

## Family Newsletter:

# Mental Health and Well-being for Learning



June 2026

## Social Emotional Learning

### **Declarative Language for Emotional Regulation**

**What this means** - Declarative language is a calm, supportive way of communicating that focuses on noticing, wondering, and guiding instead of directing or correcting.

**Why it matters** - Children are more likely to stay calm and listen when they feel understood and emotionally safe. This supports social-emotional learning (SEL) by helping children build self-awareness, emotional regulation, communication, and problem-solving skills.

**How it's used** - Caregivers can make observations or wonder aloud instead of giving repeated directions or corrections. For example, instead of saying, "Put your shoes on right now," try saying, "I notice your shoes are still by the door."

**More details** - [Declarative Language](#)

### **Supporting Teens with Artificial Intelligence Friends and Digital Well-being**

**What this means** - Artificial Intelligence (AI) friends are digital chatbots or companion apps designed to simulate conversation, emotional support, or friendship, and many teens are beginning to use them for connection or advice.

**Why it matters** - Although some youth may find these tools supportive, AI companions may reduce opportunities for real-world social connection, which we know is essential for long-term health and well-being. AI friends can also promote unrealistic expectations about relationships. Some AI platforms may also expose youth to harmful advice, reinforce unhealthy thinking, or collect personal information without the same privacy protections as mental health professionals.

**Ways to support** - Caregivers can stay curious and non-judgmental by asking questions such as, "What do you think people like about AI chat apps?" or "What makes a relationship feel supportive and safe?" Encouraging and modeling balanced technology use, real-life social connection, and ongoing communication helps teens build healthy digital habits and emotional well-being.

**More details** - [AI and friendships](#)

### **Healthy Stress Management and Emotional Well-Being for Teens**

**What this means** - The end of the school year can bring increased stress as students balance exams, assignments, changing routines, social pressures, work commitments, and plans for summer. Stress is a normal part of life, and learning healthy ways to manage it supports emotional well-being.

**Why it matters** - Healthy stress management helps students maintain balance, build resilience, and stay connected to learning, relationships, and overall well-being during busy times.

**Ways to support:**

- Encourage consistent sleep, movement, and breaks from screens.
- Create opportunities for open conversations without judgment.
- Help students balance responsibilities with rest and enjoyable activities.
- Remind youth that it is okay to ask for support from trusted adults, friends, school staff, or community supports

## Helping Children Understand and Manage Big Feelings

**What this means** - As routines change near the end of the school year, children may experience excitement, worry, frustration, or bigger emotional reactions. Young children are still learning how to recognize and express feelings, and supportive, predictable environments help them feel safe and connected.

**Why it matters** - Helping children understand and manage emotions strengthens relationships, coping skills, problem-solving, and readiness for learning. Feeling understood and supported promotes positive mental health and well-being.

### Ways to support

- Help children name their feelings using simple emotion words.
- Maintain routines and prepare children for upcoming changes.
- Practice calming strategies together such as deep breathing, movement, or quiet time.
- Create opportunities for connection through reading, outdoor play, or talking together about the day.
- Model healthy emotional expression and coping strategies.

**More details:** [Big feelings: 5 ways parents can help kids learn to regulate their emotions](#)

# Mental Health Supports

## Healthy Tech Solution

The Saskatoon Industry Education Council (SIEC) is pleased to share a valuable resource designed to support parents, guardians, and school communities in navigating today's digital world. The [Healthy Tech Solution Program](#), created by psychiatrist Dr. Shimi Kang of Future Ready Minds, offers a neuroscience-based approach to helping families build healthier relationships with technology.

This free program includes 10 short video modules, each paired with downloadable discussion guides and worksheets. These resources are designed to help facilitate meaningful, age-appropriate conversations with children about technology use, grounded in neuroscience and evidence-based strategies. The program can be used independently or in group settings such as School Community Councils or parent group sessions.

The series explores important and timely topics, including:

- Technology habits and screen use
- Tech addiction and setting healthy boundaries
- Online safety, including sextortion risks
- The risks and benefits of artificial intelligence

Using Dr. Kang's Healthy Tech "Diet" Model, parents and caregivers are equipped with practical tools to support children and youth in developing balanced, healthy tech habits. Create an account for free access for all modules and downloadable resources. Participants can move through the content at their own pace or use the materials to guide group discussions within their school community.

## Rapid Access Counselling (RAC)

Family Service Saskatchewan's [Rapid Access Counselling Program](#) is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan. Virtual counselling is available to support families.

For more information and to book an appointment: [www.counsellingconnectsk.ca](http://www.counsellingconnectsk.ca)

The graphic is a white rectangular box with a pink and blue color scheme. At the top right is the 'FUTURE READY MINDS' logo. The main title 'HEALTHY TECH SOLUTION PROGRAM' is in large, bold, pink letters. Below it, 'CREATED BY DR. SHIMI KANG OF FUTURE READY MINDS' is written in smaller black text. A photo of Dr. Shimi Kang, a woman with dark hair wearing a white blazer over a blue top, is on the right side. Below the photo, the text 'ONLINE RESOURCES FOR PARENTS, GUARDIANS AND SCHOOL COMMUNITIES' is followed by a list of four benefits, each with a red checkmark icon: 'FREE PRINTABLE GUIDE PER MODULE', 'COVERS TECH HABITS AND AI USE', 'PRACTICAL WAYS TO SUPPORT KIDS', and 'EXPERT TIPS AND READY-TO-USE TOOLS'. At the bottom left is a QR code, and at the bottom right is a pink button with a white left-pointing arrow and the text 'FREE ONLINE ACCESS'. Logos for SIEC and CIBC are at the very bottom.