



(Insert School Logo)

Grade 9

Mental Health & Emotional Wellbeing

Name: _____

Teacher: _____

Room #: _____

/ 44 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 and support.

2 things I know about emotional wellbeing and mental health (2 marks)

1. _____ 2. _____

2 things I wonder about emotional wellbeing and mental health (2 marks)

1. _____ 2. _____

Two things I learned from a breathing activity (2 marks)

Two things I learned about feelings (2 marks)

4 things that cause me stress (4 marks)

1. _____ 2. _____

3. _____ 4. _____

4 things I do to deal with that stress (4 marks)

1. _____ 2. _____

3. _____ 4. _____

/ 16 marks

Web Resource Quest (24 marks)

A. Check out teenclinic.ca. Provide 4 pieces of info about what's available at teen clinics.

1. _____
2. _____
3. _____
4. _____

B. Check out teentalk.ca. Explore 2 topics under "Learn About" and provide 4 pieces of info that you learned on each topic.

Topic 1 _____

1. _____
2. _____
3. _____
4. _____

Topic 2 _____

1. _____
2. _____
3. _____
4. _____

C. Check out kidshelpphone.ca. Explore 2 topics under "Learn about Mental Health" or "Build Your Skills," and provide 4 pieces of info that you learned on each topic.

Topic 1 _____

1. _____
2. _____
3. _____
4. _____

Topic 2 _____

1. _____
2. _____
3. _____
4. _____

D. Name 4 other places you can go for help and information when struggling in person or online.

1. _____
2. _____
3. _____
4. _____

How is our emotional wellbeing linked to our other aspects of health? (2 marks)

1. _____

2. _____

What is the link between mental health/emotional wellbeing and substance use?

(2 marks)

1. _____

2. _____
