



**March 2022**

School Mental Health Ontario: Everyday Classroom Resources

<https://smho-smso.ca/>

With events in Ukraine on going, students may want to learn about, and support the families of Ukraine. One way to do that is to build their knowledge of the culture. As student knowledge builds, so will their empathy and compassion, and their ideas on how to show that support.

### **5 Ways to Explore Ukraine with students to grow their social emotional skills and curiosity**

1. **Icons and Hero's.** Who are important icons and hero's in Ukraine? How are they important? What are their stories?
2. **Places of Importance.** What places are important? What is the history? Do we have similar places of importance here?
3. **Food.** What kinds of food are eaten regularly and for special occasions? How is food grown? Sold?
4. **Commercials and media.** Are there commercials for toys? Games? Local children's programming?
5. **Children's Books.** What books are read to children in Ukraine? Do we have similar books here? Explore the images in some books from Ukraine and discuss the similarities and differences to books we read here.

### **Little Things, Big Differences**

Simple, everyday classroom practices promote positive mental health and develop social emotional skills. 6 core skills to choose from!

[Everyday Mental Health Classroom Resource Elementary](#)

[Everyday Mental Health Classroom Resource Secondary](#)

### **Conversation Starters during World Events**

Students may be feeling a range of emotions about world events and will seek educators for support. You may be concerned about how to best support these conversations. School Mental Health Ontario has several info sheets to support these important conversations:

[Info Sheet: Supportive Conversations With Students During Challenging World Events](#)

[Info Sheet: Ways to Help Students In Response to World Events](#)