Grade 7

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

Ministry of Education Health & Physical Education Modules

Learning Activites

Consolidation of Learning

1	2	3	4	5	6	7	8	9	10
Get to Know Each Other: Start building a learning community with activities focused on identity-affirming relationships and caring connections.	**Setting a Foundation:** Introduce students to basic facts and information related to mental health and mental illness, and strategies to support well-being that are inclusive of diverse and intersecting identities and abilities.		**Seeking Help:** Help students be aware of their own needs and preferences, self-advocate, and build their help-seeking behaviours.	**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.	**Building Understanding to Support Decision-Making:** Learning more about substance use and healthy distractions can support students in making substance use decisions that align with their goals, plans, and unique identities.		**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 (including all they are grateful for, love, and value), preparing for summer, and looking forward to the next grade.	
The First 10 Days (and Beyond)	**Virtual Field Trip** Breathing Lesson Plan	**Module 7.1** Understanding Mental Health, Mental Illness, and the Relationship Between Them	**Module 7.2** Understanding Signs of a Mental Health Problem and How to Seek Support	**Start Well**	**Virtual Field Trip** Distraction Lesson Plan	**Module 7.3** Mental Health, Substance Use, and the Relationship Between Them	**Key Learnings and Reflection Questions** Review and Reflect	**Virtual Field Trip** Gratitude Lesson Plan	**Celebration and Transition Tip Sheet**
Creating collaborative classroom norms from Healthy Relationship Skills/ Being Respectful section of Everyday Mental Health or Faith and Wellness	**Social Emotional Learning Posters - Focus: Calm Breathing** Calm Breathing accessible version		**Grab and Go Activities:** Feelings Flashcards		**Social Emotional Learning Posters - Focus: Just Notice** Just Notice accessible version			**Gratitude Exercises**	
Conversation Starters Ice Breakers (cyan cards 20-25; slides 43-54)	**Breathing Exercises**		**Conversation Starters** Seeking Help (orange cards 1-5; slides 5-14)		**Distraction Exercises**			**Social Emotional Learning Posters - Focus: Gratitude Moment** Gratitude Moment accessible version	
Adjectives about me and What's new? from Self-awareness and Sense of identity/knowing oneself section of Everyday Mental Health or Faith and Wellness			**Self-advocacy** Practice from Everyday Mental Health or Faith and Wellness						

- 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