



(Insert School Logo)

**Grade 10**

# **Mental Health & Emotional Wellbeing**

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Room #: \_\_\_\_\_

**/ 54 Marks (2023)**

## Goals

- Discuss mental health, emotional wellbeing, wellness and coping.
- Discuss how we can reduce stigma and myths around mental health.
- Explore resources and where to get help.

4 things I know about emotional wellbeing and mental health: (4 marks)

1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_

4 things I wonder about emotional wellbeing and mental health: (4 marks)

1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_

Two things I learned from the Wellness Ball Game: (2 marks)

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_

Two things I learned from the Mind Matters Game: (2 marks)

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_

Two ways our culture helps our emotional wellbeing: (2 marks)

1. \_\_\_\_\_

2. \_\_\_\_\_

There is stigma talking about our struggles and mental health. Give two ways we can reduce the judgments around mental health and mental health problems? (2 marks)

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

### Pathways to Health (14 marks)

People I can talk to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Things I like to do to destress that:

1. costs nothing \_\_\_\_\_

2. I can do alone \_\_\_\_\_

3. I can do when I'm with others \_\_\_\_\_

4. I can do while in school \_\_\_\_\_

5. I can do every day \_\_\_\_\_

6. I can do once in a while \_\_\_\_\_

Things I like about myself:

1. \_\_\_\_\_

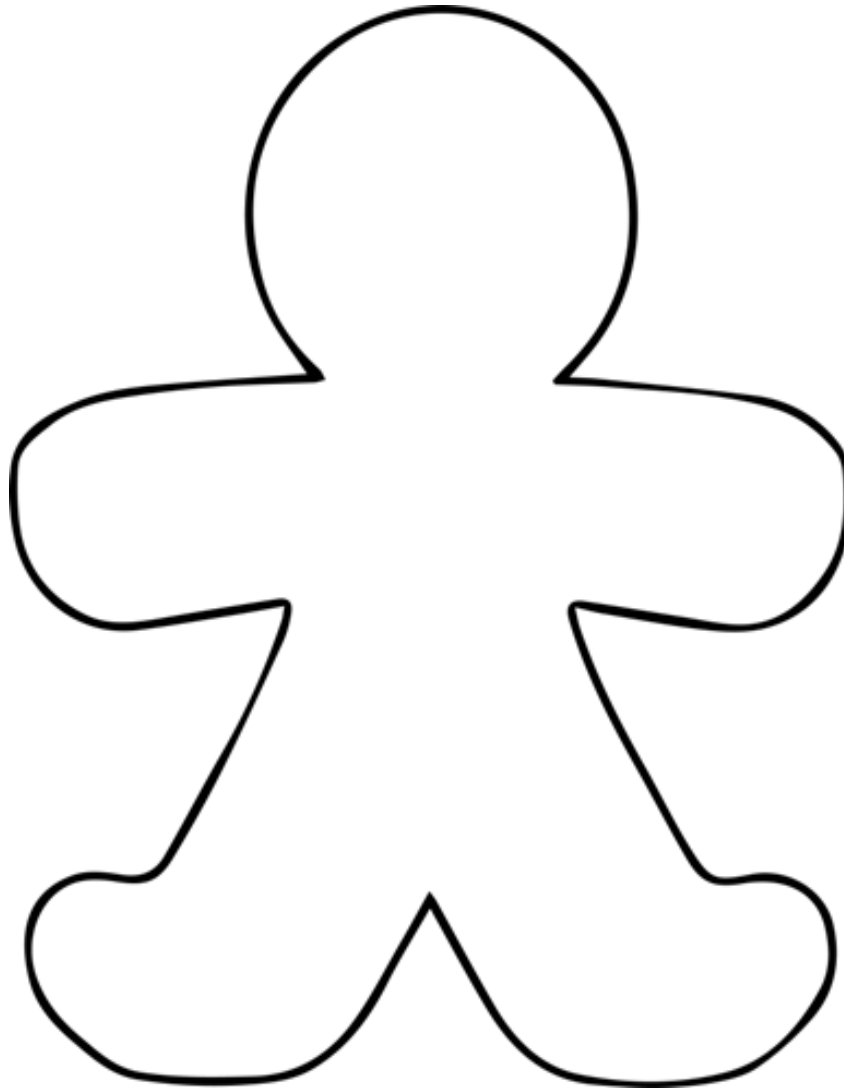
2. \_\_\_\_\_

3. \_\_\_\_\_

Draw or write something that gives you strength (2)

*"Everybody has magic, it's just that most people either don't know it or don't believe it."*  
Rebecca McNutt

## Healthy Relationship with Self<sup>1</sup>



**In the outline, write about things you do to take care of and nourish the different aspects of yourself.**

The head: represents your mental health.

The heart area: represents your emotional health.

The rest of the body: represents your physical health.

The space around you: represents your spiritual health.

**All of the different parts of ourselves connect and can affect each other. For example, getting regular sleep and moving our bodies in ways that we enjoy like dancing or sports is good for our physical health but also helps us emotionally. (8 marks)**

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<sup>1</sup> Excerpted from Teentalk.ca, accessed April, 2023.

## Wellness Bingo

Find a person who matches the square. Have them put their name in the square and answer the question. Fill out \_\_\_\_\_ lines all the way down or across, then yell “Bingo!”

<b>Listen to music</b> What genre or favorite artist?	<b>Eat something I love</b> What food?	<b>Stay in my room</b> What do you do in your room?	<b>Watch TV/movies</b> What do you watch?	<b>Say positive things to myself</b> What do you say?
<b>Hang out with people</b> Who do you hang out with?	<b>Go outside</b> And do what?	<b>Go on phone</b> To look at what?	<b>Go for a walk or bike/car ride</b> Where do you go?	<b>Draw or journal</b> What do you draw or journal about?
<b>Talk to someone</b> Who do you talk to?	<b>Read</b> What do you read?	<b>Go shopping</b> What do you like to buy?	<b>Play video games</b> What do you play?	<b>Do something that is not listed here</b> What?
<b>Smudge, pray, or meditate</b> Which one?	<b>Drink water</b> How many cups do you drink?	<b>Be active</b> Active doing what?	<b>Nap</b> How long do you nap?	<b>Takes deep breaths</b> When do you do this?
<b>Laugh</b> What do you laugh at?	<b>Do something spiritual</b> What do you do?	<b>Do something nice for someone</b> Who?	<b>Make plans</b> What are you going to do?	<b>Cooking/baking</b> What are you making?

## Web Resource Quest (16 marks)

Explore **4** of these websites for 10 min each. Write **4** pieces of information for each one.

Teenclinic.ca

Teentalk.ca

Kidshelpphone.ca

Wemattercampaign.org

Mb.211.ca

Thetrevorproject.org

Huddleanitoba.ca

Reasontolive.ca

Afm.mb.ca

Any relevant website

Nativeyouthsexualhealth.com

Mbwpg.cmha.ca/types-  
programs-services/youth-  
services/

Website 1 \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Website 2 \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Website 3 \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Website 4 \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_