



Wayfinder:

Key Messages for School and System Leaders

What is Wayfinder?

Wayfinder is a tool for educators that gathers mental health learning resources together in a **sequenced** and **grade specific** way. This digital, clickable guide offers a variety of mental health lessons and learning activities that support mentally healthy learning environments, develop mental health literacy, and promote strategies to support mental health.

Share about Wayfinder using these supports:

[Staff meeting slide deck](#)

[Overview video](#)

Wayfinder is differentiated to fit the content and needs of each grade level:

Kindergarten	One integrated chart based on the four Kindergarten frames – sample
Grades 1-6	One chart per grade built around SMH-ON's HPE lessons - sample
Grades 7-8	One chart per grade built around the MH 7/8 Ministry of Education modules - sample
Grade 9-12	One integrated chart that demonstrates a progression of MH learning with a focus on student agency, leadership, and participation - sample

Why use Wayfinder?

- created by educators and mental health professionals to reflect Ontario context and curriculum
- focuses on affirming student identity
- easy to download and use
- a free alternative to packaged mental health and social-emotional learning programs





How do you get Wayfinder?

Sign up at smho-smso.ca/wayfinder. Links to download Wayfinder (K-12) are sent after new subscribers confirm their email address. Subscribers will also receive follow-up messages with more information, updates, and additional supports.

To ensure staff receive **Wayfinder** emails, ask your IT department to add info@smho-smso.ca to a safe senders list.

Reflection Questions

How can Wayfinder help...

- build educator comfort and confidence when teaching about mental health?
- create consistent mental health learning across grades through a whole system/school approach?
- support priorities in the school climate survey and School/Board Improvement Plan?
- support mental health learning at home through parent and caregiver engagement?
- support the implementation of PPM 169: Student Mental Health?

If you are accessing this information through a print copy, scan this QR code to view the digital format and access the embedded links.

