



Mental and Emotional Wellness Lesson Plans for Middle and High School Health Teachers

8 Complete Plans That Go with “Anxiety, I’m So Done with You!” Book

1. Anxiety and Depression and Where They Come From.
2. Mindfulness and Mastery of Thoughts and Behaviors.
3. Problem Solving: Building Self-Confidence and Adaptation Skills.
4. Active Listening, Positive Psychology, and Gratitude.
5. Relationships: Understanding Boundaries, and Fostering Community.
6. Growth Mindset & Self-Compassion.
7. Navigating the Modern World: Risks of Social Media, Reading the World and Honing Empathy.
8. Happiness Habits: Essential Self-Care Practices for Health-Span and Lifespan.

- **8 Complete Lesson Plans**
- **8 Skill-Based Class Activities**
- **15 Educational Videos**
- **36 Printable Handouts**
- **8 Skill-building assignments**
- **Assessment Rubrics**
- **Comprehensive Teacher Training and Resource Lists**

Each Lesson Plan Features:

- **Engaging videos** that capture attention and foster understanding
- **Interactive discussion prompts** to encourage reflection and dialogue
- **Fun, practical activities** designed to help students release toxic stress, empower themselves emotionally, and rewire their brains for happiness.

BONUS Teacher Training:

Learn mental health theory, the needs of adolescents, & navigating sensitive conversations.



Mental health lesson plans proven to improve emotional wellness in students and teachers

compasscurriculum.com

Date: _____
 Bill to: _____
 Your School: _____
 Address: _____



Ophiuchus Rise LLC
 470 St Joseph St
 Rochester NY 14617

Date	Item Description	Price	Qty	Total
	Compass Curriculum - One, 1-year license	99.00		
	Same school, additional teacher licenses	39.00		
	Redirect Cards - An SEL Activity	22.99		
	EnCompass Card Game - An SEL Game	22.99		
	Anxiety, I'm So Done With You - Paperback	9.00		
	Anxiety, I'm So Done With You - AudioBook	4.00		
	SEL Posters - Set of 5	25.00		
	Staff Mental Health Training	Contact Dr. Jodi		
	Student/School Workshops	Contact Dr. Jodi		

THANK YOU!

Total: _____

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SHAPE attendees get \$25 off the curriculum.

*Expires Dec 31, 2025