

Welcome to School Mental Health Ontario's Wayfinder!



Your grade-by-grade guide to teach about mental health

What is Wayfinder?

Wayfinder is a tool for educators that gathers mental health learning resources in an easy-to-use and sequenced way. This digital, clickable guide offers a variety of mental health lessons and learning activities organized by grade, including virtual field trips, lesson plans, read alouds, grab and go activities, and much more.

Features include:

- grade-specific resources
- scaffolds mental health literacy learning and strategies
- offers versions for:
 - » kindergarten
 - » elementary (one Wayfinder each for grades 1-8)
 - » secondary
- organized by:
 - » core mental health literacy lessons linked to HPE curriculum
 - » complementary learning activities
 - » tools to support and consolidate learning
- designed to show resources that include:
 - » press and play videos
 - » parent/caregiver communication supports

Wayfinder offers an alternative to packaged proprietary mental health and social-emotional learning programs. It gathers together the same kind of mental health learning and has many additional benefits:

- created by educators and mental health professionals
- reflects our Ontario context and curriculum
- focuses on affirming student identity
- aligns with other school/board mental health initiatives
- no cost and easy to download
- easy to use
- frequent reviews and updates to reflect new resources



What are the related resources and tools to support consolidation of learning?

RESOURCES AND TOOLS	
Review and Reflect	<ul style="list-style-type: none">• Suggested strategies to review the lessons, activities, and key learnings and remind students of all they have learned about mental health and themselves.• A brief Communication to Parents and Caregivers to share the learning, offer ideas to help continue the conversation and share suggestions for where to learn more.• A My Summer Backpack graphic organizer with space for students to record things they have learned, their preferred mental health strategies, and other ideas and supports.
Celebration and Transition Tip Sheet	<ul style="list-style-type: none">• Suggestions of ways to celebrate the school year and all that students have learned, anticipate what is coming next (including the next school year or the transition to/ from secondary school), and equip students for summer (e.g., ensuring they know who is available for support)

How can Wayfinder be used?

- Begin the school year with Wayfinder's suggested 10-month progression plan
- Find other entry points into the learning (e.g., integrate the learning into strategic opportunities such as mental health week or before EQAO)
- Access individual resources in the way that works best for you
 - » Wayfinder is meant to be flexible, as per educator and classroom needs
 - » It offers one of many ways to bring together the resources available through School Mental Health Ontario and Ontario curriculum.

[Click here](#) to learn more, or to download your grade-by-grade guide to teach about mental health, and get started today!