

#1 Useful Links

* series of comic books
↳ Health Aboriginal Network

* There is scientific research that 'joy' + 'happiness' is contagious

* Kelty Mental Health

- navigate - easy
- cross cultural therapies
- psych-ed material, etc

* whole site is useful

- mindfulness routines

* WITS - school-wide

- common language
- in French too
- useful

jack.org - every section has links + resources

#2

From classroom perspective
From counsellor perspective
- 1:1 too

* Ministry Mental Health site is user friendly

* Teach BC has some sample lesson plans

* smh/ss.ca →

↳ there is an "everyday mental health teacher's guide with great lesson plans."

* Everyday Anxiety Strategies for Educators

mindyourmind.ca
interactive games

heartmindonline - capturing kindness
↳ bullying activity - "what colours your heart"

#3

Kelty - what can I do if
I'm concerned about my child;
- videos

* foundrybc.ca -
interactive stuff
journal topics
stress questionnaire
with suggestions.

* scmh.ca
↳ has great behaviour
maps

* Kelty - "tips" from families
↳ relaxation
↳ red/green thoughts
↳ behavioural changes
↓
try not to overschedule kids

* teenmentalhealth.org
↳ great modules
w/ videos, lesson plans