



Prairie Rose School Division

SCHOOL-BASED MENTAL HEALTH PROMOTION & DEVELOPMENTALLY RESPONSIVE ENVIRONMENTS

TOPIC	KINDERGARTEN TO GRADE 3	GRADES 4-6	GRADES 6-8	GRADES 9-12	STAFF
PRSD Classroom Resources to Promote Mental Wellness, Safety & Developmentally Responsive Environments	<p>KIDS IN THE KNOW</p> <p>MIND-UP</p> <p>ZONES OF REGULATION</p> <p>CIRCLE OF COURAGE</p> <p>SECOND STEP</p> <p>STRONG KIDS</p> <p>THRIVAL KITS</p> <p>PROJECT 11</p> <p>SOURCES OF STRENGTH</p> <p>ABILITICBT – 16+ YEARS</p>				<ul style="list-style-type: none"> Mental Health & Wellness PD Professional Learning Communities – various topics
Intensive Intervention	<p>GUIDANCE COUNSELLORS, AFM, CLINICIANS, CONSULTATION, ASSESSMENT, INTERVENTION, COLLABORATION</p>				<ul style="list-style-type: none"> Doctor Employee Assistance Plans Crisis Lines Community Resources/Apps
Apps & Resources	<p>Kids Help Phone Teen Line, Anxiety Canada, Aulneau Renewal Centre, Canadian Centre for Child Protection</p>				

Kids in the Know - *Kids in the Know* is the Canadian Centre for Child Protection’s national safety education program. The purpose of the program is to help educators teach children and youth effective personal safety strategies in an engaging, age-appropriate and interactive way that builds resiliency skills and reduces their likelihood of victimization in the online and offline world. It is research and evidence-based, balances empowerment with protection, communicates without

value statements, builds from experiences, involves activity-based learning, and facilitates important discussions about personal safety without the use of fear.

Mind Up - a classroom-based social and emotional learning program (SEL) designed to enhance self-awareness, social awareness, attention, self-regulation, problem solving, and pro-social behavior (helping, sharing, and cooperating).

Zones of Regulation (Zones) - The Zones is a systematic, cognitive behavioural approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

Circle of Courage - The Circle of Courage® is a model of positive youth development based on the universal principle that to be emotionally healthy all youth need a sense of belonging, mastery, independence and generosity. This unique model integrates the cultural wisdom of tribal peoples, the practice wisdom of professional pioneers with troubled youth, and findings of modern youth development research.

Second Step - Second Step® helps children sort through complicated emotions, make sound decisions, build positive relationships and manage strong feelings. Rooted in social-emotional learning (SEL), Second Step is a research-based program.

Strong Kids – Strong Start evidence based program to guide children to learn about emotions and the social-emotional skills they will use for the rest of their lives: managing anger, reducing stress and solving interpersonal problems.

Thrival Kits – Thrival Kits™ are personal and classroom resource containers that include a variety of materials and activities designed to encourage simple, yet effective, mental health promotion strategies aimed at students in grades 4-6.

Project 11 - an engaging cross-curricular proactive program targeting Manitoba's English Language Arts and Health Education outcomes. Weekly lessons and daily activities designed to support students and teachers in bringing mental health awareness, along with positive coping skills into their lives.

Sources of Strength - Sources of Strength is one of the first suicide prevention programs that uses Peer Leaders to enhance protective factors associated with reducing suicide at the school population level.

AbilitiCBT – Online Cognitive Behavioural Therapy (CBT) program for Manitobans aged 16 and over who are struggling with anxiety related to the COVID-19 pandemic.

Kids Help Phone Teen Line – Canadian organization that provides a 24/7 free confidential online and telephone counselling in French and English 1-800-688-6868.

Anxiety Canada – An online resource providing self-help information, programs and workshops. Resources are available for youth, parents, adults and families.

Aulneau Renewal Centre – Provides therapeutic services to individuals, couples and families.

Canadian Centre for Child Protection – The goal of the agency is to reduce the sexual abuse and exploitation of children, assist in the location of missing children and prevent child victimization through a number of programs, services and resources.