

openparachute

Coping with COVID:

Online Wellbeing Module for Students

This video-based online Module features video stories of real teens sharing their experiences of COVID, followed by practical skills-building exercises that are easily facilitated by any teacher in a classroom or online setting.

Students Grades 6-12 develop tools for:

- Counter-acting the mental health impacts of COVID
- Building resilience when facing all forms of struggle
- Supporting re-engagement with school and learning
- Finding a hopeful future in challenging and uncertain times

Access this free resource [HERE](#)

Course Creator

Dr Hayley Watson is a Clinical Psychologist with a PhD in bullying interventions. She has been creating and delivering intervention programs globally for the past 15 years, and her mental health curriculum programs are operating in schools across the US, Canada, and Australia.



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