



Curated Resources for Mental Health and Mindset

The Centre of Excellence for Mental Health (CEMH) is an English language, Quebec-based organization which assists schools in the implementation of best practice approaches in prevention, intervention and research in the field of mental health. They have a wealth of information and resources for educators on a variety of topics, including **anxiety, depression, and substance abuse.**

<http://cemh.lbpsb.qc.ca/educators.htm>

In addition, the CEMH regularly produces newsletters (or “Postcards”), which helpfully summarize practical advice for students, teachers and families on specific mental health concerns in children and teens:

<http://cemh.lbpsb.qc.ca/newsletters.htm>

LearnStorm Growth Mindset Activities

Khan Academy and LearnStorm collaborated to create a series of Mindset lessons/activities designed for teachers to use with their students, or students to follow on their own. This set of six guided lessons includes information, videos and resources to help students understand what “mindset” is, and how they can develop a “growth” mindset as opposed to a “fixed” mindset.

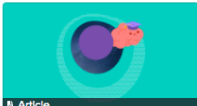
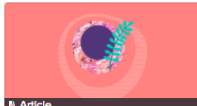

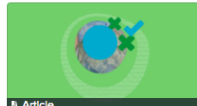
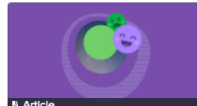
<https://www.khanacademy.org/partner-content/learnstorm-mindset-activities-17>

LearnStorm growth mindset activities

Topics

Activity #1: The truth about your brain Activity #3: Which voice will you hear? Activity #5: Overcoming frustration Growth mindset teacher resources
 Activity #2: Supercharge your growth Activity #4: Turning mistakes into opp... Activity #6: The path forward See descriptions ▾

Recommended

				
Article Activity #1: The truth about your brain Get started!	Article Activity #2: Supercharge your growth Get started!	Article Activity #3: Which voice will you hear? Get started!	Article Activity #4: Turning mistakes into opportunities Get started!	Article Activity #5: Overcoming frustration Get started!