



Supporting Student Mental Health

Practical Classroom Resources for K–12 Teachers

The Canadian Mental Health Association (CMHA) is leading this year's Mental Health Week that takes place from May 4 - 10, 2026 centred by the theme, **"Come Together, Canada"**.

The following resources highlight simple, everyday ways educators can foster connection, belonging, and emotional well-being in classrooms, schools and communities. Each tool supports students in building awareness, reaching out for support, and strengthening relationships—key protective factors for positive mental health.





CMHA's Mental Health Week Toolkit for Schools

Target audience: *Elementary to high school (Grades K - 12)*

- Timely, themed activities and messaging aligned with “Come Together, Canada”
- Offers school-wide engagement ideas (announcements, campaigns, classroom activities)
- Helps educators connect individual classroom practices to a broader community initiative



My Circle of Support

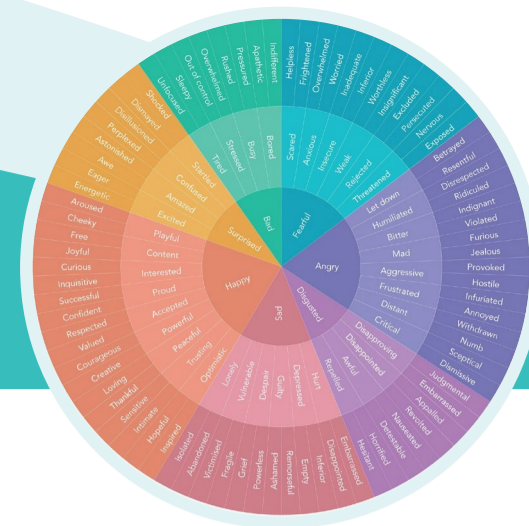
Target Audience: *Upper elementary to high school (Grades 4–12)*

This student-friendly planning tool helps learners identify trusted people, places, and supports they can turn to during challenging times. It encourages help-seeking behaviour and normalizes conversations about mental health.

Key Benefits for Teachers:

- Promotes connection and belonging by helping students map their support networks
- Provides language stems to initiate conversations (e.g., “I’ve been feeling... can I talk to you?”)
- Reinforces well-being strategies such as sleep, movement, time outdoors, and social connection
- Includes crisis and community supports, increasing awareness of where to go for help

This resource explicitly reminds students that “safe and supportive people care about me,” while also offering practical steps for reaching out and accessing help when needed.



Feelings Wheel

Target Audience: *All grades (adaptable K–12; especially effective Grades 3–12)*

(Insert image and citation from this site: <https://www.calm.com/blog/the-feelings-wheel>)

The Emotion Wheel expands students' emotional vocabulary by organizing feelings into categories (e.g., happy, sad, angry, fearful) and more nuanced descriptors.

Key Benefits for Teachers:

- Builds emotional literacy, a foundation for self-regulation and mental health
- Supports class discussions, check-ins, and reflection activities
- Helps students move beyond "fine" or "upset" to more precise emotional expression
- Encourages empathy and perspective-taking in classroom communities

The visual shows a range of emotions from core feelings (e.g., "happy," "sad") to more specific ones like "hopeful," "isolated," or "frustrated," helping students better articulate their experiences. By strengthening emotional language, this tool helps students communicate more openly and build meaningful connections.



Mental Health Literacy

Target Audience: *K–12 educators (with resources adaptable across grade levels)*

This Recovery Alberta website offers evidence-informed, curriculum-aligned resources designed to improve students' understanding of mental health, reduce stigma, and support help-seeking.

Key Benefits for Teachers:

- Provides ready-to-use lesson materials and classroom strategies
- Builds teacher confidence in addressing mental health topics
- Emphasizes early intervention and prevention
- Supports integration into health, wellness, and cross-curricular learning

Connection to “Come Together, Canada”:

Mental health literacy empowers both students and educators to recognize when someone may need support and to respond with understanding—strengthening community and collective care.