

Mental Health Connectedness for Schools Timing Guide



TOTAL: 60 Minutes

SLIDES 1 - 3 (5 minutes)

- Check In, Title and Learning Objectives

SLIDES 4 - 6 (6 minutes)

- KP Online Course Review

SLIDES 7 - 12 (10 minutes)

- Psychologically Healthy Workforce Slides

SLIDES 13 - 14 (7 minutes)

- Activity: Well-Being Check

SLIDES 15 - 18 (10 minutes)

- Why Now?

SLIDES 19 - 25 (14 minutes)

- Stress Awareness

SLIDES 26 - 28 (6 minutes)

- Reframing/Scenario 1

*CLOSING/Evaluation (2 minutes)



OPTIONAL

*If you have longer than hour implement one or more activities from the menu below:

- Suitcase Activity
- Well-Being Action Plan
 - Can chart or use Jamboard if virtual
- Mental Health Connectedness Peer Practices
 - Ask staff members to set SMART goal between now and next session



To access the Mental Health Connectedness for Schools
Google Folder [CLICK HERE](#)