



Cool Kids

Description: “Cool Kids”- Cool, Calm, Caring and Connected. This program was created using best practices compiled from researched based resources to teach students about self-management skills, self-awareness skills, responsible decision making and healthy relationship skills. These students will also gain the mental health benefits associated with this program.

This program offers students opportunities to explore:

- Different feelings and emotions, understanding why they feel the way they do
- Learning self control techniques, understanding what their triggers/stressors are
- “Flipping Your Lid”
- Coping skills and calm down strategies
- Tools to help them become a positive and resilient person
- Self confidence
- What empathy is
- How to be a good friend

Purpose or Goal of the program: The purpose of this program is to promote and build mental health capacity through presentations, activities, and group discussions.

Number of Participants needed (minimum/maximum): This group has no maximum or no minimum participation amount.

Materials & Space needed: Depending on the activities chosen, students may require craft supplies. The facilitator may bring stories to accompany lessons. The program can be run in the classroom.

Supervision needed: Recommended to have minimum of 1 teacher and 1 facilitator

Time commitment: There are 14 lessons. Each lesson requires approximately one hour of classroom time.

Cost: Varies by activities and supplies chosen.