



Mental Health Kit

*Be Kind to Yourself
and Others*

**An activity kit to help teach
students in Grade 4 to 6
about mental wellness**

December 2008

Description of the "Be Kind" Kit



Teacher Guide



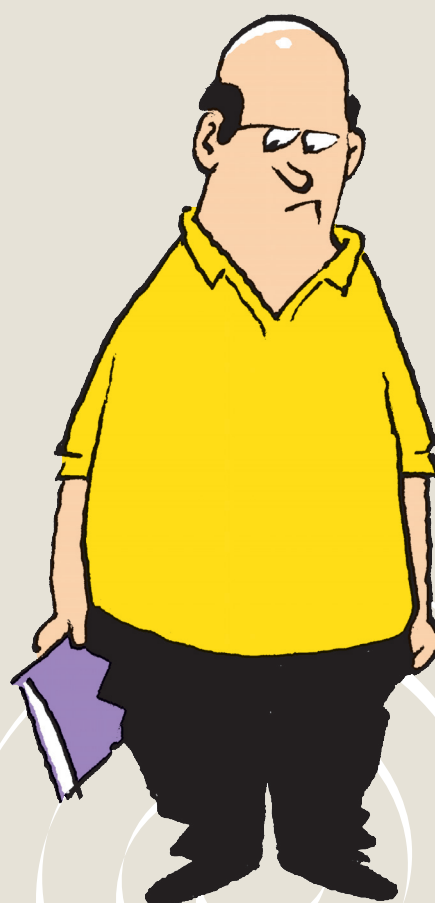
Resources for Youth and Young Adults



Body Image



Healthy Communication



Hope

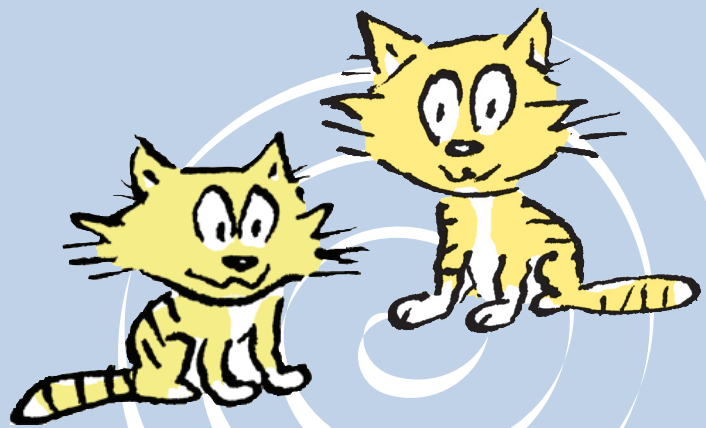


Hope

Humour



Peer Relationships



Physical Activity & Mental Health



Resiliency



Stress

