

# Children's Mental Health Week



## Nurturing Healthy Minds: Mental and Emotional Well-Being

### Did you know?

Taking care of your mental and emotional well-being is important for everyone regardless of whether or not you've experienced mental illness or distress. When our mind and emotional well-being are strong, you are better able to cope with the ups and downs of life. You can express your feelings and reach out for support from friends, family and members of your community if you need to.



### Feeling Stressed or Anxious? Try This!

**5-4-3-2-1 Technique:** This technique will take you through your five senses to help focus you on the present moment. This is a calming technique that can help you cope with tough or stressful situations.

What are 5 things you can see?

What are 4 things you can feel?

What are 3 things you can hear?

What are 2 things you can smell?

What is 1 one thing you can taste?

### LET'S GET ACTIVE!

- **Emotion Charades (All Ages):**

Activity to support students to express emotions and recognize the facial expression of others.

<https://smho-smsso.ca/wp-content/uploads/2020/03/Emotion-Charades-Emotion-Identification.pdf>

- **Emotions!! (All Ages):** Have students identify their emotions and how they feel throughout the week.

Some questions to consider:

What makes you mad? Have you ever felt afraid? What makes you happy? Name a time you felt sad.

\*Remember there are no right or wrong answers. Every person is entitled to these emotions.

Normalize children's feelings by acknowledging that all folks experience a range of feelings.

- **Mental Health Scavenger Hunt (All Ages):** See attached document

This activity helps students to consider ways they are special, feel hopeful, learn coping strategies, and feel safe. Please fill out the Mental Health scavenger hunt form attached. Modify instruction for Junior learners by having a conversation or having them drawing them instead.

- **Four Finger Affirmation (All Ages):**

This activity can support kids to think positively in the face of adversity. <https://smho-smsso.ca/wp-content/uploads/2020/03/Four-Finger-Affirmation-Positive-Motivation.pdf>

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## Gratitude Thoughts of the Day

Today's amazing moments: \_\_\_\_\_

How could I have made this day even better? \_\_\_\_\_

Goals/Plan for Tomorrow: \_\_\_\_\_

Today, I am grateful for: \_\_\_\_\_

## Captivating Connections

Consider Ways to Lighten the Stress Load: With support of a family member, think about what helps you to find calm. Modify to support Junior students by having them draw or express ways that support them to calm.



## Looking for More Information/Ideas?

Self-Regulation: 5 Domains of Self-Reg: [https://self-reg.ca/wp-content/uploads/2017/10/5DOMAIN\\_printable.pdf?pdf=5-domains](https://self-reg.ca/wp-content/uploads/2017/10/5DOMAIN_printable.pdf?pdf=5-domains)

The Self-Reg View on: Adolescence & Self-Regulation: [https://self-reg.ca/wp-content/uploads/2017/10/ADOLESCENCE\\_printable.pdf](https://self-reg.ca/wp-content/uploads/2017/10/ADOLESCENCE_printable.pdf)

Teens Can be Resilient in High School: A Parent's Guide <https://www.durham.ca/en/health-and-wellness/resources/Documents/MentalHealth/teenResParentGuide.pdf>

No Problem Too Big or Too Small: A help seeking resource for students by students <https://smho-smso.ca/wp-content/uploads/2019/12/Pocketbook-3D.pdf>

Kids Mental Health: <http://www.kidsmentalhealth.ca/>

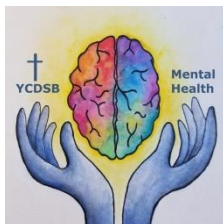
Using books to support Emotional Development: [http://csefel.vanderbilt.edu/booknook/many\\_colored\\_days.pdf](http://csefel.vanderbilt.edu/booknook/many_colored_days.pdf)



## Who can your Child or Teen Talk to about their Mental Health Concerns?

- Kids Help Phone (call/chat/text available): <https://kidshelpphone.ca/>
- Supportive Adults: Parents, teachers, mentors, guidance counsellors, and their Chaplain
  - Mental Health Professionals: Family Doctor/Counsellor/Psychologist/Psychiatrist
- Local Children's Mental Health Agencies, such as [Kinark Children and Youth](#) and [York Hills Centre for Children, Youth and Families](#)
- Local Counselling Agencies, such as [York Family Services](#) and [York Catholic Community Services](#)

*This Mental Health Week Activity Package is brought to you by:*



## Mental Health Scavenger Hunt

Something that brings you comfort	Something you could use to calm yourself if you are angry or upset
Something you are proud of	Something that brings back a happy memory for you
Something unique to you	Something with a pleasant smell
Something that expresses your personality	Something that reminds you of someone you are missing right now
Something that makes you feel safe	Something that you enjoy looking at
Something that makes you laugh	Something that helps you relax
Something that reminds you of a time that overcame a difficult situation	Something that reminds you of something you're missing about school
Something that reminds you of your faith	Something of your choice
Something that reminds you of a time that you showed kindness	Something that represents hope

## References

1. School Mental Health Ontario. (2020). 12 easy and fun mental health practices to try with your children at home: Emotion Charades. <https://smho-smsso.ca/wp-content/uploads/2020/03/Emotion-Charades-Emotion-Identification.pdf>
2. School Mental Health Ontario. (2020). 12 easy and fun mental health practices to try with your children at home: Four Finger Affirmation. <https://smho-smsso.ca/wp-content/uploads/2020/03/Four-Finger-Affirmation-Positive-Motivation.pdf>
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4. Shanker, S. The self-reg view on series: The self-reg view on adolescence & self-regulation. [https://self-reg.ca/wp-content/uploads/2017/10/ADOLESCENCE\\_printable.pdf](https://self-reg.ca/wp-content/uploads/2017/10/ADOLESCENCE_printable.pdf)
5. Durham Region Health Department. Teens can be resilient...in high school!: A Parent's Guide. <https://www.durham.ca/en/health-and-wellness/resources/Documents/MentalHealth/teenResParentGuide.pdf>
6. School Mental Health Ontario. No problem too big or too small resource pocketbook. <https://smho-smsso.ca/wp-content/uploads/2019/12/Pocketbook-3D.pdf>
7. Kids Mental Health: Parents Educational Resource. <http://www.kidsmentalhealth.ca/>
8. Book Nook: Ideas for Using Books to Support Social Emotional Development. [http://csefel.vanderbilt.edu/booknook/many\\_colored\\_days.pdf](http://csefel.vanderbilt.edu/booknook/many_colored_days.pdf)
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