

HEALTHY MINDS, HEALTHY YOUTH: A SPEAK UP LESSON ACTIVITY

Overview of Lesson Activity**1. Introducing topic of mental health**

Student Handout: Why Mental Health?

2. Student Learning Activity

mindcheck.ca – a resource for learning about mental health

Class is divided into groups who are assigned one of the mental health conditions on mindcheck.ca

Each group researches the condition and presents what they learned to the rest of the class.

