

CHILDREN'S MENTAL HEALTH WEEK

All stakeholders create a culture of learning so that students come first.

Children's Mental Health Week is May 1-7, 2017 and this newsletter provides some suggestions on how you can celebrate the week in your classroom, school and work environment!

BOUNCE BACK

Accompanying this newsletter are attached Bounce Back resources. These resources provide a number of ideas and lesson plans for celebrating Children's Mental Health Week! Review the resources, find an idea and approach your school administrators, colleagues and fellow co-workers to get it started. The following are a few ideas from Bounce Back Supplementary Resources:

Hidden Hearts: Look for hidden beauty in our everyday surroundings (inside or outside). Try to find heart shaped objects that are naturally occurring.

Monumental Mandala: Use an overhead projector to create an extra large mandala design to hang on a school wall. When student walk by the monumental mandala they can help to colour it in!

Wellness Writer Wall: Set up a visual tracking system (e.g. mural paper) for students to record activities they do to keep mentally well.

Wellness Apps



[MindShift](#)



[BeSafe](#)



[thinkfull](#)



[Simply Being](#)



[Mind Your Mood](#)

Connecting to the Medicine Wheel

Engage students in discussing mental health in a holistic way. The Medicine Wheel is a fantastic teaching tool to promote student engagement and understanding of mental health, including the balance of spiritual, mental, emotional and physical wellness.

Consider bringing in an Elder as part of Children's Mental Health Week to speak to the medicine wheel.



The Medicine Wheel's Four Directions



Quick Ideas for CMH Week

- Get students involved!!
- Use daily announcements to promote a mental health tip of the day
- Play uplifting or relaxing music during breaks or between classes
- Make a display board /class project on promoting positive mental health
- Engage in physical activity
- Teach and practice mindful belly breathing
- Discuss what it means to be mentally healthy. What does it look like, sound and feel like?
- Discuss how we can support each other in being mentally healthy
- Engage in random acts of kindness, see below picture from New Prospect School





Self Care SELFIE! “Take Care of Your SELFIE”

Get students and staff to take pictures of themselves doing something that makes them happy or helps them de-stress!! Use the pictures to create a school video that displays positive coping strategies!! Remember...not everyone enjoys the same self-care activities, as depicted in the above picture.

Photo Voice

What Does a Mentally Healthy School Look Like?

Instructions: Take photos that relate to the question stated above. Next, complete a picture description sheet for each photo you choose to use in your project. Remember to stay on school property and ask for permission before taking someone's photo.

Picture Description Sheet

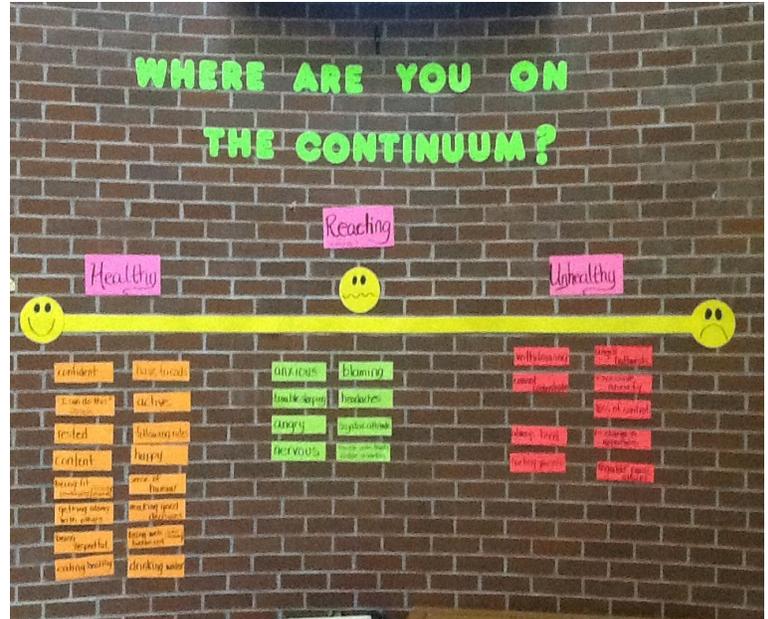
Photo Title:

Caption:

I would like to share this photo because:

This photo portrays a mentally health school because:

Where are you on the continuum?



Picture provided by New Prospect Public School

BOUNCE BACK LESSON EXAMPLES

Quiet Your Mind Exercises: Relaxation techniques can be practiced anytime and almost anywhere to relieve tension, improve concentration and re-energize.

Cloud Push (to stretch out tight muscles). Practice stretching up and pushing the clouds away. Stand tall. Place your hands on your hips. Bring one arm up over your head and stretch it up to the sky. Try and reach a cloud and push it away. Push, push, push. Now let your arm slowly fall to your side. Bring the other arm up and push the cloud, Now let your arm fall slowly to your side. Clasp your hands together, turn the palms up and push and bounce the cloud. Slowly let your arms go gently to your sides. (see Bounce Back Again 2nd Ed, pg. 23-25)

Understanding Stress and Management Techniques: Tips for controlling stress; set realistic goals, exercise, enjoy yourself, practice visualization, maintain a healthy lifestyle, talk about it, learn relaxation techniques. (See Bounce Back Again 2nd Ed. Pg. 45-49)

This is How I Bounced Backed: (See Bounce Again 2nd Ed. Pg. 18-19)

Ask your
STUDENT MENTAL HEALTH FOCUS GROUP
secondary student reps for a **COPING CARD**.
These cards provide quick reference to coping strategies, as well as crisis and support numbers in your area.