**Application Form for Grades K – 9**

**Projects, presentations, materials and resources in Yukon schools**

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| Application for: Projects, Presentations \_\_\_\_\_Resources, Materials \_\_\_\_\_ |
| Agency/Department: Yukon Workers Compensation Health and Safety BoardDate of Submission: 25/05/2018Contact Name: Natalie ThiviergePhone Number:332-1056Email:Natalie.thivierge@gov.yk.ca |
| Request initiated by: |
| Title of project, presentation, resource or material:Mental Health (this will change) |
| Grade | [Subject](https://curriculum.gov.bc.ca/curriculum) | Big Ideas | Curricular Competencies | Content |
| 6/7 | Health and Career planning | Healthy choices influence our physical, emotional, and mental well-being. | Describe and assess strategies for promoting mental well-being, for self and othersDescribe and assess strategies for managing problems related to mental well-being and substance use, for others | Healthy options to relieve stress. What is mental health? How do we recognize and react when we aren’t feeling our best and what are some tools to get us back into the zone where we feel our strongest.  |
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| How will this presentation, project, resource or material enhance Yukon schools?Mental health is a subject that is being addressed in the workplace as well as in the classroom. This presentation focuses on some of the issues we all face and provides some ideas on how to take care of ourselves and others around us.  |
| Please list and attach any professional review of this work.Yukon Mental Health Association, Liza Manolis, Brenda Jenner |
| Any additional information that you would like to supply should be provided on separate pages.I have gone through the presentation with Liza and Brenda but I can also provide details if necessary (presentation and activities) |
| Forward application to the Project Approval Committee: curriculum@gov.yk.ca |
| Department Resource Committee Review Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Approved: Yes \_\_\_\_\_ No \_\_\_\_\_Reasons if application is declined:  |
| Approved for:  |
| Restrictions, if any:  |