Grade 3

Identity-Affirming Approach to Teaching and Learning

As you plan to engage in these lessons and activities, consider students' varied strengths, needs, identities and experiences. Consider if there is anything you would add or adapt to affirm the identities of students. These learning activities provide a starting place but use your professional judgement and collaboration with students and/or parents/caregivers to differentiate as needed.

Core Lessons

Learning Activites

Consolidation of Learning

1	2	3	4	5	6	7	8	9	10
Build Relationships: Start building a learning community with activities focused on identity-affirming relationships and caring connections.	**Picture This:** Students learn about visualization as a possible strategy that may help them shift the focus away from worries and distractions and feel more at peace during stressful moments. Supportive activities provide opportunities for students to also explore how they see themselves and share their identity.		**Build the Brain:** Explore what students know about the brain and introduce them to the brain's stress response system.	**Connect and Calm:** This set of curated activities provides an opportunity to review strategies learned and introduce some possible new strategies. Remember to leave space for students' ideas, as well as their varied strengths, needs, and identities.	**Take Time to Relax:** Help students recognize feelings that indicate they could benefit from relaxation strategies, such as muscle relaxation and stretching. Encourage students to share strategies that they may already know and use. Practice strategies so students know what fits for them!		**Manage Strong Feelings:** Learn about uncomfortable feelings, what can cause them, and how to manage them.	**Review and Reflect:** Take a moment to pause and help students reflect on what they have learned about mental health and themselves.	**Celebrate and Anticipate:** Help students prepare for transition by celebrating the current school year, preparing for summer, and looking forward to the next grade.
The First 10 Days (and Beyond)	**Read Aloud** Whimsy's Heavy Things	**Virtual Field Trip** Visualization Lesson Plan	**HPE Mental Health Literacy Lesson Plan** Brain Stress Response System	Start Well	**Virtual Field Trip** Muscle Relaxation Lesson Plan		**HPE Mental Health Literacy Lesson Plan** Stressful Feelings	**Key Learnings and Reflection Questions** Review and Reflect	Celebration and Transition Tip Sheet
	• **Mattering Activities** (from Self Awareness – Self Identity section of Everyday Mental Health or Faith and Wellness)				• **Stretching Activities** (from Stress Management and Coping section of Everyday Mental Health or Faith and Wellness)				
	• **Grab and Go Activities:** I in Image • Social Emotional Learning Posters **- Focus on:** Calm Place Calm Place accessible version				• **Grab and Go Activities:** Emoji Check-in, Feelings Flashcards • Social Emotional Learning Posters - Focus on : Tense and Relax Tense and Relax accessible version				

- Provides parent/caregiver connections and suggestions to continue the conversation

- Contains press and play videos

School Mental Health Ontario **Wayfinder**

Your grade by grade guide to teach about mental health