

Back to School Mental Wellness Toolkit - Plan and be flexible

Parents, Teachers and Caregivers

CMHO [Back-to-School Mental Health Toolkit](#) – Helping kids face challenges to changes at school [Here](#).

Tip: If your child is feeling anxious about the fact that pandemic-related plans and protocols are likely to continue to change, help them to understand that this is actually a good thing—evidence that we’re figuring out new ways of keeping ourselves and one another safe as we learn more about COVID-19. [Here](#). Once you’ve identified and worked with your child to identify some and possible challenges, brainstorm solutions. Communicate with your child’s teacher. [Here](#).

Source: Canadian Mental Health Ontario cmho.org

[Back to School Anxiety](#) – How to help kids handle worries and have a successful start to the school year. Plan but stress flexibility. [Here](#). Source: Childmind.org

[Six Tips to Support Your Child’s Mental Wellness and Prepare for the Start of the School Year](#) – Developmentally specific tips for elementary-aged child, youth & Teen. TIP 1. Shine a spotlight on what is still within your child’s control as opposed to focusing on what’s not.

[Here](#). Source: cmho.org

[Supporting Teenagers and Young Adults During Coronavirus Crisis](#) [Here](#). : Child Mind Institute [EASE - Everyday Anxiety Strategies for Educators Ease at home program grades 4 – 7](#) [Here](#).

Source: www2.gov.bc.ca

Alexandra Big Life Journal for Kids and Teens - Practicing Growth Mindset with Kids, Raising Confident Children [Here](#).

[Mindshift](#) Free mobile app for teens evidence based mental health relief CBT developed by AnxietyBC, with mindfulness and other coping skills for anxiety. [Here](#).

Resource-mindfulnessforteens.com resources and guided mindfulness meditations recordings. [Here](#).

[Source: Anxiety Canada](#) mindfulnessforteens.com

Administration

Student Safety Pledge COVID 19 Dr. Poland [Here](#).

[Reunite, Renew and Thrive: SEL Roadmap for Reopening School to Support School Leaders](#) [Here](#).

Source: casel.org

[School Re-entry “Teachable Moment”](#) – Practical Suggestions for Crisis Processing in Schools [Here](#). Source: Dr. Scott Poland, Professor, College of Psychology and Director of Suicide and Violence Prevention at NSU Florida, Fort Lauderdale, Florida National Crisis Responder and Prevention Trainer

edWeb.com online webinars - [SEL and Mental Health in Distance Learning: District Leaders Share Best Practices](#) Tues. Sept. 15

EVERFI everfi.net – [Mental Wellness Basics, Mental health & Wellbeing Grades 8 – 12](#). Mental Wellness Basics Course Introduces 8th - 10th grade students to mental wellness concepts like coping strategies, stigma, emotional health, and how to find help for themselves or others.

Source: everfi.net sponsored by SHAW)

SEL for Educators

Panorama’s [Adult SEL Playbook](#) focuses on educator SEL, wellbeing and self-care. Strategy #1 Self-Care for Educators (via breathe & change). [Here](#).

Source: www.panoramaed.com

Adult SEL Skills 3 Activity Resource Kit designed to practice modeling the same skills to support students develop emotional regulation, social-awareness and self-management. [Here.](#)

Source: www.panoramaed.com

Keys to Managing Anxiety & Stress - reducing in yourself & others [Here.](#)

Source: www2.gov.bc.ca Mental Wellbeing & Resources - SharedCare Partners for Patients CYMHSU
Panorama Education webinar series - Mindfulness Strategies for Adult and Student Wellness – 30 minutes of mindfulness & calming techniques recording [Here.](#)

Bounce Back reclaim your health Coping with COVID-19 Youth and Adults [Here.](#) Source: CMHA BC
bounceback@cmha.bc.ca