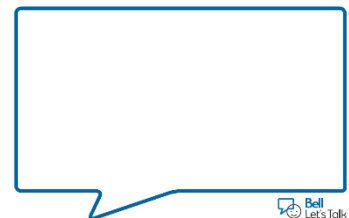


## Engagement ideas for schools

- Reach out to a local mental health organization and ask a professional working in youth mental health to deliver a virtual presentation and share community resources available to students.
- Put up a Bell Let's Talk [poster](#) in your school, virtual classroom or share with students to print at home.
- Practice self-care as a class throughout the month of January with the [Self-Care Activity](#).
- Learn more about some of the organizations that are delivering mental health supports across Canada [here](#).
- Create a [Kindness Box](#) (print and digital versions available) for students to write themselves or others uplifting messages.
- Use the Bell Let's Talk [Chatterbox](#) activity to encourage meaningful conversations in the classroom or at home.
- Talk about actions big and small students can take to help create positive change around mental health.
- Have a discussion in your classrooms about the adults in students' lives that they can talk to if they're facing a mental health issue.
- Encourage students to take a mindfulness break with the Bell Let's Talk [mandala art](#).
- In your health or art class have students use the [talk bubbles](#) to write or draw an action they can take to join in and help create positive change.

## More lesson ideas and resources:



- Talk about the [5 simple ways](#) to end stigma in your classroom:
  - Language matters
  - Educate yourself
  - Be kind
  - Listen and ask
  - Talk about it

- Visit the [Kids Help Phone](https://www.kidshelpphone.ca/) website to access resources for teachers and schools.
- Visit the [Jack.org](https://www.jack.org/) website to find virtual resources for secondary students or book a virtual Jack Talk.
- Take action to create positive change by doing one or more of the actions below:
  - Choose a mental health organization to learn about or support
  - Help a friend struggling with mental health issues by learning ways to support them
  - Ask about how your school, workplace, or community is creating change for mental health
  - Nurture your own well-being by practicing and learning mental health strategies
  - Get involved in a mental health initiative or organize an event to support mental health
  - Engage in conversations about mental health to fight the stigma

As an ongoing activity brainstorm one action per day/week that is meaningful to you and your class and take time each day/week to complete the action. Share your class or school's actions using #BellLetsTalk to help inspire others to create positive change.

Visit [letstalk.bell.ca](https://letstalk.bell.ca) to learn more about these actions.

