

Healthy Minds Healthy Children

MORE

Mental Health Online Resources for Educators



Health Promotion

Health Promotion modules assist schools to be a healthy setting for living, learning and working. This includes fostering optimum physical and mental health and preventing negative health behaviours/outcomes in children and youth.



Popular Modules

Creating a Learning Environment that Promotes Mental Health

Kids Have Stress Too! Tools for Resilience

Kindness in the Classroom

Mindfulness in the Classroom

Promoting Self-Regulation in the Learning Environment

Strategies for Promoting Positive Behaviour in Classrooms

Teaching Respect in the Classroom

Whole School Approach: Supporting Positive Mental Health

*You're off to Great Places!
Today is your day!
Your mountain is waiting, So... get on your way!
~ Dr. Seuss, Author*

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growing healthy minds, supporting healthy children