

Mental Health Promotion & Substance Use Prevention
 School Health Promotion Resources
 PRIMARY: KINDERGARTEN - GRADE 3

Grade	School Health Education Topic Areas School Health Policy 18-03-459	Program Consider Virtual Options, Identify Gaps, Need for Modification/Development	Activity Consider Virtual Options, Identify Gaps, Need for Modification Development	Link to NLESD Curriculum Outcomes
Primary (K-3)	<ul style="list-style-type: none"> At least one initiative outlining the risks of substance usage (class session, school wide initiative, displays) in each school. 	Strengthening Families for the Future Family Program (ages 7-12)	<p>Toolkits:</p> <ul style="list-style-type: none"> Substance Use Prevention Activity Guide & Toolkit (ages 5-12) Under the Influence: Impaired Decision-Making Toolkit (ages 7+) <p>Interactive Resources: Healthy Choices Ball (ages 6+)</p>	<p>Grade 2 Curriculum Health</p> <ul style="list-style-type: none"> ✓ Identify environmental factors that may positively and negatively impact personal health
	<ul style="list-style-type: none"> At least one coping and resiliency initiative (class session, school wide initiative, displays) in each school. 	Strengthening Families for the Future Family Program (ages 7-12)	<p>Toolkits: Health Relationship Toolkit (ages 5+) Recreation for Mental Health (ages 5+)</p> <p>Interactive Resources:</p> <ul style="list-style-type: none"> Big Life Journal Activities – Large selection of available activities. Consult for details. Yoga for Kids Resources Character Builders Set 1 & 2 (ages 6-7): <ul style="list-style-type: none"> <i>Sharing and Caring Book</i> <i>Doing Right and Trying Hard</i> Emotion Cubes (ages 5-11) Emotion Mania Thumb-ball (ages 4+) Emotional Vocabulary Cards Express It Buddy Flip Flop Faces – Emotions In Motion (ages 4+) Positive Attitude Ball (ages 6+) 	<p>Grade 1 Curriculum Health</p> <ul style="list-style-type: none"> ✓ Identify daily activities which promote personal health and well-being ✓ Understand the benefits of participating in outdoor activities <p>Grade 2 Curriculum Health</p> <ul style="list-style-type: none"> ✓ Experience daily physical activity to promote personal health and wellbeing. ✓ Examine personal practices that contribute to a healthy body ✓ Understand a positive character trait or competency in self and others. ✓ Demonstrate age-appropriate strategies to express and deal effectively with a range of emotions. ✓ Assess the role that relationships have on self-esteem and the overall effect on one’s well-being. ✓ Identify environmental factors that may positively and negatively impact personal health. ✓ Recognize the media is part of the environment and has potential to positively and negatively affect individuals

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			<ul style="list-style-type: none"> ● Stop, Relax, & Think Ball (ages 6+) ● Feelings Poster & Share Your Feelings Sticker Activity. <i>Today I Feel... Stickers available upon request.</i> Sometimes it can be difficult to express our emotions & share how we feel. Use the sticker to draw a face to share your feelings. ● Quick Ways to Relax for Kids <p>Displays:</p> <ul style="list-style-type: none"> ● Kids Yoga ● Balloon Breathing ● Feelings ● Managing BIG Emotions ● My Body... 	<p>Grade 3 Curriculum Health</p> <ul style="list-style-type: none"> ✓ Understand the effect of regular sleep on health ✓ Recognize the importance of daily physical activity on physical and mental health. ✓ Understand developmental body change relevant to one's age and its potential impact on body image. ✓ Identify the role of leisure time activities in the promotion of mental health.
	<ul style="list-style-type: none"> ● Continually assesses for opportunities to promote positive messages and implement initiatives on bullying prevention. 		<p>Toolkits:</p> <ul style="list-style-type: none"> ● Healthy Relationships Toolkit (ages 5+) ● Bullying Prevention Toolkit <p>Interactive Resources:</p> <ul style="list-style-type: none"> ● Big Life Journal Activities – Large selection of available activities. Consult for details. How Full is Your Bucket Activity ● Random Acts of Kindness Lesson Plans & Posters ● Character Builder Set 1 & 2 (ages 6-7): <ul style="list-style-type: none"> ● <i>Sharing and Caring Book</i> ● <i>Doing Right and Trying Hard</i> 	<p>Grade 1 Curriculum Health</p> <ul style="list-style-type: none"> ✓ Recognize that each person is special and unique. ✓ Recognize that while the body changes continually in structure and overall appearance, the rate of change may vary from person to person, resulting in bodies of different shapes and sizes ✓ Understand the need for an individual to feel valued, accepted and loved in a family, school, and community. ✓ Recognize that experiences elicit different feelings and people may react differently to the same experience. ✓ Demonstrate one's uniqueness ✓ Identify and demonstrate strategies to deal with feelings ✓ Assess the impact of words and actions on other's sense of worth ✓ Identify the characteristics of being a friend ✓ Identify examples of positive social behaviors used in interacting with family friends, and community members

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			<ul style="list-style-type: none"> ● Bullying Clever Catch Ball (ages 7-11) ● Roll A Role: A Bullying Prevention Game (ages 6-8) ● Positive Attitude Ball (ages 6+) ● Anger Control Ball (ages 6+) ● Stop, Relax & Think Ball (ages 6+) ● Helping, Sharing & Caring Ball (ages 6+) 	<ul style="list-style-type: none"> ✓ Demonstrate age appropriate ways of resolving conflict ✓ Use positive social behaviours when interacting with classmates ✓ Recognize that we share the responsibility of helping to create health and respectful communities. ✓ Recognize the characteristics of a health friendships ✓ Recognize forms of boy based harassment. ✓ Differentiate between appropriate and inappropriate touch ✓ Demonstrate the use of verbal and non-verbal communication in health interactions ✓ Demonstrate strategies to deal effectively with body based harassment and inappropriate touch ✓ Develop an awareness of the diverse nature of individuals ✓ Examine acceptance of diversity of self and others. <p>Grade 2 Curriculum</p> <p>Health</p> <ul style="list-style-type: none"> ✓ Understand that bodies come in many shapes and sizes ✓ Understand a positive character trait or competency in self and others. ✓ Understand the importance of fair play <p>Grade 3 Curriculum</p> <p>Health</p> <ul style="list-style-type: none"> ✓ Understand the importance of respect for self and others ✓ Understand that there are different types of relationships and they change with time.
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Note: This is a condensed listing of available resources. Visit www.westernhealth.nl.ca/mha for additional resources and/or contact the Regional Consultants to discuss available options to support school health priorities.

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