

Kickstart the School Year with Iris' Units of Study

Unit 1 Healthy Minds



Unit 2 Bullying



Unit 3 Self Advocacy



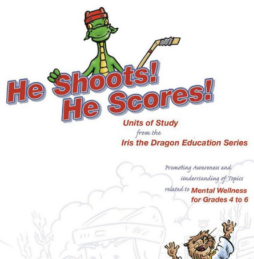
Mental health and education go hand in hand so it's important to Iris that educators are supported when navigating these conversations. The *Units of Study* equips teachers with three unique lesson plans to promote awareness and understanding of topics related to mental wellness.

By exploring themes of mentally healthy life choices, bullying and self advocacy, students are given the power to draw connections between mental health strategies and their personal experiences.

Visit our website to continue reading our newest blog post about the *Units of Study* program and how it can help educators.

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Resource Centre



Units of Study

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Let's Talk Feelings

[Free Download](#)

Prepare for Life Tip Sheet

Understanding Validating
Children & Its Importance



4-10 Years

Prepare for Life: Understanding Validation

[Free Download](#)

Prepare for Life Tip Sheet

Dealing with Compassion
Fatigue as an Educator



At School

Prepare for Life: Compassion Fatigue

[Free Download](#)

Support Iris

Funds will be used to support the ongoing maintenance of free mental health literacy tools and the development of new resources for each life stage.

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