

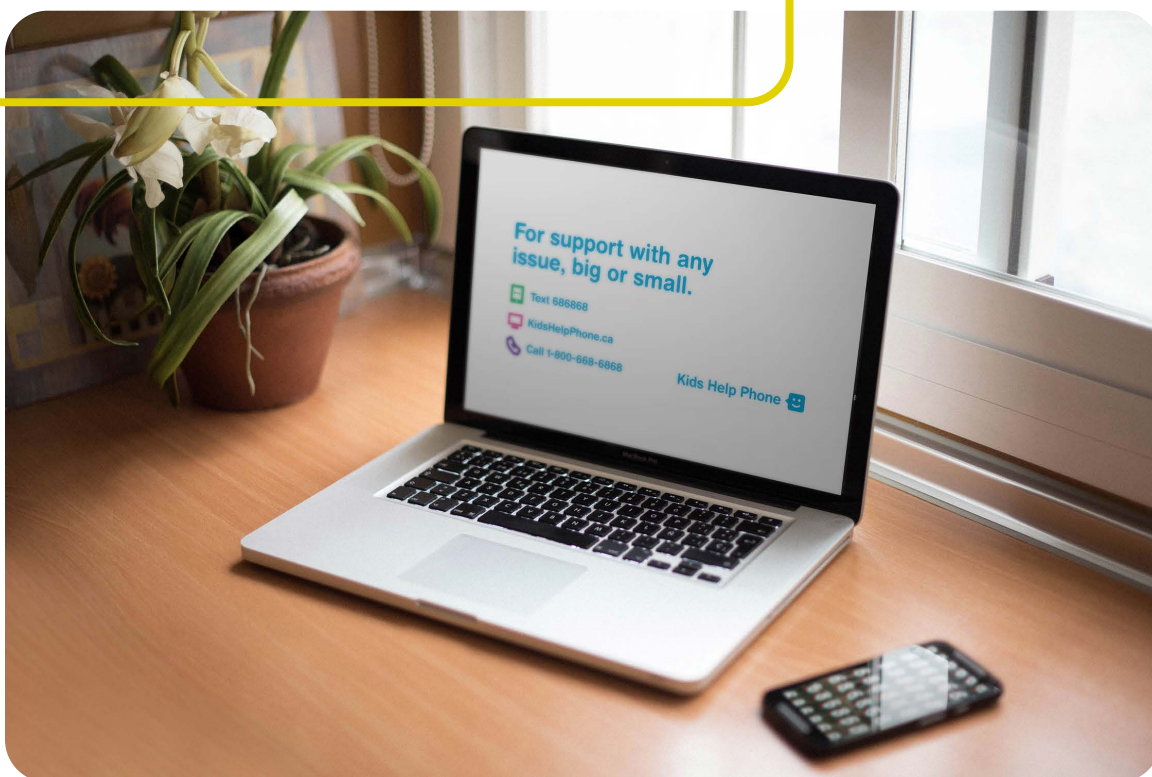
# Back-to-school tool kit for educators



Are you looking for ways to support mental health and well-being in your school? We've packaged Kids Help Phone's most popular mental health materials to share information about youth issues and raise awareness of our free, confidential e-mental health services with your students.



Keep Kids Help Phone's contact info top of mind by using these computer backgrounds. Click the images below to download the files, then upload to your class computers.



Whenever you  
need to talk,  
we're open.



 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868

Kids Help Phone 

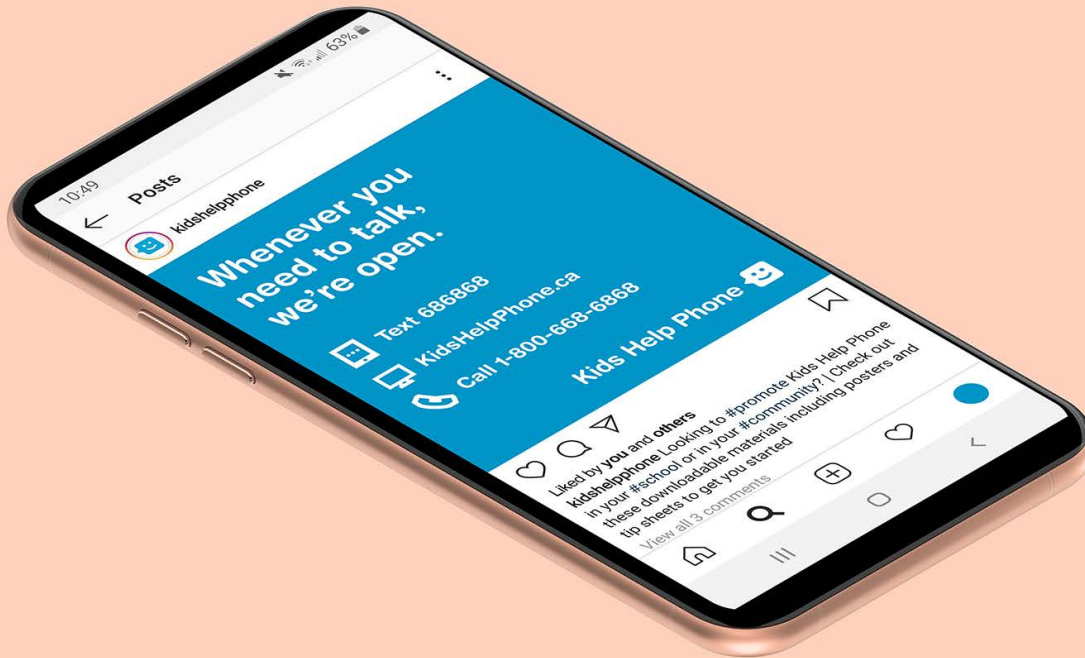
For support with any  
issue, big or small.

 Text 686868

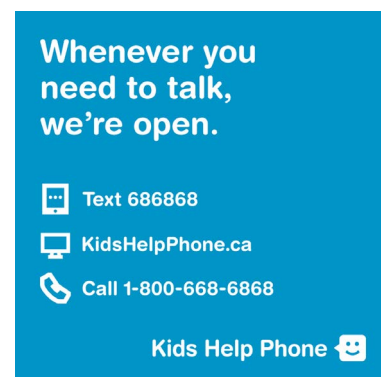
 KidsHelpPhone.ca

 Call 1-800-668-6868

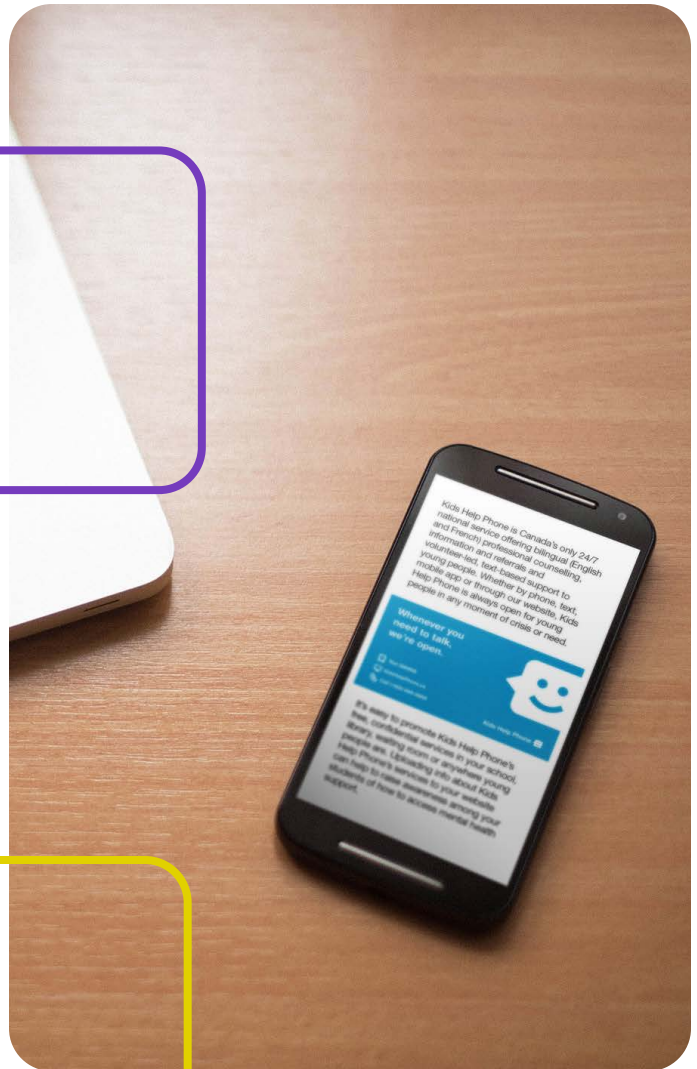
Kids Help Phone 



Share information about Kids Help Phone's services with your friends, family and other followers using these social media images. Don't forget to tag @KidsHelpPhone! Click the images below to download the files, then upload to your social accounts.



Upload info about Kids Help Phone's services to your website to raise awareness among your students of how to access mental health support. Click the image below to download the file, then upload to your class website.



**Whenever you  
need to talk,  
we're open.**

 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868

Kids Help Phone 



# Printable Resources

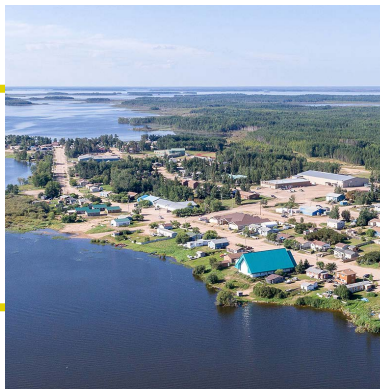
Support your students by downloading these printable resources.

You can also visit the pages below to order a package of free materials, find resources specific to Inuit, Métis and First Nations peoples and download the Crisis Text Line powered by Kids Help Phone tool kit.

**Order youth materials**



**Indigenous outreach materials**



**Crisis Text Line powered by Kids Help Phone tool kit**

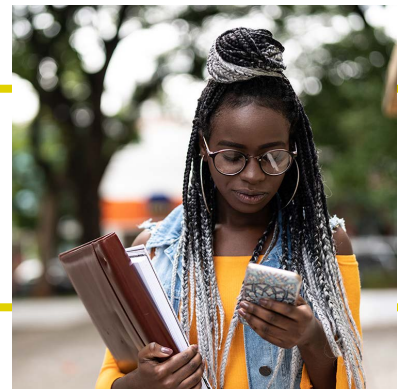


Photo credit: Morgan Tinker

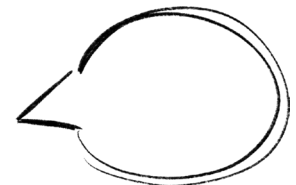
# MY BACK-TO-SCHOOL CHECKLIST DURING COVID-19

Kids Help Phone's checklist can help students across Canada adjust with changes to their school year during the COVID-19 pandemic. You can check off the things that are relevant to/ possible for you as you go.

To cope with back-to-school changes during COVID-19, I can...



- check my school/school board's website (or contact them directly) to find out what back to school will look like for me this year
- familiarize myself with my school's reopening plan and reach out to school staff or administration with any questions I may have
- talk to my family and/or people I live with about my back-to-school arrangements (e.g. choosing a safer route to school if I'm attending in person, identifying a quiet space to study if I'm doing distance learning, etc.)
- write down a list of things I need to participate in my classes (e.g. regular school supplies, technology, hand sanitizer, software, masks, etc.)
- review where I left off in class or in my distance learning last year to refresh my memory
- have a plan for how I'll practise self-care (e.g. deep breathing, journaling, repeating an inspirational quote, connecting with nature, wearing something that makes me feel good, etc.)
- try and get back to my regular daily routine and sleep schedule (if it changed over the past few months)
- select a few people/places I can contact for help with school if I need it (e.g. my teachers, online tutors, guidance counsellors, student support centres, etc.)
- schedule safer ways to maintain social connection with my classmates, friends, teammates, partners, etc. (e.g. through email, a phone call, etc.)
- set boundaries for myself on what I feel comfortable with and respect the comfort level of others
- try to take things one day at a time (as things may continue to change) and be kind to myself
- reach out to someone I trust for support with my mental, emotional, spiritual and physical well-being if I need to (e.g. an Elder, parent/caregiver, friend, health-care professional, etc.)



Visit [KidshelpPhone.ca/COVID19](https://www.kidshelpphone.ca/COVID19) for more tools, resources and info during the coronavirus disease outbreak.

# The Wheel of Well-Being

YOU are at the centre of the Wheel of Well-Being. Below, you'll find a breakdown of the seven different segments of the wheel and how they connect to who you are and how you feel. We've also included some questions you can ask yourself about each wedge to help you find and maintain balance.

It's important to note everyone has a different definition of well-being. Some segments of the wheel may be more relevant to you than others, or you may feel other factors contribute to your well-being.

## relationships

The relationships segment of the wheel includes things such as:

- your connections to friends, family, community and others
- your connection in an intimate relationship
- how you explore and/or express your sexuality
- feeling supported by others and offering support back
- being able to communicate what you feel and need to those around you

Questions you can ask yourself about your relationships include:

- How do I share how I'm feeling with those around me?
- What do I need from those around me?
- Who are the people in my life that I can turn to?

## emotions

The emotions segment of the wheel includes things such as:

- your awareness of what you're feeling and why
- your ability to accept and value who you are
- your outlook on life
- your ability to manage stress and strong emotions
- your sense of hope for the future

Questions you can ask yourself about your emotions include:

- What works for me when I'm feeling strong emotions?
- What resources, strengths and abilities do I already have that I can use to deal with strong emotions?

## physical health

The physical health segment of the wheel includes things such as:

- your overall physical health
- your nutrition
- your sexual health
- how you practice and enjoy physical activity
- your body image
- your sleep routine

Questions you can ask yourself about your physical health include:

- How comfortable do I feel in my own skin?
- What could I start to do or continue to do that is good for my overall physical health?

## creativity & thinking

The creativity and thinking segment of the wheel includes things such as:

- how you express yourself in different ways
- how you exercise your mind
- how you learn from others and the world around you
- your appreciation for learning new things

Questions you can ask yourself about your creativity and thinking include:

- How do I express myself and exercise my mind?
- How can I continue to learn from the world around me and express myself creatively?

## spirituality

The spirituality segment of the wheel includes things such as:

- your sense of belonging in the world
- the meaning and purpose you feel in your life
- the comfort you get from community, nature, the universe and/or some higher power

Questions you can ask yourself about your spirituality include:

- In what ways do I, or could I, connect to something larger than myself?
- How do I create meaning for myself in life?

## school & work

The school and work segment of the wheel includes things such as:

- how interested you are and how satisfied you feel with school and/or a job
- your education and/or career goals
- your attitude toward school and/or work
- your sense of being able to contribute to your family or community through school and/or a job

Questions you can ask yourself about school and work include:

- How do I see myself going forward in school and/or my job?
- How can I create opportunities to find satisfaction through school and/or work?

## environment

The environment segment of the wheel includes things such as:

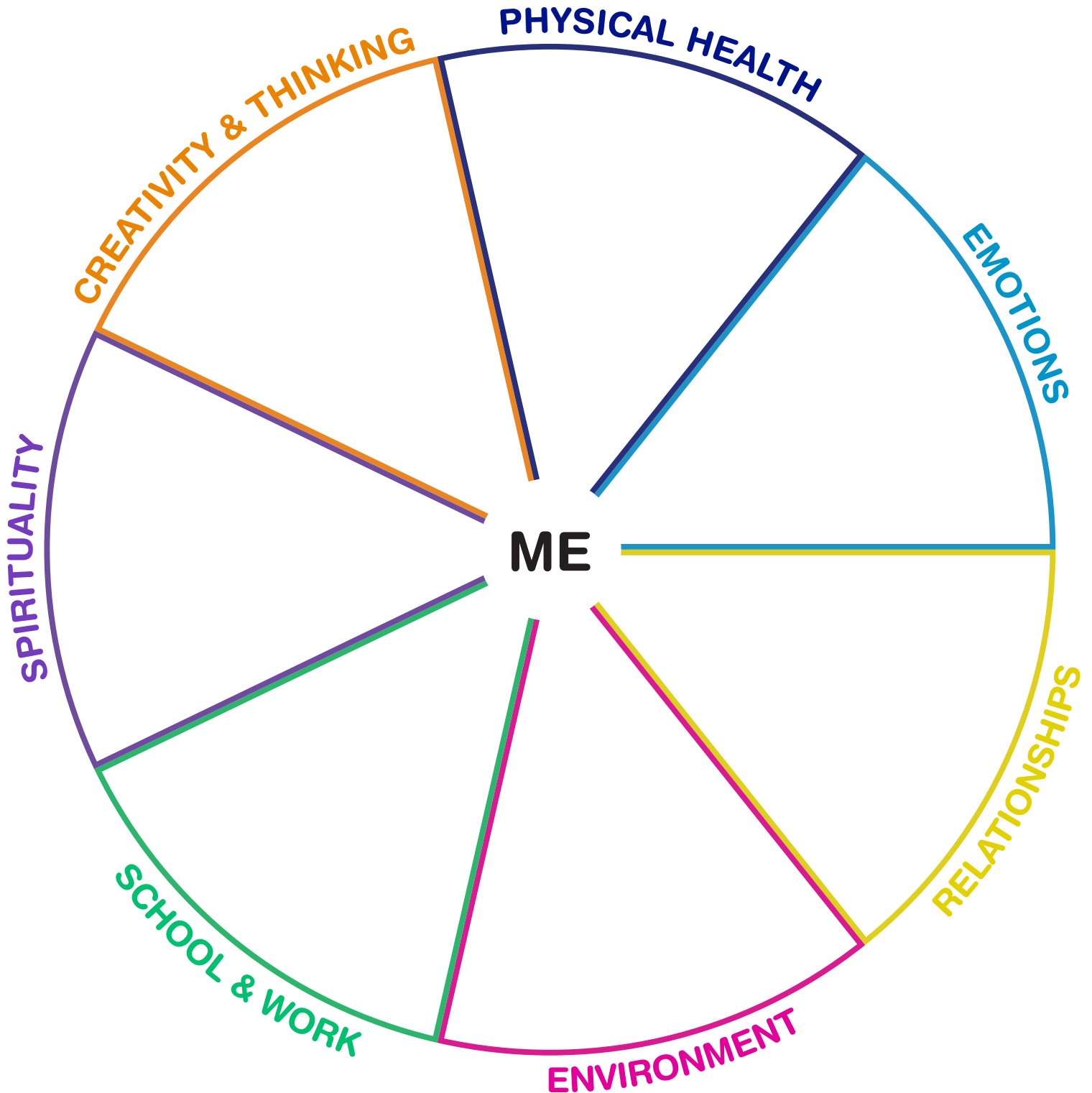
- your home environment and living conditions
- how you experience the changing climate
- how you connect with the lands, waters and wildlife
- how you feel about your community

Questions you can ask yourself about your environment include:

- How do I feel about the environment around me?
- How can I create, contribute to or improve my environment?

# The Wheel of Well-Being

Kids Help Phone's Wheel of Well-Being can help you see the different parts of your life in full circle. You can print the wheel to write your answers to the questions and take notes on what well-being means to you as you go. If you ever need support in any of these areas, it's important to reach out for help. You can always talk to a friend, Elder, teacher or parent/caregiver for support.





# 3 tips to support youth with back to school during COVID-19

Here, Kids Help Phone shares three tips you can use to support the youth in your life with changes to back to school during the coronavirus disease outbreak. You can use these tips if and/or when they apply to you.

## Tip #1: Start an open conversation

When approaching this topic with a young person:

- Talk to the young person about how things may be different with school this year to help slow the spread of the virus. Check their school/school board's website (if available) and go through the health and safety plans together. Remind them you're here to help answer their questions and support them during this time.
- Visit trustworthy sources for current information about COVID-19. Doing so can help you feel more prepared to talk to the young person. Examples of credible resources include:
  - COVID-19 resources for parents and children (Government of Canada)
  - COVID-19 Learning Hub (AboutKidsHealth)
  - COVID-19 Youth Mental Health Resource Hub (Jack.org)

## Tip #2: Make a plan

- Find out if you or the young person can contact school staff or administration for more information about their reopening plans.
- Help the young person make any necessary back-to-school arrangements (e.g. choosing a safer route to school if they're attending in person, identifying a quiet space to study if they're doing distance learning, etc.).
- Together, make a list of things they need to participate in their classes (e.g. regular school supplies, technology, hand sanitizer, software, masks, etc.).
- Ensure they're up to date with their distance learning from last year and do a refresher with them if needed. You can also help them identify other support resources for school (e.g. teachers, online tutors, guidance counsellors, student support centres, etc.).
- Remind them to try and get back into a regular routine and sleep schedule (if things have changed over the past few months).
- Share a back-to-school checklist with the young person to help them cope with change, organize their thoughts and manage their feelings.



Together, make a list of things they need to participate in their classes

### Tip #3: Focus on mental health and well-being

- Remind the young person they're never alone, and ask about their well-being. Check in on their feelings during this time, and work with them to find ways to cope with the uncertainty and change happening in the world. Emphasize the importance of nurturing mental, emotional, physical and spiritual health, especially during new and/or challenging times. By broaching this topic and being open to what young people say — the good and the bad — they'll know they can reach out to you if they need to talk.
- If they share that they're feeling stressed or anxious about school, try to avoid jumping right into problem solving. Validating their feelings, listening and taking the time to talk to them about what they're experiencing can help them feel heard. You can also help them reflect on

their current level of anxiety and think about what they need by directing them to an anxiety questionnaire.

- Support them with ongoing change through modelling, talking about and practising how to manage challenges and become more hopeful.
- Some helpful ideas you can encourage them to try include:
  - keeping up with (or trying new!) hobbies
  - participating in virtual cultural activities
  - spending time in nature
  - limiting screen time, especially just before bed
  - building in time to connect with classmates, friends, teammates, partners, etc.
  - practising self-care often and being kind to themselves
  - taking things one day at a time
  - talking to a safe adult if they need support

## Resources

If a young person in your life needs support, they can connect confidentially with Kids Help Phone

24/7 by phone at 1-800-668-6868 or by texting 686868.



To learn more about how you can support a young person in your life, visit:



[KidsHelpPhone.ca](https://www.kidshelpphone.ca) for tools, resources and information on a wide range of topics.



[Resources Around Me](https://www.kidshelpphone.ca/resourcesaroundme) to search for youth programs and resources available in your area at [KidsHelpPhone.ca/resourcesaroundme](https://www.kidshelpphone.ca/resourcesaroundme).

*It's important to be there for youth as the definition of back to school takes on new meaning in 2020. You can help make any adjustments easier by starting an open dialogue, having a plan and concentrating on mental health and well-being.*

If you need someone to speak with during the COVID-19 pandemic (e.g. about going back to work, ways to manage stress, etc.), help is available. You can text Crisis Text Line Canada at 741741 or visit Wellness Together Canada for support.

Visit [KidsHelpPhone.ca/COVID19](https://www.kidshelpphone.ca/COVID19) for more tools, resources and info during the coronavirus disease outbreak.

# 5 virtual activity ideas to engage students

Here are a few things you can try to encourage your students to connect virtually, or to help them build their social and problem-solving skills outside of the traditional classroom. You can choose/adapt activities that are appropriate for/relevant to your class, your board and your students' specific needs, comfort levels, situations and abilities.

**1 Virtual trivia**  
Create a trivia competition for your students. Research topics of interest to your class (e.g. sports, entertainment, geography, etc.) and encourage students to work in pairs or small groups to answer questions. You could even use content from your lessons/syllabus. First pair/group to send in the most correct answers by working together, wins!

**2 Bingo**  
Host a virtual bingo by downloading free bingo cards online (or creating your own!) and sharing them with your students. You can set up 15-minute video chats once a week to call out the numbers together. Consider a fun prize for the winner!

**3 Virtual mystery game**  
Provide students with clues during your lessons to help solve a mystery. Topics can be school-themed (e.g. whose dog ate whose homework, etc.). Students can work together or on their own to collect clues and let you know virtually when they think they've solved the case.

**4 Baby photo contest**  
Have students send in their baby photos and then compile them into a slideshow presentation (with no names). Ask students to guess whose picture is whose during a video call!

**5 Virtual games lunch**  
Split the class into small groups and encourage them to have a virtual games lunch. You can search for appropriate apps or tools that allow groups to video chat and play games together during a break.

If you need someone to speak with (e.g. about going back to work, ways to manage stress, etc.), help is available.

You can text Crisis Text Line Canada at 741741 for support, or visit Wellness Together Canada at [ca.portal.gs](https://ca.portal.gs) for direct access to educational resources, e-courses and free counselling.

