

# Special Topics in PHE: Monitoring and Maintaining Mental Well-being

By Nathan, Breanne and Emily



# Checking-In



**I'm great!**

**I'm struggling**

**I'm okay**

**I'm having a hard time  
right now and wouldn't  
mind a check-in**

**I'm meh**

**I'm in a really dark  
place right now**

**What is Mental  
Well-being?**

**And how does it  
look in kids?**



# Defining Mental Well-being...

“...children and young people’s happiness, life satisfaction and positive functioning”

Deighton, J., et al.



# Changes to Identify



Changes in Thinking



Changes in Feelings



Changes in Behaviour



Physical Changes

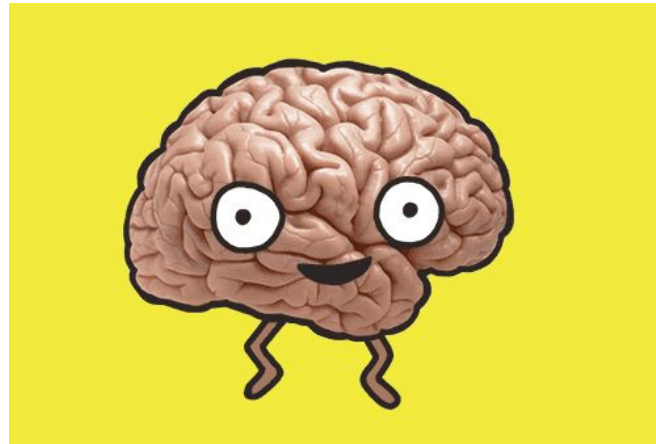
# Some Statistics...

**1** **1 in 5 children**  
In Canada are affected by  
mental illness

**2** **Only 20%**  
Will receive proper treatment

**3** **70%**  
Of mental health problems  
occur during childhood or youth

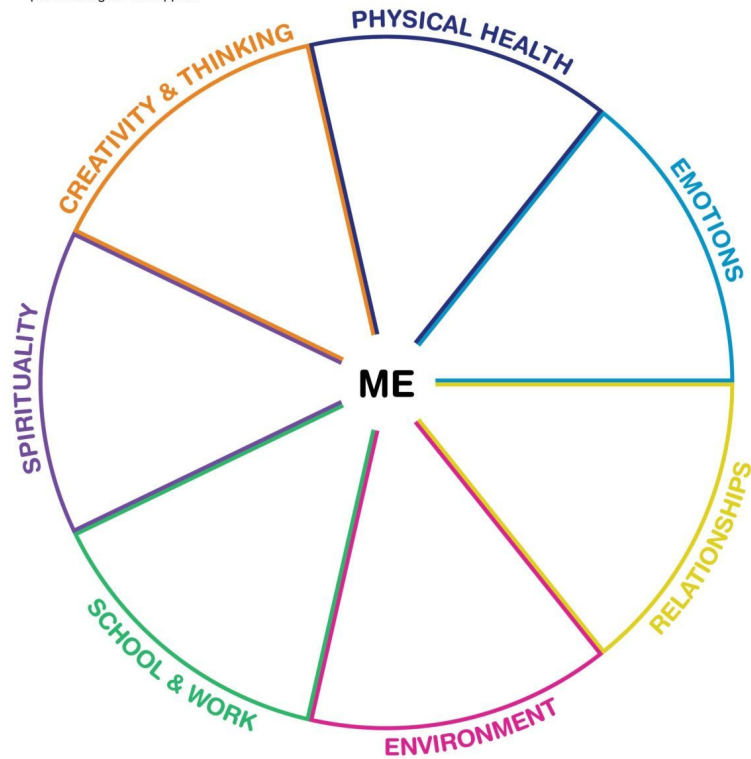
# Time for a Brain Break!



# The Wheel of Well-Being

Kids Help Phone 

Kids Help Phone's Wheel of Well-Being can help you see the different parts of your life in full circle. You can print the wheel to write your answers to the questions and take notes on what well-being means to you as you go. If you ever need support in any of these areas, it's important to reach out for help. You can always talk to a friend, Elder, teacher or parent/caregiver for support.



Visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca)

Call 1-800-668-6868

Text 686868





So, what can we do?

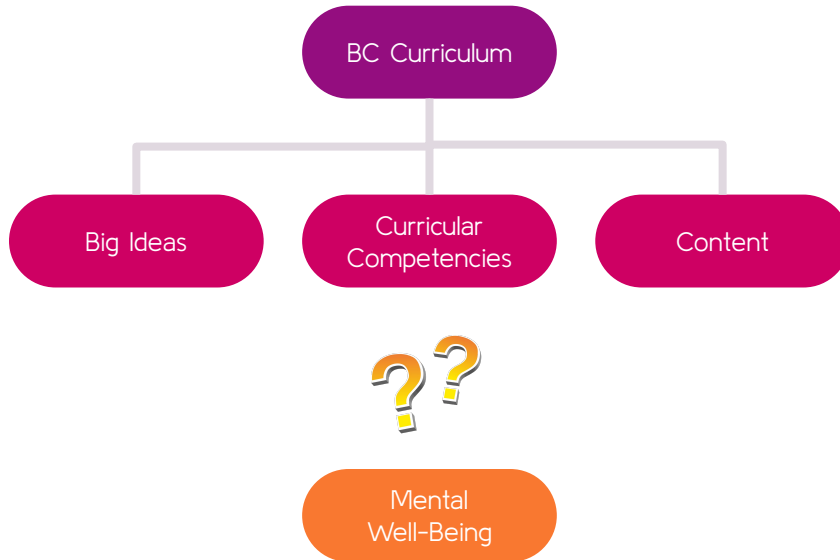


# Bring Mental Wellness Into The Classroom

# Post-It Note Activity



# How is Mental Well-Being Represented in the Curriculum?



# Which grade do you think Mental Well-Being first appears?

Kindergarten



Grade 2

Grade 4

Grade 6

# Mental Well-Being in the Curriculum competencies can appear as:

- Identifying feelings and emotions (K)
- Strategies related to problems with substance abuse (grade 5)
- Strategies for managing changes during adolescence and puberty (grade 9)



## Resources for Kids

Kids Help Phone - A great resource to share with your students





Thanks!

