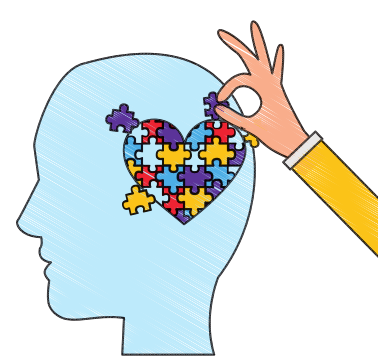


"Taking Care" A Mental Health & Wellness Monthly Newsletter



Prepared by: GSSD School Counsellors

This month is dedicated to:

RECOGNIZING MENTAL HEALTH WEEK MAY 3-9, 2021

"NAME IT, DON'T NUMB IT"

For Students, Teachers, & Parents/Caregivers

Grades K-4

- [Kids Yoga Stories: 58 Fun and Easy Yoga Poses for Kids](#) (Printable Posters)
- [Calming Cards](#) (Craft Activity)
- [Mindfulness Activity](#) (Class Activity)
- [Gratitude Jar](#) (Class Activity)
- [Body Scan Meditation](#) (3 Min. Video)
- [Sesame Street and JR Martinez: Feelings](#) (Video)

Grades 9-12

- [Mental Health Literacy Pyramid Explained](#) (4 Min. Video)
- [Cannabis, Teens and Mental Health](#) (4 Min. Video)
- [Be There Basics Website](#): Be There Basics will help you learn how to recognize when someone might be struggling with their mental health and gives you 5 Golden Rules to help you support and be there for them.
- [Getting a Good Night's Sleep to Help your Mental Well-Being](#) (Canadian Mental Health Association Tip Sheet)
- [Protective Factors that Help Teens Face Challenges](#) (Infographic)

Grades 5-8

- [GoNoodle Website](#): Engaging and inspiring children to channel their boundless energy—getting them up, moving and becoming more mindful.
- [Resources for 10-16 Year Olds to Cope Better with the Pressures of Everyday Life](#).
- [Talking Mental Health](#) (5 Min. Video)
- [Positive Thinking](#) (4 Min. Video)

For Parents/Caregivers

- [CHMA Mental Health Week 2021](#) (Fact Sheet)
- [Happy Better - News, tips, and tools to achieve your better](#). (ParticipACTION Website)
- [CTRI Strategies for Supporting Children During Covid](#) (Resource)
- [The Mental Health Benefits of Exercise](#) (Article)
- [The Benefits of Exercise on Students' Mental Health](#) (3 Min. Video)

