

Mindfulness for Teens



School



Home



Online Program/Videos

PHE Curricular Competencies: Mental Well-being

Audience(s): Grades 6-12

Hyperlink: [Mindfulness for Teens](#)

Description

Mindfulness for Teens is a website that was created by Dr. Dzung Vo of BC Children's Hospital. Dr. Vo provides information, tools, and resources to help teens engage in mindfulness. These resources include videos that share youth voices about mindfulness and recorded guided meditations.

Objective(s)

Mindfulness is about living fully in the present moment. It is a powerful technique that has been proven to improve mental health. More specifically, mindfulness can help to reduce stress and anxiety, strengthen our immune systems and improve sleep.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

Grades 6-8: Describe and assess strategies for promoting mental well-being, for self and others.

Grade 9: Analyze strategies for promoting mental well-being, for self and others.

Grade 10: Evaluate and explain strategies for promoting mental well-being.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created by Mindfulness for Teens.