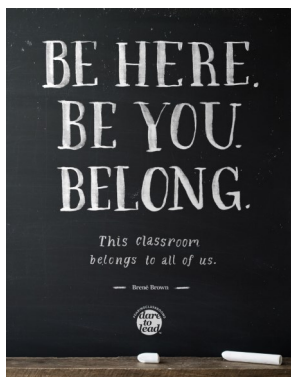
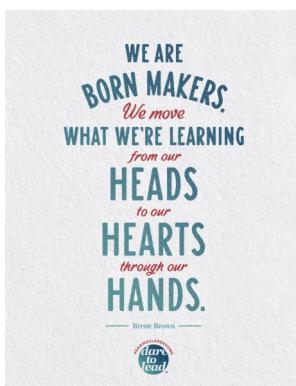


Communication Strategies, Resources and Visuals to Support Mental Health

Create a Communication Friendly Learning Environment Where Everyone Feels They Are Welcome, They Belong, and They Are Included

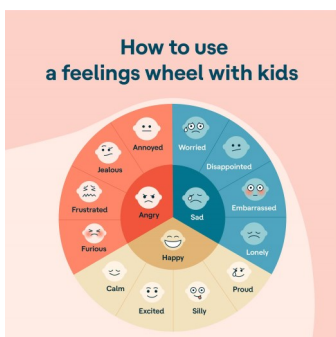
Resource: Building Brave Spaces For Students - [Daring Classrooms Hub](#)

The Daring Classrooms Hub has a collection of resources for educators including art, posters, read-along and a learning lab for educators.



Promote Social Connection Through Modelling Conversation Skills

The feelings wheel for kid's is a downloadable activity for younger students to identify emotions. It can help make the connection between feelings, body sensations and words. The feelings wheel to the right is for use with older students, Students can scan the wheel to discover what adjective best describes their current emotions. On one side of the wheel are feelings when needs are met, the other side of the wheel are feelings when needs are not met.



Develop Emotional Vocabulary Through Oral Language

From the Daring Classroom's Hub, two great activities on values and engaged feedback. Explore what values are important to students, and a checklist on when we or students are ready to give engaged feedback productively with examples. A great discussion piece for intermediate and secondary students, and even adults!



Support the Ability to Tell a Story and Recount a Personal Event—Two different and fun visuals to discuss and describe feelings in the moment or after a conflict!

