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.
Healthy Transitions
Promoting Resilience and Mental Health in Young Adolescents
Grade 6: Session 1
Thoughts, Feelings, Actions
School Health Online
Ottawa Public Health
Warm-Up Activity: Stand Up Up/Sit Down

Stand Up  If You...

OR

Sit Down
Bound/Rebound

https://www.youtube.com/watchv=7WyR4AqRweY&t=1s
Change one and you can change them all.

THOUGHTS
... the easiest of the 3 to change.

FEELINGS

ACTIONS
<table>
<thead>
<tr>
<th>Little Sheep's...</th>
<th>Thoughts</th>
<th>Feelings</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before he was sheared?</strong></td>
<td>People like me because I’m beautiful. I dance well.</td>
<td>Joy, carefree, happiness, cheerfulness, pride.</td>
<td>Dancing, looking at himself, admiring himself.</td>
</tr>
<tr>
<td><strong>Right after he was sheared?</strong></td>
<td>They laugh at me. I have no credibility. I’m not interesting. I don’t go out. I don’t know what to do.</td>
<td>Sadness, shame, embarrassment, feels ridiculous, rejection.</td>
<td>Staying alone, not talking to others, avoiding others, brooding, has negative thoughts.</td>
</tr>
<tr>
<td><strong>After he met the Jack-o-Lope and started bounding?</strong></td>
<td>Some people are in fact interested in me. Some people think being pink doesn’t matter. I can still feel good. I still have my body, good legs and fine feet!</td>
<td>Hope, feels listened to, relief.</td>
<td>Trying new things, exploring possibilities which he had not thought about before.</td>
</tr>
<tr>
<td><strong>After he was sheared for the second time?</strong></td>
<td>I know I can overcome this thing. I am still capable of doing things.</td>
<td>Indifference, does not seem to bother him anymore, feels good about himself.</td>
<td>Rebounding; continuing to bound because he has learned to cope with the shearing.</td>
</tr>
</tbody>
</table>
Reacting to Problems: Self-Talk

Reacting to problems: self talk can change a lot

Negative self talk situation:

Positive self talk situation:

THOUGHTS

FEELINGS

!ACTIONS!

HEALTHY TRANSITIONS

OttawaPublicHealth.ca/SchoolHealthOnline
HEALTHY TRANSITIONS
Promoting Resilience and Mental Health in Young Adolescents
Grade 6: Session 2
Communication
Warm-Up Activity: Drawing Bugs
How to Talk so Others Will Listen

https://www.youtube.com/watch?v=FxDHKeaE1DI
True or False?
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 7pm – 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