gratitude Flower
Learn to Chill

breathe in
Stand up / Sit down

OR

OR
Emotions
Emotions

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

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 best friend. __________
10. Someone you don't know is knocking at your door. __________

<table>
<thead>
<tr>
<th>Afraid</th>
<th>Nervous</th>
<th>Scared</th>
<th>Worried</th>
<th>Terrified</th>
<th>Overwhelmed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>Excited</td>
<td>Amused</td>
<td>Content</td>
<td>Proud</td>
<td>Optimistic</td>
</tr>
<tr>
<td>Angry</td>
<td>Bothered</td>
<td>Annoyed</td>
<td>Frustrated</td>
<td>Agitated</td>
<td>Irritated</td>
</tr>
<tr>
<td>Sad</td>
<td>Depressed</td>
<td>Lonely</td>
<td>Disappointed</td>
<td>Ashamed</td>
<td>Guilty</td>
</tr>
<tr>
<td>Disgusted</td>
<td>Dislike</td>
<td>Offensive</td>
<td>Gross</td>
<td>Revolting</td>
<td>Nauseating</td>
</tr>
<tr>
<td>Surprised</td>
<td>Amazed</td>
<td>Shocked</td>
<td>Startled</td>
<td>Confused</td>
<td>Speechless</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Unaware</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Caught off guard</td>
</tr>
</tbody>
</table>
Filling Your Bucket
Helping Hands
Stronger Together
Where to find help

An adult you trust from your school, family or community

Youth Services Bureau (24/7)
YSB assists with service areas such as youth engagement, mental health services, community and housing services, employment services and youth justice services

- Age 12+
- Crisis Line: 613-260-2360
- Crisis Chat: https://www.ysb.ca/

Kids Help Phone
This resource provides confidential mental health services to youth in Canada.

- Age Prioritization 5-25
- 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-counselling/
Hope for Wellness Helpline (First Nations, Métis and Inuit) (24/7)
A resource available to all Indigenous people across Canada, to assist when there are challenges, or to help connect with other wellness supports.

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

Rural Ottawa Youth (Rural schools only)
An organization that works together to address the gaps in mental health services for youth in rural Ottawa.

- Age 12-24
- www.ruralottawayouth.ca
- Instagram @RuralOttawaYouth