

TEACHER RESOURCES: REFLECTION

Encourage students to reflect on the following prompts individually or lead a large group discussion.

1. What are ways you can support a friend's mental health from home?
2. Think of some possible unhealthy coping mechanisms you may have (We all have them and that is okay), what are some ways to combat practicing these habits?
3. What checking-in habits (e.g., journal, phone calls) do you find the **most** helpful? Why?
4. What does being kind (e.g., to yourself; to others) mean to you?
 - a. What are some ways to extend kindness from home?
 - b. How do you, your friends and family respond to kindness?
5. What are some things you've been doing to take care of your mental health?
6. What is mindfulness? How does it help? How can we practice being more mindful?