



Educator

EMOTIONAL LITERACY



Classroom Lesson Plans

Description: Mental health challenges are more common than one realizes. As an educator, you play a crucial role in introducing the subject of mental health to your students. In fact, some of your students have probably experienced their own mental health challenges.

Link: <https://bit.ly/3AG04NU>

Youth Mental Health and Wellbeing Toolkit for Schools

Description: Talking about mental health helps to create a school culture that is welcoming, inclusive, and fosters positive relationships. This toolkit is interactive, providing opportunities for young people to explore topics related to mental health and wellbeing.

Link: <https://bit.ly/3KhIjZI>