



How does it work?

Looking for inspiration? Check out these implementation ideas

I'm looking for a fun activity to enhance a school lesson or youth session

- Go to MAP, find a specific type of exercise (e.g., video, article, song) and scan the columns for things that are important to you: title, content, theme, where to find it. Each piece includes content and activity ideas to use with youth in one-on-one or group settings.
- Check out the links to “You might also be interested in” for related activities.

I'd like to create a lesson plan or module

- Use the MAP to find a core activity to build a lesson around. You can search the map by type of activity, title, theme or content.
- Explore the activity and the “You might also be interested in...” suggestions
- Decide which activities are a good fit for the youth and the time and space available for the lesson or workshop.
- Combine a number of activities together to create a lesson plan

Examples:

1. A Grade 7 teacher with a 1 or 2-hour window for health-related material might choose to:

- Show the Mental Health 101 video (or the What Does Mental Health Mean to You? video), and follow up with a short class conversation using the reflective questions.
- Show the Stress video.
- Try Hopscotch, starting with brainstorming stressors, followed by working on physical strength and balance, and engaging in peer support.

**If time permits, you could show the Finding Your Balance video, followed by a group discussion. Or you could extend the lesson with a research assignment that invites the pairs of youth to look into ancient or modern health practices and present their findings to the group.*

2. A program leader with a group of youth in their mid-teens might choose to:

- Start with Leif's Story video, and follow up with small-group discussions and a debrief.
- Invite youth to explore the 4 Ds tool.
- Try the Mindful Walking exercise.
- Check out the art activities in Cannabis Use Risks or Harm Reduction Tips.



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3. A high school Social Studies or Social Justice teacher might want to focus on the War on Drugs:

- Show the Irony and Injustice video, and follow up with the discussion questions. Use the Social Determinants of Health tool to guide the discussion.
- Add art to the lesson. Use the social determinants of health lens to explore the Take a Minute song and exercises, or the Wu-Tang Clan: What's in a name? article and activities.

4. A parent or youth ally interested in Science might decide to:

- Connect with youth by watching the What is Psychosis? video and walking through the reflect and discuss questions.
- Listen to the Ride song and explore the related activity.
- Check out the Inner Feel-Good Factory video and related handout.