



(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)

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Two things I learned about feelings (2 marks)

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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](http://teenclinic.ca). Provide 4 pieces of info about what's available at teen clinics.

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

B. Check out [teentalk.ca](http://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](http://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. \_\_\_\_\_  
\_\_\_\_\_