



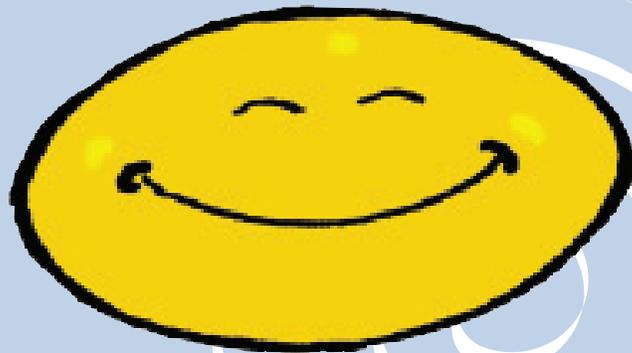
Mental Health Kit

Be Kind to Yourself and Others

An activity kit to help teach
students in Grade 7 to 9
about mental wellness

May 2012

Background Information for Teachers



Introducing the Kit plus The Student Quiz



plus The student quiz

Community Resources



Body Image



Healthy Eating / Active Living, Sleep and Mental Health



Building Healthy Relationships



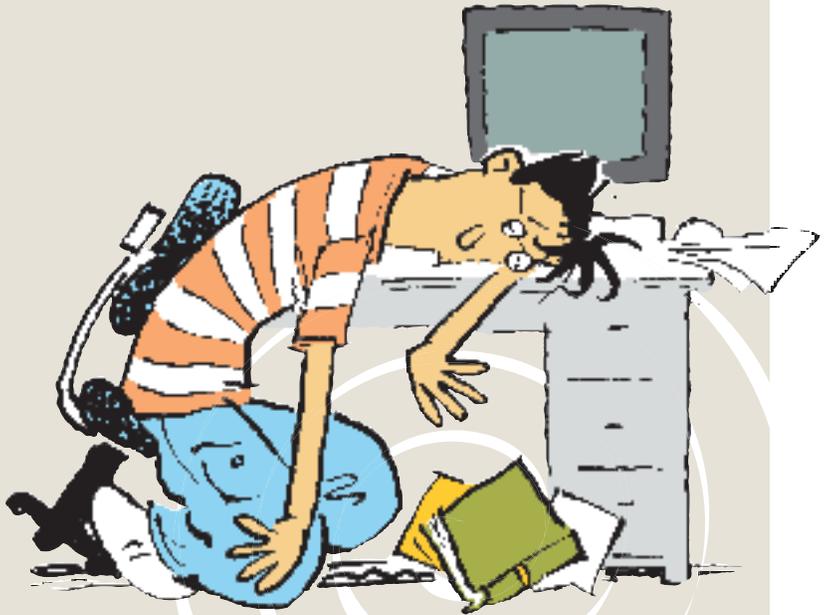
Hope



Stress



Preventing Substance Abuse



Cyber Bullying



Mental Illness and Suicidal Behavior – Grade 8



Transition from Junior High to High School: A Time of Change – Grade 9

