Instructions: Using the websites provided, answer the following questions. Words that are in **bold** are clues.

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| **Start at the Alberta Health Services website:**[**www.albertahealthservices.ca**](http://www.albertahealthservices.ca) |
| On the main page of the AHS website:1. Under which tab will you find “**INFORMATION FOR**”, **schools and teachers**?

Go there now. |
| On the Schools and Teachers webpage:Open the [**Elementary Mental Health Kit**](http://www.albertahealthservices.ca/info/Page13368.aspx) and find the lesson plans by opening [Manual – Low Resolution](http://www.albertahealthservices.ca/assets/programs/ps-7344-mhk-elem-manual-low.pdf). 1. If you teach grades 4, 5 or 6, check out the Dinner Talk lesson plan, which starts on page 27. What is the **objective** (page 28)?
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| On the Schools and Teachers webpage:Open the link to the [**Junior High Mental Health Kit**](http://www.albertahealthservices.ca/info/Page13367.aspx). Note that these lessons have been translated to French. (Currently, each French lesson is listed after the English version.) Glance at the lesson titles as you scroll down until you get to the **grade 9** lesson plan, [Transition de Junior High au lycée](http://www.albertahealthservices.ca/assets/programs/ps-7344-transition-gr9-fr.pdf). (It is the second last lesson plan.)1. Name two of the **Matériel nécessaire** (page 138) used in this lesson plan.
2. Which one of the **Dix conseils utiles pour bien gérer son temps au secondaire** (page 144) do you like best?
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| On the Schools and Teachers webpage:Click on the [**Mental Health Online Resources for Educators (MORE)**](http://www.albertahealthservices.ca/info/Page9167.aspx), for teachers, school staff and other professionals, such as Family School Liaison workers, working with students in ECS to Grade 9. The modules are FREE.Open the [**MORE FAQ’s**](http://www.albertahealthservices.ca/assets/info/hp/hmhc/if-hp-hmhc-more-faq.pdf).1. Click on #3, “**Module Description**”. It states that each module is online and you can log in to it whenever it suits your schedule. Each module includes 3 to 4 presentations that are about \_\_\_\_\_\_\_\_\_\_\_\_\_ minutes in length.

Modules from the current month also include a discussion board. This allows you to ask the presenters questions and share your ideas. Close the MORE FAQs.Open the [Previously Offered Modules – Topic List](http://www.albertahealthservices.ca/assets/info/hp/hmhc/if-hp-hmhc-more-pom.pdf). 1. Name one previously offered module that you would be interested in accessing?
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| The **Provincial Teacher Resource List** is a key resource for teachers on several health topics, including body image, mental health and mental illness. Some resources are in **French**.To find it, first navigate back to the Schools and Teachers webpage. Click on [Comprehensive School Health Approach](http://www.albertahealthservices.ca/info/csh.aspx).Then, click on [Provincial Teacher Resource List](http://www.albertahealthservices.ca/assets/info/school/csh/if-sch-csh-provincial-teacher-resource-list.pdf). 1. Each of the ten topics listed in the Table of Contents includes classroom resources and supplementary information for teachers. List two that you would be interested in exploring later.

Click on the **Mental Health and Mental Illness** section. A navy blue bar with FRANCAIS printed in white letters indicates which resources are in French. 1. For what grades does [**Kids Have Stress Too!**](http://www.psychologyfoundation.org/Public/Public/Programs/Kids_Have_Stress_Too/School-Age.aspx) provide lesson plans? (Check the black vertical bar along the left side of the page.)

You can download the lessons FREE but the French part of their website is currently under revision. In the meantime, use this link to download the French lessons plans. <https://psychologyfoundation.org/LaFondationDePsychologieDuCanada/Resources/Ressources.aspx?WebsiteKey=2f7cc767-6f5e-4bac-8ccc-1c08962e5b05&hkey=6aef836e-2da6-4c70-ac35-093d6f2e3cf3&New_ContentCollectionOrganizerCommon=2#New_ContentCollectionOrganizerCommon>. 1. Open the link to **Anxiety BC**. Check out the **Youth** section. Under the “**How to Chill**” tab; click on the **yoga mat**.
2. Which of the five “chill tools” appeals most to you?
3. Open the **confidence builder** chill tool.Visualization scripts are downloadable for what three situations?

(Note that there are audio files to download.)1. Open the **Kid’s Help Phone**, which has a French section. What is the **Kid’s Help Phone number**?
	* Click on the [**Ados**](http://jeunessejecoute.ca/Teens/Home.aspx) section. Check out a topic from **Kiosque d’info.**
	* Click on the[**Jeunes**](http://jeunessejecoute.ca/Kids/Home.aspx?lang=fr-ca)section**.** Again, check out a topic from the **Kiosque d’info.**

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| **Use this space to record IDEAS, RESOURCES, OR CONTACTS that you would like to remember about positive mental health in the classroom?** |

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