

# "Taking Care" A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors

This month is dedicated to:

## FAMILY/ RELATIONSHIPS

*"A great relationship is about two things: first, appreciating the similarities, and second, respecting the differences."*

### For Staff:

- [Healthy Relationships \(4 min. video\)](#)
- [Foundations of Healthy Relationships \(activity/worksheet\)](#)
- [Healthy vs. Unhealthy Relationships \(2 min. video\)](#)
- [Relationships with Teachers \(activity/worksheet\)](#)

### For Parents/Guardians:

- [Parenting Your Teen \(booklet\)](#)
- [Healthy Habits for Healthy Families \(web article\)](#)
- [Relationship Building: Shared Qualities \(worksheet\)](#)
- [Relationship Gratitude Tips \(resource sheet\)](#)
- [Family Questions \(worksheet\)](#)
- [Supporting Healthy Family Relationships \(3 min. video\)](#)



### For Students:

#### Grades K-3

- [Learn to be a Good Friend \(2 min. video\)](#)
- [Sesame Street: What is a Friend? \(2 min. video\)](#)
- [Friendly Kids Make Friends \(worksheet\)](#)
- [Positive Words Create Positive Feelings \(worksheet\)](#)
- [Speaking With Positive Body Language \(worksheet\)](#)
- [Making Friends \(activity\)](#)

#### Grades 4-7

- [Anti Bullying Animated Short Film Project \(6 min. video\)](#)
- [Healthy Relationships - Middle School \(Lesson Plan\)](#)
- [Building Friendship Skills \(Activity\)](#)
- [Qualities of a Friend \(Activity\)](#)
- [How to Handle Gossip \(Activity\)](#)
- [Tips for Being a Good Friend \(Activity\)](#)



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## **FAMILY / RELATIONSHIPS**

*"Families are like branches on a tree, we grow in different directions yet our roots remain as one."*

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### **For Students:**

#### **Grades 8-9**

- [Healthy vs Unhealthy Relationships \(2 min. video\)](#)
- [Teen Voices: Friendships and Boundaries \(5 min. video\)](#)
- [Healthy vs Unhealthy Relationships \(information sheet\)](#)
- [Tips for Healthy Boundaries \(resource sheet\)](#)
- [My Wish List \(worksheet\)](#)
- [Evaluating Relationships \(worksheet\)](#)
- [Relationship Wheel \(information sheet\)](#)
- [Your Rights in a Relationship \(information sheet\)](#)

#### **Grades 10-12**

- [Tips for Healthy Boundaries \(resource sheet\)](#)
- [Teening Your Parent \(booklet\)](#)
- [What Teens Think About: Healthy Relationships \(2 min. video\)](#)
- [Healthy Friendships Explained \(2 min. video\)](#)
- [Teen Voices: Friendships and Boundaries \(5 min. video\)](#)
- [Healthy Relationships \(4 min. video\)](#)
- [Building Healthy Relationships For Teens \(3 min. video\)](#)

