

KPDSB Mental Health Week

May 4-10, 2020 is Child and Youth Mental Health Week across Canada.
Check out the activities/ resources shared to celebrate this week!



**MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING.
IT AFFECTS HOW WE FEEL, THINK, AND ACT.**

This week we will take some extra time to reflect on and take care of our own mental health.

Let's **#GetReal** about how we feel.

#KPDSBmentalhealthweek2020



Monday

  **"Mental Health Minute"**
with Marissa

Try a free online **Yoga** class.
Namaste, folks.

Primary /Junior
[Cosmic Kids Yoga](#)
Intermediate / Senior
[Yoga with Adriene](#)



Tuesday

  **"Tune in Tuesday"**
with Lisa

#GETREAL CMHA Media

SMHO [REACHING OUT](#)

Wednesday

  **"Wellness Wednesday"**
with Alana

CTRI Free Online Webinar
[Supporting Children During COVID-19](#)
for parents and caregivers

Kids Help Phone [COVID-19 Resources](#)

Thursday

  **"Tik Tok Thursday"**
with Stephanie

Click [here](#) to check out a virtual talk from Jack.org. This talk is for high school students and parents.

Jack.org [COVID-19 Youth Mental Health Resource Hub](#)

Friday

  **"Feel Good Friday"**
with Allie

SMHO [SELF CARE 101](#)

ACTIVITIES THAT WILL RUN ALL WEEK

- **"Post it"** use the **#GETREALKPDSB** all week when participating in mental health activities to be entered to win a prize!
- **"What gives you hope"** share on Kudoboard a post, video, quote, gif of what gives you hope? Find the link [here to the Kudoboard](#)
- **"Daily Challenge"** try to engage in daily self-care

Use the **#GETREALKPDSB** and follow **kpdsb_schools_mental_health** on Instagram & Facebook

