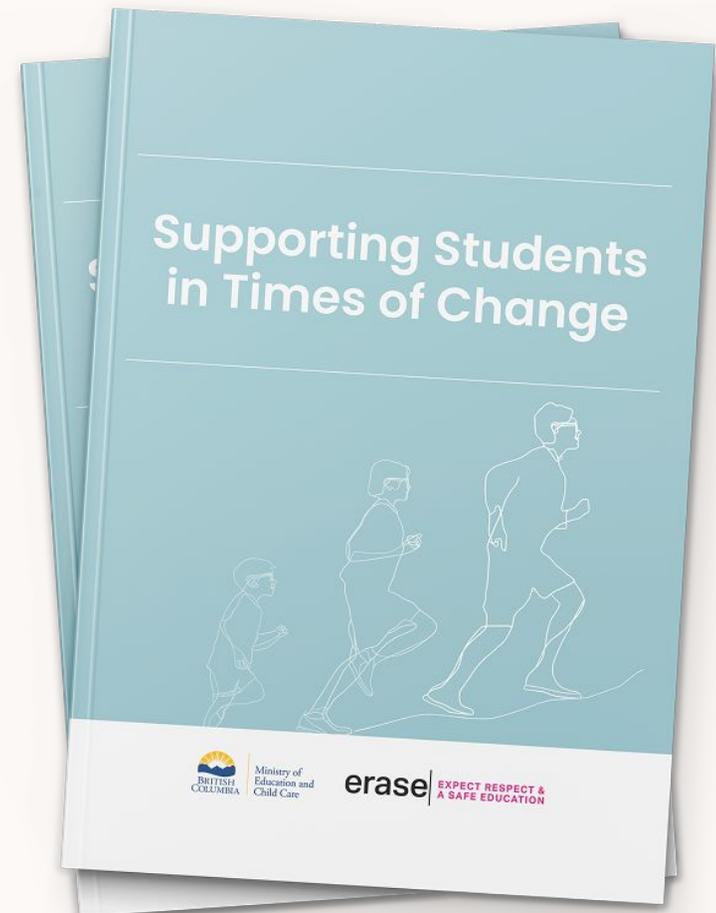


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Supporting Students in Times of Change Companion Guide

This document helps educators deliver lesson content to students in Pre-K through Grade 12 that aligns with the *Supporting Students in Times of Change* guide released by the BC Ministry of Education & Child Care.

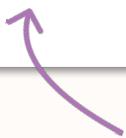
[Please read the guide for more information.](#)



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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Bravely Using My Strong Voice <i>(16 min)</i>	<ul style="list-style-type: none"> • Understand that there are helpful strategies if someone is being unkind • Practice the skill of bravely standing up for ourselves & others
Section 2: Encouraging Positive Behaviours and Growth	Powerful Positive Affirmations <i>(17 min)</i>	<ul style="list-style-type: none"> • Understand that it is possible to shift negative thoughts • Practice the skill of using positive affirmations each day
Section 3: Effective Communication and Emotional Support	Choosing To Be Kind <i>(12 min)</i>	<ul style="list-style-type: none"> • Understand the value of sharing kindness • Practice the skill of identifying what kindness looks like & sounds like
Section 4: Promoting Healthy Peer Relationships	Showing I Care <i>(15 min)</i>	<ul style="list-style-type: none"> • Understand the importance of noticing how a friend is feeling • Practice the skill of showing a sad friend that I care about them
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Feeling Calm: Rainbow Breathing <i>(15 min)</i>	<ul style="list-style-type: none"> • Understand that we can help ourselves calm our bodies & brains • Practice the skill of using rainbow breathing to self-soothe

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Section 1: Noticing When We Need to Support Our Students	What Does Anger Look & Feel Like? (5 min)	<ul style="list-style-type: none"> Understand that it is common to feel angry from time to time Practice the skill of identifying how anger feels & looks in their bodies
Section 2: Encouraging Positive Behaviours and Growth	Bullying: Staying Safe & Speaking Up (12 min)	<ul style="list-style-type: none"> Understand the definition of bullying & that bullying is never okay Practice skills for safely stopping bullying behavior
Section 3: Effective Communication and Emotional Support	How My Actions Can Impact Others (12 min)	<ul style="list-style-type: none"> Understand the connection between negative thoughts, strong feelings & unhelpful actions Practice the skill of paying attention to the impact of unhelpful actions on others
Section 4: Promoting Healthy Peer Relationships	Apologizing After a Disagreement (14 min)	<ul style="list-style-type: none"> Understand the purpose & importance of an apology Practice the skill of apologizing to someone after a disagreement
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Skills for Self-Regulation: Five-Finger Breathing (13 min)	<ul style="list-style-type: none"> Understand that slowing down breathing helps to calm the body & mind Practice deep breathing using the Five-Finger Breathing technique

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Using My Words (15 min)	<ul style="list-style-type: none"> • Understand that it is common to feel strong emotions during a challenging situation • Practice the skill of using words to express strong emotions
Section 2: Encouraging Positive Behaviours and Growth	Choosing Kindness, Even When It's Hard (13 min)	<ul style="list-style-type: none"> • Understand the importance of not accepting responsibility for other people's unkind behavior • Practice the skill of making kind choices even when others are being unkind
Section 3: Effective Communication and Emotional Support	Using 'I Feel' Statements (15 min)	<ul style="list-style-type: none"> • Understand the importance of communicating feelings & needs • Practice the skill of using 'I Feel...' statements with others
Section 4: Promoting Healthy Peer Relationships	Reassuring Our Friends (15 min)	<ul style="list-style-type: none"> • Understand the importance of helping our friends with their negative thoughts & big feelings • Practice the skill of reassuring peers
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Fixed Mindset vs. Growth Mindset (15 min)	<ul style="list-style-type: none"> • Understand & define fixed mindset & growth mindset • Practice the skill of identifying growth mindset statements

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Managing Big Reactions <i>(20 min)</i>	<ul style="list-style-type: none"> Understand that it is normal to feel overwhelmed when facing big challenges Practice using the Stop, Breathe, Think strategy to manage problems in a proactive way
Section 2: Encouraging Positive Behaviours and Growth	Using Words of Encouragement <i>(20 min)</i>	<ul style="list-style-type: none"> Understand that learning new tasks can be challenging Practice the skill of using words of encouragement to help others who are struggling
Section 3: Effective Communication and Emotional Support	Having & Showing Empathy <i>(19 min)</i>	<ul style="list-style-type: none"> Understand that people can do & say unkind things when they are feeling hurt Practice the skill of having empathy for others
Section 4: Promoting Healthy Peer Relationships	Setting Boundaries in Friendships <i>(20 min)</i>	<ul style="list-style-type: none"> Understand that sometimes friends can behave in unkind ways Practice the skill of boundary-setting in friendships
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Mindfulness: Box Breathing <i>(10 min)</i>	<ul style="list-style-type: none"> Understand that it is common to feel worried about things that are beyond my control Practice the skill of box breathing to self-soothe

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Coping with Worries <i>(23 min)</i>	<ul style="list-style-type: none"> • Understand that it is normal to feel worried about things that are beyond our control • Practice the skill of deep breathing to self-soothe
Section 2: Encouraging Positive Behaviours and Growth	Kindness Walk <i>(15 min)</i>	<ul style="list-style-type: none"> • Understand the impact of kindness on others • Practice the skill of sharing kindness with others
Section 3: Effective Communication and Emotional Support	Supporting Friends Through Worries <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that it can be difficult to tell others about sad & worried feelings • Practice the skill of creating a safe space for a friend to honestly share their feelings
Section 4: Promoting Healthy Peer Relationships	Repairing a Friendship <i>(24 min)</i>	<ul style="list-style-type: none"> • Understand that we can repair our relationships with others after a disagreement • Practice the skill of apologizing using the three steps
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Coping with Big Feelings <i>(25 min)</i>	<ul style="list-style-type: none"> • Understand that it is common to experience anger & sadness when feeling left out • Practice the skill of identifying a self-soothing plan that can be used when experiencing strong feelings

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Managing Stress in a Healthy Way <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand stress & how it affects the brain & body • Practice the skill of identifying healthy stress-management strategies
Section 2: Encouraging Positive Behaviours and Growth	Grateful Heart <i>(5 min)</i>	<ul style="list-style-type: none"> • Understand what it means to be grateful & how gratitude can help people overcome challenges • Practice gratitude to foster a resilient mindset
Section 3: Effective Communication and Emotional Support	Empathy in Action <i>(27 min)</i>	<ul style="list-style-type: none"> • Understand the importance of demonstrating empathy & compassion • Practice the skill of considering how someone else might be feeling in different situations
Section 4: Promoting Healthy Peer Relationships	Friendship Challenges <i>(28 min)</i>	<ul style="list-style-type: none"> • Understand that challenges are a part of relationships • Practice the skill of working collaboratively with a friend in order to think through & map a solution in a friendship
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Being Mindful <i>(28 min)</i>	<ul style="list-style-type: none"> • Understand that situations beyond one's control can lead to feelings of worry & doubt • Practice the skill of using mindfulness to cope with anxious thoughts & feelings

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Things We Can vs Can't Control <i>(27 min)</i>	<ul style="list-style-type: none"> • Understand the link between anxious thoughts & situations that are outside of our control • Practice the skill of differentiating between things we can & cannot control
Section 2: Encouraging Positive Behaviours and Growth	My Personal Strengths <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that our strengths can help us to get through difficult times (e.g., moving from elementary to middle school) • Practice the skill of becoming familiar with the different types of strengths that we possess
Section 3: Effective Communication and Emotional Support	Establishing Boundaries <i>(15 min)</i>	<ul style="list-style-type: none"> • Understand how to identify hurtful or inappropriate actions in friendships • Practice the skill of setting clear boundaries
Section 4: Promoting Healthy Peer Relationships	We Are All Connected <i>(10 min)</i>	<ul style="list-style-type: none"> • Understand that we can help prevent bullying by getting to know each other & building a community • Practice the skill of getting to know others by finding things in common
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Creating a Personal Self-Care Plan <i>(26 min)</i>	<ul style="list-style-type: none"> • Understand that personal support strategies are essential to reaching goals • Practice creating a personal self-care plan

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Building Resilience <i>(20 min)</i>	<ul style="list-style-type: none"> Identify resources for building mental & emotional strength (resilience) Acquire & practice stress management techniques Understand how coping techniques contribute to resilience & determination, particularly during transition periods like moving from middle to high school or from elementary to middle school
Section 2: Encouraging Positive Behaviours and Growth	Positive Self-Talk & Resilience <i>(30 min)</i>	<ul style="list-style-type: none"> Understand that hard thoughts & feelings are common when we are faced with unkind actions Practice the skill of using positive affirmations to generate empowering self-talk
Section 3: Effective Communication and Emotional Support	Overcoming Friendship Challenges <i>(30 min)</i>	<ul style="list-style-type: none"> Identify friendship challenges that can occur with friends Practice different strategies to overcome friendship challenges
Section 4: Promoting Healthy Peer Relationships	Forgiving & Repairing <i>(29 min)</i>	<ul style="list-style-type: none"> Understand how to identify the unkind actions of friends Practice the skill of strengthening healthy friendships
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Coping Strategies Challenge: Transitions & Beyond! <i>(30 min)</i>	<ul style="list-style-type: none"> Understand the importance of reframing challenges as opportunities for growth Use coping strategies to navigate a series of simulated stressful situations

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Letting Go of 'Perfection' <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that activities can become a struggle when we are focusing on the outcome of that activity rather than on the process • Practice the skill of shifting our focus away from being perfect to what we gain from the process
Section 2: Encouraging Positive Behaviours and Growth	Taking Accountability <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that personal change is possible • Practice taking accountability for unhelpful behavior
Section 3: Effective Communication and Emotional Support	Using Empathy & Listening Skills <i>(29 min)</i>	<ul style="list-style-type: none"> • Understand that hurt is often behind one's anger & aggression • Practice the skill of listening empathetically
Section 4: Promoting Healthy Peer Relationships	Resolving Conflicts with Friends <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that conflicts can be opportunities for growth & stronger friendships • Practice developing practical conflict resolution skills, including empathy
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Flexibility & Adaptability in Transition <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that we already possess skills to help us through periods of uncertainty & identify ways to apply these skills during transitions • Practice the skill of drawing on strategies to demonstrate adaptability & flexibility when faced with unexpected challenges during transitions

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Section	Lesson Title	Lesson Objectives
Section 1: Noticing When We Need to Support Our Students	Advocating For My Own Mental Health <i>(30 min)</i>	<ul style="list-style-type: none"> Understand that we can take action to support ourselves when we are struggling Practice the skill of advocating for our own mental health
Section 2: Encouraging Positive Behaviours and Growth	Understanding the Actions of Others <i>(30 min)</i>	<ul style="list-style-type: none"> Understand that people hurt others because of their own experiences, misunderstandings & challenges Practice the skills of reflection & empathy when reacting to the actions of others
Section 3: Effective Communication and Emotional Support	Working Together <i>(10 min)</i>	<ul style="list-style-type: none"> Understand the benefit of working together with peers to reach a common goal Practice the skill of collaborating with a group on a challenging task
Section 4: Promoting Healthy Peer Relationships	The Positive Side of Peer Pressure <i>(15 min)</i>	<ul style="list-style-type: none"> Understand that peers could have a positive or negative impact on personal choices Practice the skill of recognizing positive peer pressure
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Embracing Change & New Beginnings <i>(29 min)</i>	<ul style="list-style-type: none"> Understand that challenges can be overcome with helpful strategies Practice the skills of personal reflection & focusing on a growth mindset in times of transition & change

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<p>Section 1: Noticing When We Need to Support Our Students</p>	<p>Managing Insecurities (25 min)</p>	<ul style="list-style-type: none"> • Understand the direct connection between feelings of insecurity & personal reactions • Practice the skill of managing our responses when feeling insecure
<p>Section 2: Encouraging Positive Behaviours and Growth</p>	<p>Encouraging Positive Choices (15 min)</p>	<ul style="list-style-type: none"> • Understand that there are many common barriers to positive choices & personal growth • Practice the skill of developing a strategy to encourage others to make positive choices
<p>Section 3: Effective Communication and Emotional Support</p>	<p>Agree to Disagree: Communication Skills (30 min)</p>	<ul style="list-style-type: none"> • Understand the concept of 'agreeing to disagree' • Develop skills for engaging in respectful discussions with others who hold differing opinions
<p>Section 4: Promoting Healthy Peer Relationships</p>	<p>Self-Acceptance & Building Relationships (30 min)</p>	<ul style="list-style-type: none"> • Understand the relationship between self-acceptance & forming authentic connections with others • Build confidence, reducing the need to mask or hide the true self which in turn helps foster meaningful relationships
<p>Section 5: Helping Students Develop Healthy Habits and Coping Strategies</p>	<p>Self-Acceptance Activity (30 min)</p>	<ul style="list-style-type: none"> • Promote self-acceptance among teachers, who can then model and share it with students

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Section 1: Noticing When We Need to Support Our Students	Embracing Vulnerability <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that it is common to fear vulnerability when we feel different or alone • Practice the skill of seeing vulnerability as a strength
Section 2: Encouraging Positive Behaviours and Growth	Accepting Ourselves <i>(30 min)</i>	<ul style="list-style-type: none"> • Explore & practice self-acceptance through reflective writing/voice or video recording and/or creative expression
Section 3: Effective Communication and Emotional Support	Practicing Active Listening <i>(30 min)</i>	<ul style="list-style-type: none"> • Understand that being an active listener is a way to show respect to others • Practice the skill of identifying nonverbal & verbal cues to show active listening
Section 4: Promoting Healthy Peer Relationships	Loneliness & The Power of Connection <i>(28 min)</i>	<ul style="list-style-type: none"> • Understand the cycle of loneliness & isolation • Practice the skill of connecting with peers who may be struggling
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Self-Care Journal Entry <i>(10 min)</i>	<ul style="list-style-type: none"> • Understand that consistent self-care practices are valuable & important • Practice the skill of reflecting on current self-care practices

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Section 1: Noticing When We Need to Support Our Students	'How Do You Express Your Mental Health?' Student Showcase <i>(30 min)</i>	<ul style="list-style-type: none"> This project aims to raise awareness about mental health in the school community. It is a chance for staff and students to learn about mental health through the stories of the students (and staff) who make up this unique community
Section 2: Encouraging Positive Behaviours and Growth	Challenging Yourself <i>(15 min)</i>	<ul style="list-style-type: none"> Understand that some beliefs or ideas can damage personal growth & overall well-being Practice the skill of identifying beliefs or actions that can limit potential
Section 3: Effective Communication and Emotional Support	Shifting Perspective <i>(15 min)</i>	<ul style="list-style-type: none"> Understand that it isn't easy to be accepting of others with different values Practice the skill of connecting & listening to others with varying perspectives
Section 4: Promoting Healthy Peer Relationships	Leadership & Mentoring: Empowering Young Minds <i>(90 min)</i>	<ul style="list-style-type: none"> Understand the importance of developing leadership skills Practice the skills of fostering empowerment through leadership & contributing positively to the well-being of the school community
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	Taking Action For Our Well-Being <i>(30 min)</i>	<ul style="list-style-type: none"> Understand that it is common to have unhelpful thoughts sometimes Practice the skills of recognizing how thoughts make us feel & challenging them when they are unhelpful

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Section 1: Noticing When We Need to Support Our Students	'Help Us, Help You' Student-Created Videos <i>(30 min)</i>	<ul style="list-style-type: none"> In this project, students create short videos to educate teachers, staff, and parents about the mental health challenges that teens face. They will specifically focus on misunderstandings or areas where adults may 'miss the mark' in comprehending their issues
Section 2: Encouraging Positive Behaviours and Growth	Challenging Prejudice <i>(15 min)</i>	<ul style="list-style-type: none"> Understand that even small actions can be impactful Practice the skill of brainstorming actions that challenge prejudice
Section 3: Effective Communication and Emotional Support	Who Am I? <i>(10 min)</i>	<ul style="list-style-type: none"> Understand that connecting with others is important for communication skills Practice the skill of communicating & connecting with peers
Section 4: Promoting Healthy Peer Relationships	Making a New Connection <i>(10 min)</i>	<ul style="list-style-type: none"> Understand that making new peer connections can be very beneficial Practice the skill of forming new peer connections based on commonalities
Section 5: Helping Students Develop Healthy Habits and Coping Strategies	The Stress of Leaving School <i>(30 min)</i>	<ul style="list-style-type: none"> Understand that anxiety & self-doubt are common when facing the unknown Practice the skill of identifying strengths that will help with future challenges



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