

April 15, 2020

Mental Health

Dear Families,

Congratulations on making it to the 2nd week of April! Our families and schools have made some big adjustments over the past month. I hope this letter finds you and your family well.

Being purposeful about taking care of our mental health is even more important during this time of stress. With all of the challenges families are experiencing right now, we wanted to make it easier for you by providing some easy, reliable, and fun ways to help you and your family stay mentally healthy.

This week we are excited to pass along our first **Week Wellness Pack**. Each week the pack will contain a link or video, and a basic brief lesson plan of activities to support healthy eating, active living, and mental wellbeing that have been adapted to do at home. **These optional activities will be made available online to your student each week by their teacher.** Our Week 1 Wellness Pack follows this letter. We hope that you're able to take something away each week that is meaningful and fun for you!

If you're looking for additional mental health groups:

- to cope with worry or anxiety,
- that provide ways to de-stress,
- help kids with self-regulation,

or other social emotional programming for students in your house or for your family, please connect with me through the number or email below. Our team is also a great resource to help connect folks to mental health resources in communities across BRSD.

Warmly,

Andrea Dyck

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MHCB WELLNESS PACK

WEEKLY ACTIVITIES FOR GRADE 7-9

APRIL 2020 • VOLUME 1

ACTIVE LIVING

Fresh air is great for our bodies and our brains! Talk a walk or bike ride outside, and point out the things you are grateful for. Check out the activity below for more information!


MENTAL WELL-BEING

Play the gratitude game! Find out how on the pages below!

HEALTHY EATING

Grab some dessert or some candy, and practice gratitude with your family! Details on the next pages!

Gratitude is the act of being thankful, or recognizing the good around you.



ACTIVE LIVING- GRATITUDE

Objectives:

Encourage students to go outside and be present

Materials:

N/A

Links/Resources

None (Optional, phone, camera, pen, paper)

Activity Description

It's time to get some fresh air! Go for at least a 15 minute walk every day this week. Try to notice 5 new things a day that you find beautiful and take pictures to post and encourage others to do the same! Make sure to practice social distancing.

Alternative activity:

Go for a walk, run or bike ride activity (any length of is fine) , while you're out, identify up to six things you are grateful for.

You might think of these things in categories:

- 2 things i'm grateful for about me
- 2 things I'm grateful for about nature
- 2 things I'm grateful for about others

(for example. " I'm grateful for my legs as they make me move. I'm grateful for the sun because it's warm, Im grateful for my parents because they make me supper")

Other options:

If you are unable to leave the home then identify the same things about yourself, thinking about what you will do when you do go out.

HEALTHY EATING: GRATITUDE

Objectives:

To use food to identify gratitude and build positive connection with others

Materials:

Dessert or Candy

Links/Resources

None required

Activity Description

Grab some M& Ms (or other coloured candy!) to share. Each colour corresponds to something to be grateful for. The different items are:

- 1) Environment
- 2) Person
- 3) Object
- 4) Self

Choose a candy, and share what you are grateful for by colour! (eg. Environment = yellow)

Alternative

Before eating the food item, individuals think about what they are grateful for - this includes, people, objects, seasons, places/environments.

Before each bite of their food item they must say
"I'm grateful for..."

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