

Gr 6-8 Mental Health Education Instruction/The Positivity Project

P2 Character Strength	Mental Health Standard(s)			
Other People Matter Mindset				
Curiosity	1A. There are many factors that can influence one’s mental health, including family, environment, genetics brain chemistry, health behaviors, personal values, peers, media, technology, culture and community	1C. Individuals experience a full range of emotions and can learn to recognize them and predict their normal course.		
Teamwork	1B. Individuals can build resilience by working through adversity & they can build it by communicating with others who have been through similar experiences 3B Individuals acknowledge that there are issues that cannot be managed independently & require support/assistance			

Open-Mindedness	2B. Demonstrating empathy, compassion and acceptance for others is an important aspect of healthy relationships. It can benefit one's overall mental health as well as the health of those around them.	2B. Demonstrating empathy, compassion and acceptance can support others who are dealing with mental health issues and is important towards reducing stigma.		
OPM2 - Identifying and Appreciating the Good in Others	2B. Demonstrating empathy, compassion and acceptance for others is an important aspect of healthy relationships. It can benefit one's overall mental health as well as the health of those around them.	2B. Demonstrating empathy, compassion and acceptance can support others who are dealing with mental health issues and is important towards reducing stigma.		
Integrity	2A Individuals can learn healthy ways to use social media & technology; one must develop a balanced approach to their tech. use which can impact mental health			
Perspective	1B.Individuals' self-esteem is developed over time and can be	1C. Individuals experience a full range of emotions and can learn to recognize	2B. Demonstrating empathy, compassion and acceptance for others is an	

	<p>influenced by many internal and external factors.</p> <p>1B. Individuals can enhance their self-esteem by participating in activities that make them feel good about themselves or increase their confidence.</p>	<p>them and predict their normal course.</p>	<p>important aspect of healthy relationships. It can benefit one's overall mental health as well as the health of those around them.</p> <p>2B. Respecting the experience of others, accepting differences and establishing healthy boundaries are all part of balanced mental health.</p>	
Creativity				
Bravery	<p>3B Individuals acknowledge that there are issues that cannot be managed independently & require support/assistance</p>			
Gratitude	<p>2C. Demonstrating gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, can benefit one's own health as well as the health of those around them.</p>			
OPM2 - Knowing my words & actions affect	<p>3B Individuals understand that if</p>			

others	symptoms of mental illness/challenges affect relationships, responsibility & recreation of self or others indiv. need to seek help			
Kindness	3c Individuals identify helpful personal family & community resources that can help self & others			
Humility				
Self-Control	<p>1A. Individuals describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.</p> <p>1A. Individuals can develop coping skills to work through challenging situations.</p>	2B. Respecting the experience of others, accepting differences and establishing healthy boundaries are all part of balanced mental health.		
Perseverance	1B. Failures and challenges may be beneficial learning experiences that provide individuals with opportunities for growth.	1B. Individuals can build resilience by working through adversity and they can build it by communicating with others who have been through similar		

		experiences.		
Hope	1B. Individuals' self-esteem is developed over time and can be influenced by many internal and external factors.	1C. Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health.		
Prudence	1C. Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health.	3B. Individuals acknowledge that there are issues that cannot be managed independently and require support/assistance. 3B. Individuals understand that if symptoms of mental illness/challenges affect relationships, responsibilities, and recreation of self or others, individuals need to seek help.		
OPM2 - Supporting Others When They Struggle	3B. Individuals acknowledge that there are issues that cannot be managed independently and require support/assistance.	3C. Many trusted adults and community resources are available to help individuals with their mental health needs. 3C. Individuals identify	3D. Effective communication and self-advocacy skills are necessary in order to obtain appropriate mental health resources for self and others.	

	<p>3B. Individuals understand that if symptoms of mental illness/challenges affect relationships, responsibilities, and recreation of self or others, individuals need to seek help.</p>	<p>helpful personal, family and community resources that can help themselves and others.</p>		
<p>Social Intelligence</p>	<p>2A. Healthy communication skills help to maintain overall health.</p> <p>2A. Individuals can develop healthy communication skills through role modeling and authentic practice.</p> <p>2A. Individuals' use of body language and tone of voice are important parts of communication.</p> <p>2A. Individuals can learn healthy ways to use social media and technology; one must develop a balanced approach to their technology use which can impact mental health.</p>	<p>2B. Respecting the experiences of others, accepting differences and establishing boundaries are all part of balanced mental health.</p>	<p>3A. Individuals recognize that sharing feelings is a healthy action.</p> <p>3A. Individuals can describe the warning signs, risk factors, and protective factors for depression, anxiety, eating disorders, and suicide.</p>	
<p>Love</p>	<p>2A. Individuals can learn</p>	<p>3C. Many trusted adults</p>	<p>3D. Effective</p>	

	<p>healthy ways to express all emotions to promote health enhancing behavior, support relationships and reduce conflict.</p>	<p>and community resources are available to help individuals with their mental health needs.</p> <p>3C. Individuals identify helpful personal, family and community resources that can help themselves and others.</p>	<p>communication and self-advocacy skills are necessary in order to obtain appropriate mental health resources for self and others.</p>	
Enthusiasm				
OPM2 - Cheering Others' Success				
Love of Learning	<p>1B Individuals can enhance their self esteem by participating in activities that make them feel good about themselves or increase their confidence</p>			
Forgiveness	<p>2C. Demonstrating gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, can benefit one's own health as well as the health of those around them.</p>			
Fairness				

Humor				
OMP2 - Being Present and Giving Others my Attention	2A Individuals can learn healthy ways to use social media & technology; one must develop a balanced approach to their tech. use which can impact mental health			
Appreciation of Beauty & Excellence				
Purpose				
Leadership				