

<b>Mental Health</b>		
<b>General</b>		
<b>Author:</b>	<b>Details:</b>	<b>Link:</b>
Natalie Anderson, Alison Heath	<b>CLB 3-8 Modules:</b> Mental Health for Everyone →various SB/SU/assessments related to mental health tailored to each CLB level -paper based with <a href="#">audio files/video links</a>	<a href="https://tutela.ca/Resource_39996">https://tutela.ca/Resource_39996</a>
<b>CLB 1/2</b>		
<b>Author:</b>	<b>Details:</b>	<b>Link:</b>
Jessica Leslie	<b>Literacy:</b> Zones of Regulation → framework of four colours that correlate to different emotional states. Teaches individuals to identify emotional states and attach these to matching coping skills.	<a href="https://tutela.ca/Resource_48168">https://tutela.ca/Resource_48168</a>
OPH-OCDSB	Lesson and Assessments: Mental Health (Stress) -paper-based	<a href="https://tutela.ca/Resource_18978">https://tutela.ca/Resource_18978</a>
Canadian Mental Health Association, BC Division	Lesson plan: Mental Health (Anxiety) -paper-based with <a href="#">audio files</a>	<a href="https://tutela.ca/Resource_28162">https://tutela.ca/Resource_28162</a>
Canadian Mental Health Association, BC Division	Lesson plan: Mental Health (Depression) -paper-based with <a href="#">audio file</a>	<a href="https://tutela.ca/Resource_31919">https://tutela.ca/Resource_31919</a>
Nicole Bodner	Lesson Plan: How People Relax in Canada -paper based with audio file	<a href="https://tutela.ca/Resource_28165">https://tutela.ca/Resource_28165</a>
<b>CLB 3/4</b>		

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OPH-OCDSB	Lesson Plan and Assessments: Mental Health -paper based	<a href="https://tutela.ca/Resource_18979">https://tutela.ca/Resource_18979</a>
Canadian Mental Health Association	<b>CLB 3</b> Module: Helping an Anxious Child -paper based with <a href="#">audio files</a>	<a href="https://tutela.ca/Resource_39691">https://tutela.ca/Resource_39691</a>
Marisa Benedetti, Charlene Wang Wellness	Meditation Activity - <a href="#">H5P activities + online videos</a>	<a href="https://tutela.ca/Resource_40932">https://tutela.ca/Resource_40932</a>
Melanie Gerritsen	<b>CLB 3/4:</b> Module – Gratitude - <a href="#">H5P activities</a> and paper-based activities	<a href="https://tutela.ca/Resource_44812">https://tutela.ca/Resource_44812</a>