



Chapter 8: Natural Supports – Lesson Plan

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 8

Learning Objectives

- Understand what natural supports are
 - Identify different ways natural supports can help with mental health
 - Learn how to find your natural supports
-

Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you'd like to work on or improve
 - Bud: One thing you are looking forward to
- In terms of mental health and suicide, what do you think we mean by "natural supports"?

Toolkit Chapter Review and Story (pp. 30-33)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- What are natural supports? (Define) What are some examples?
- Who can be a natural support?
- Why are natural supports so important for mental health and suicide prevention?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn't like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?