

BoosterBuddy



School



Home



App

PHE Curricular Competencies: Healthy and Active Living, Mental Well-Being

Audience(s): Grades: 6-12

Hyperlink: [Island Health Authority](#)

Description

BoosterBuddy is your friendly sidekick to help you manage your personal wellness journey. BoosterBuddy was created by Island Health in collaboration with teens and young adults with lived experience. Download the app for free from the App Store or on Google Play.

Objective(s)

The app will take you through a series of daily quests where you can earn achievements and sustain positive habits. These habits include using coping skills, keeping track of appointments and medications, and following self-care routines.

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