

Mental Health and Wellness Newsletter



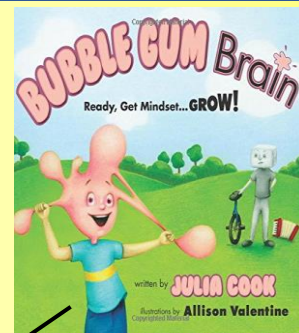
Parents

10 positive phrases kids want to hear today:

kids want to hear today:

- i love being your parent
- you make me smile
- your mistakes are fine with me
- i know you can do it
- i enjoy listening to your stories
- i learned something from you today
- i love watching you play
- i'm proud of you
- i love spending time with you
- i think about you when we're apart

-katie hurley, LCSW & author of #parent



Teach your children that strength doesn't come from what you CAN do. It comes from overcoming the things you once thought you COULDN'T.

Facebook.com/AFineParent

"MENTALLY STRONG PEOPLE DON'T GIVE AWAY THEIR POWER. NOT GIVING AWAY YOUR POWER MEANS THAT I AM IN CONTROL OF HOW I THINK, FEEL AND BEHAVE."

"KIDS CAN SAY TO THEMSELVES; I'M IN CONTROL OF WHAT I THINK AND WHAT'S A DIFFERENT CONVERSATION I CAN HAVE WITH MYSELF? THAT CAN BE INCREDIBLY EMPOWERING FOR KIDS TO BE ABLE TO DO THAT."

- AMY MORIN, LCSW -



Homebased Health Employee and Family Assistance Program

1.800.663.1142

Great to Excellent



Classroom Lessons from



Keeping Track of Things

SCHOOL MENTAL HEALTH ASSISTANT ÉQUIPE D'APPUI POUR LA SANTÉ MENTALE DANS LES ÉCOLES

| KEEPING TRACK OF THINGS | |
|-------------------------|---|
| Purpose | When students develop organizational skills, they are better able to keep track of information and materials, especially the things they need every day (textbook, notebooks, keys, phone, sports equipment, etc.) and put everything in its place, so when they look for it, they know where to find it. |
| Division | JUNIOR & INTERMEDIATE |
| Time Required | 15-30 minutes and ongoing as appropriate |
| Materials | Keeping Track of Things Tip Card |
| Instructions | Instructions |

Solve That Problem

SCHOOL MENTAL HEALTH ASSISTANT ÉQUIPE D'APPUI POUR LA SANTÉ MENTALE DANS LES ÉCOLES

| SOLVE THAT PROBLEM | |
|--------------------|---|
| Purpose | To help students develop better problem solving skills. This is a short practice that can be used as part of the teaching/learning process. When used often students will internalize the process. |
| Division | All |
| Time Required | 2-5 minutes as part of the instructional day when the opportunity arises. |
| Materials | N/A |
| Instructions | Reflective thinking and discussion <ul style="list-style-type: none"> • "What is the problem? What are we trying to accomplish?" • "Have you ever done/experienced something like this before? Can you tell yourself what to do this time?" |

Growing Happy Feelings

SCHOOL MENTAL HEALTH ASSISTANT ÉQUIPE D'APPUI POUR LA SANTÉ MENTALE DANS LES ÉCOLES

| GROWING HAPPY FEELINGS | |
|------------------------|--|
| Purpose | A metaphor of caring for a flower is used to illustrate how we need to nurture our happy feelings. |
| Division | Primary & Junior |
| Time Required | 10 minutes to introduce; 15-20 minutes for craft |
| Materials | Paper plates and cut-out petals, crayons, glue, other grade-appropriate decorative materials |
| Instructions | Growing Happy Feelings could be introduced during springtime with younger children as part of a circle, or while learning about planting seeds and helping them grow. It can also be carried throughout the year using different emotions. <ul style="list-style-type: none"> • Educators create one or more large flower shapes out of construction paper, or a small paper plate with 5-10 separate petals, in a range of colours. • Introduce the core idea of nurturing happy feelings in ourselves, and in others, to help them grow. |

Four Finger Affirmation

SCHOOL MENTAL HEALTH ASSISTANT ÉQUIPE D'APPUI POUR LA SANTÉ MENTALE DANS LES ÉCOLES

| FOUR FINGER AFFIRMATION | |
|-------------------------|---|
| Purpose | An affirmation is a statement to promote confidence and a growth mindset, self-regulation and resiliency. With practice, this activity can help students to think positively in the face of stress or challenges. |
| Division | All |
| Time Required | 5-10 minutes |
| Materials | N/A |
| Instructions | Provide students with an explanation of affirmations. Have students write or think of a four-word affirmation. Consider brainstorming examples together at first ("I can do this", "I can do division", "I'll try my best", "I am |

Illusions

SCHOOL MENTAL HEALTH ASSISTANT ÉQUIPE D'APPUI POUR LA SANTÉ MENTALE DANS LES ÉCOLES

| ILLUSIONS | |
|---------------|---|
| Purpose | Looking at things from another's perspective is an important social skill. Recognizing that miscommunication and conflict sometimes stem from differences in perception can be helpful. This activity also inspires thinking and reframing. |
| Division | All |
| Time Required | It may take 15-20 minutes to set up for this practice the first time it is used. Afterwards, it could be done in 10-minute segments as new images are presented. |
| Materials | Several examples of illusions to try over time (shown on a Smart Board or in printed format). |
| Instructions | Find an image that has some sort of illusion (see examples provided). Ask the class what they see. If they have difficulties seeing the illusion, give them two choices to select from. You may wish to have a discussion about the illusion. |



Four Finger Affirmation

POSITIVE MOTIVATION SKILLS

SCHOOL MENTAL HEALTH ASSISTANT ÉQUIPE D'APPUI POUR LA SANTÉ MENTALE DANS LES ÉCOLES

| FOUR FINGER AFFIRMATION | |
|-------------------------|---|
| Purpose | An affirmation is a statement to promote confidence and a growth mindset, self-regulation and resiliency. With practice, this activity can help students to think positively in the face of stress or challenges. |
| Division | All |
| Time Required | 5-10 minutes |
| Materials | N/A |
| Instructions | Provide students with an explanation of affirmations. Have students write or think of a four-word affirmation. Consider brainstorming examples together at first ("I can do this", "I can do division", "I'll try my best", "I am |

Click for optical illusions

Mental Health Walk-in Clinics

Phoenix & ATS 613-735-2374 → Pembroke – Tue. 2-6pm || Renfrew – Thurs. 2-6pm || Arnprior – Wed. 2-7pm || Petawawa – Wed. 2-6pm
 Robbie Dean Centre 613-433-4231 → By appointment