

# "Taking Care"

A Mental Health & Wellness Monthly Newsletter  
Prepared by: GSSD School Counsellors



Picture created by a Dr. Brass School student.

May is dedicated to:

Mental Health & Wellness

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary."

~ Fred Rogers

## For Staff:

- [Burnout, Baby: Five Ways to Fill Your Tank](#) (Article)
- [JCSH Positive Mental Health Toolkit](#)
- [Mental Health For School Staff](#) (Resources)

## For Parents/ Caregivers

- [Easy and Fun Mental Health Activities for Home](#) (Activities)
- [Stigma-Free Student Mental Health Toolkit](#) (Parent Resources)

## All Grades:

- [Emotional Well-Being Education](#) (Activities)
- [10 Mental Health Activities for Students - Bring Change to Mind](#)
- [4 Mental Health Activities](#)

## Grades K-6

- [Social-Emotional Learning Posters for Elementary](#)
- [Mental Health Literacy Lesson Plans](#)
- [Mental Health Management for Youth](#) (Toolkit)
- [Mental Health Activities for Kids](#)

## Grades 7-12

- [Social-Emotional Learning Posters for Secondary](#)
- [8 Principles to Achieve Optimum Mental Health](#) (TedXTalks)
- [Mental Health Management for Teens](#) (Toolkit)
- [Physical and Mental Fitness](#) (Resource)
- [6 Ways to Embed Mental Wellness into Classroom Culture](#) (Article)

SHARE YOUR ACTIVITIES THAT SHOWCASE MENTAL HEALTH & WELLNESS



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