

Lesson 1

Promoting Mattering for Self and Others

S4L: Skills4Life
Social Emotional Skills
for Career Studies

Secondary



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

ONTARIO ENGLISH
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Skills4Life goals

In this unit, we will:

- Understand the importance of mattering and positive motivation
- Explore our identities and acknowledge our strengths
- Learn effective communication and conflict resolution skills
- Examine the stress linked to change and transitions and
- Identify strategies to help manage stress



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We are learning

To demonstrate an understanding of mattering and its connection to well-being.

To practice skills that contribute to creating a positive and inclusive culture that promotes mattering for oneself and others.



Co-creating shared classroom agreements to guide discussion

For example:

- There is room for everyone to contribute, but you don't have to share if you don't want to.
- Be open to each other's experiences and appreciate differences. Value everyone's voice...

Remember: this is a school lesson, not a time to share sensitive personal stories.



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Group brainstorm

What does it mean to matter?

- What does it look like, sound like, feel like?

What does it mean to not matter?

- What does it look like, sound like, feel like?





I MATTER



Drawing Connections

**Why is it important to
matter at work?**



Debrief



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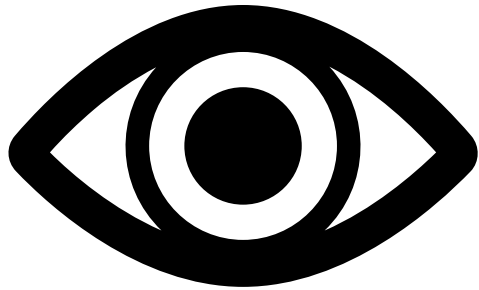
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Drawing Connections

**What can I do to promote
mattering at school/work?**



Tips: Supporting a culture of mattering



Notice others and authentically be interested in what's going on in their lives.



Tips: Supporting a culture of mattering



Communicate others' importance
by telling them about how their
specific strengths, aptitudes, and
behaviors make a difference.

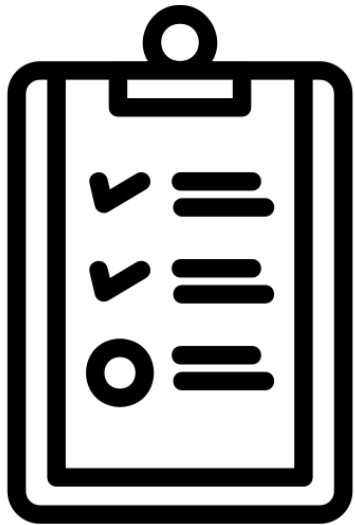


Tips: Supporting a culture of mattering



Show people they are
needed.

Revisiting the shared agreement



Any additions or
modifications?

Notebook

Think about your next year self.

Write yourself an encouraging message!



A few ideas/ reminders

- Strategies you've used to overcome past challenges
- Situations where the outcome wasn't as you expected it and it turn out okay
- Encouraging words





SAMPLE MESSAGE

Dear next year self,

*I want to tell you how proud I am of you. You're trying so many new things, which isn't always easy for you. But you are doing it. I know not everything has turned out exactly as you had planned, and that's okay! You **can't** and you **don't** control everything. You're challenging yourself and doing something different. You're outside your comfort zone and that takes courage. Ups and downs are part of the process. Everyone has them, and you will, too. And you're never stuck! You're learning things you didn't know before and you might start to see things differently or become interested in something you hadn't thought of before. If you change direction and it's going to make you happier, that's a GOOD thing. No one has this all figured out, and you don't have to, either. Just take it one step at a time, focus on what's important to you, and stay connected to the people who matter most. Take care of yourself and take some time to do what makes you happy now and then, too. You deserve it. And I know you like to do things yourself, but it's okay to ask for help if you need it.*

Remember, you are so much more than your marks or job, and you are valuable no matter what career you have. Be kind to yourself. It may not always be easy, but you are doing the best you can and that's enough. Keep going. You can do this, too. I believe in you. Yours truly,

Your last year self

Notebook Wrap Up

For myself and for others:

What am I already doing well?

What would I like to try?



Key messages

Mattering is important.

So is positively contributing to a culture that promotes mattering for yourself and others.

