tdsb
Mental Health & Well-Being

tdsb
Professional Support Services

WELCOME to the Children's Mental Health Week 2021 Elementary Resource Kit

#CopingCaringConnecting

Children's Mental Health Week 2021

Children's Mental Health Week (CMHW) is recognized provincially next week from May 3 to 7. To help support student mental health and well-being for all, the Professional Support Services team has developed a wide variety of resources, including culturally responsive and relevant resources as well as activities for educators in line with this year's theme of **Coping**, **Caring and Connecting**.

We recognize this has been a challenging time for everyone and encourage you to use these tools to engage and connect with students to support their mental health and well-being. These resources acknowledge the connection between equity and mental health and well-being. We prioritize equity and inclusion for all students and families from an anti-oppressive and anti-racist stance.

tdsb Mental Health & Well-Being

Children's Mental Health Week 2021

Coping is not just about doing well or even thriving. Most of the time, coping is about getting by during hard times. It is that inner strength of resilience that allows you to keep going when you feel like giving up. Different coping strategies work differently for different people. Think about what works best for you. Share your strategies with others, or maybe try something new that you have never tried before.

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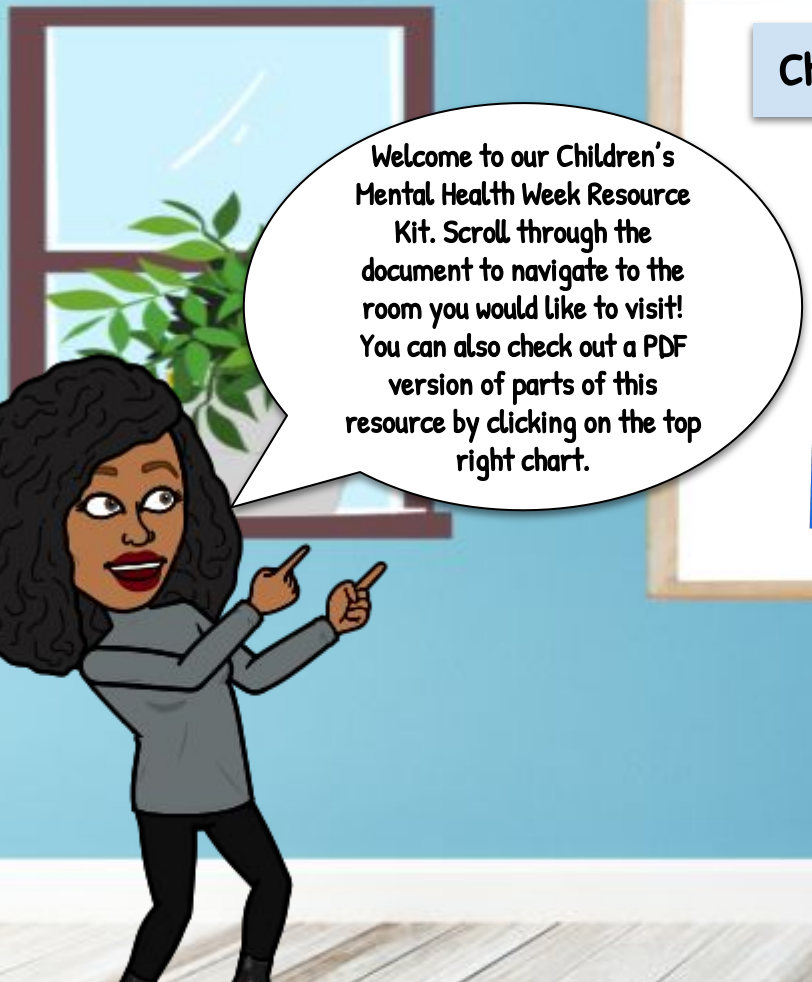
Caring for others and being cared for is one of the most powerful protective factors for everyone's mental health and well-being. Research shows that providing a caring, inclusive and welcoming school environment improves student well-being and supports learning. We encourage everyone to focus on noticing, supporting and acknowledging caring and kind interactions. We all need to do our part to help ensure that EVERY student knows they matter and feels that they are a valued member of their school classroom and community.

Connecting virtually for school and social activities can feel draining and difficult at times. Restrictions, school closures, and physical distancing measures related to the pandemic continue to impact our lives and our ability to spend time together in person. While everyone adapts to change differently, there are things you can do to let the people in your life know you are there for them and that they are not alone. During this week, reflect on the ways you can stay in touch with friends, family and loved ones to show your support, create deeper connections and spend time together in meaningful ways. Also think about who might need a connection and consider reaching out to them.

Children's Mental Health Week 2021


Welcome to our Children's Mental Health Week Resource Kit. Scroll through the document to navigate to the room you would like to visit! You can also check out a PDF version of parts of this resource by clicking on the top right chart.

Culturally Responsive Resources

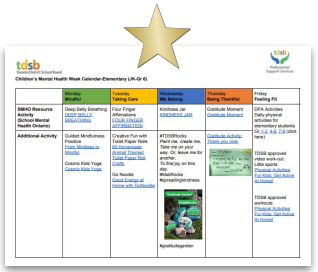
Elementary Wellness Library

Additional Resources

Virtual Field Trips

Mindomo & Activities

Relaxation Lounges



Community Resources - Click for more information!

Naseeha

Black Youth Helpline
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

TAIBU COMMUNITY HEALTH CENTRE

LGBT youthline
25 YEARS OF YOUTH RESILIENCE

ICNA Relief Canada
No Borders - No Boundaries

CTYS
central toronto youth services

CAFCAN
Caribbean African Canadian Social Services

Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)

URBAN INDIGENOUS EDUCATION CENTRE

Community Family Services of Ontario 家和

STELLA'S PLACE
Young Adult Mental Health

HONG FOOK
康福 Hồng Phúc

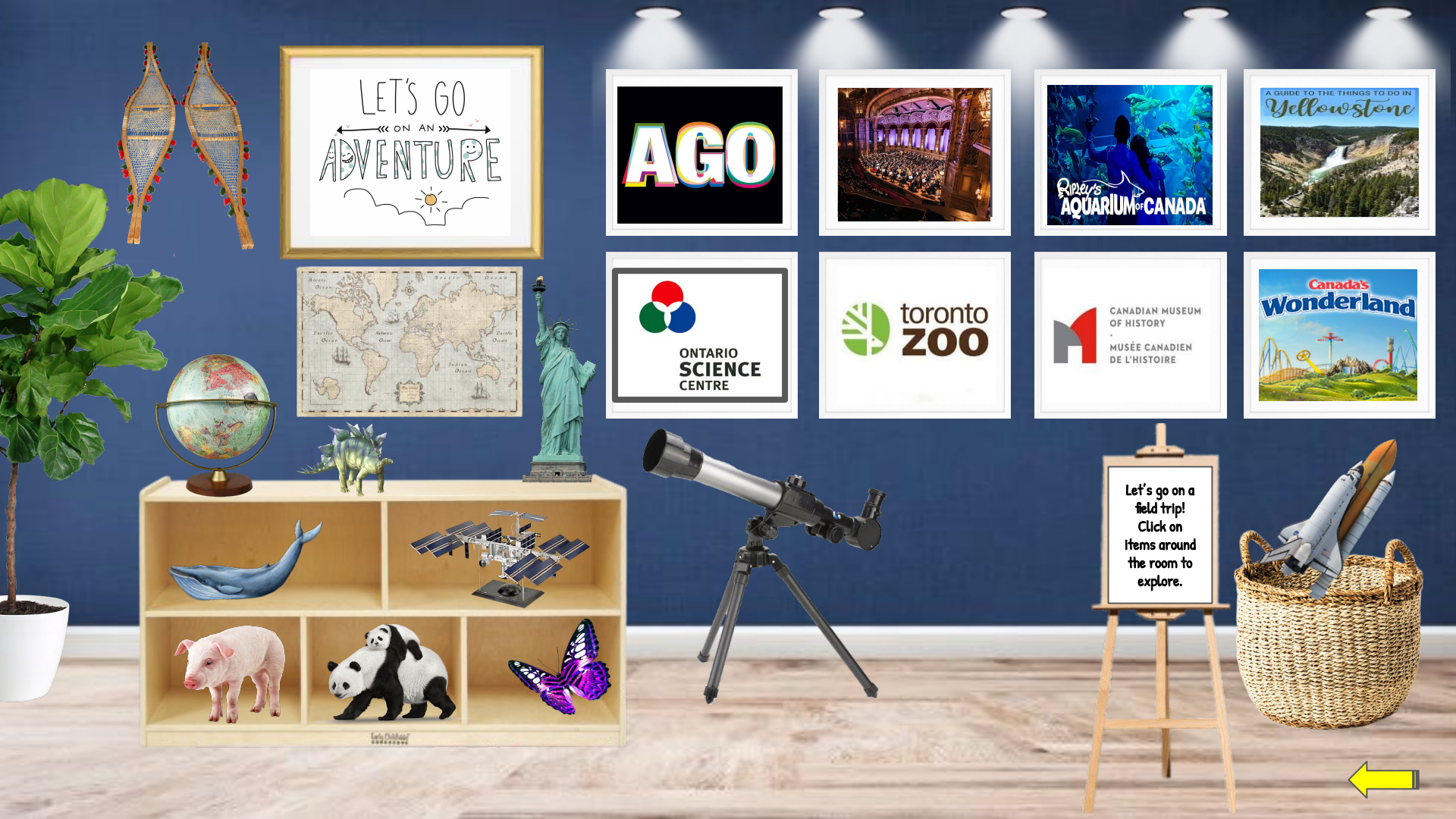
MFCSO
Muslim Family and Child Services of Ontario
"Our Family, Our Responsibility"

Canadian Mental Health Association | Ontario

TROPICANA COMMUNITY SERVICES

Anishnawbe Health Toronto

WELCOME
Elementary Wellness Library
MENTAL HEALTH matters
THE DAY YOU BEGIN
I AM HUMAN
A BOOK of EMPATHY
ish
I AM ONE
A BOOK of ACTION
It's Okay to Be Different
GRACE BYERS
I Am Enough
GIRAFFES CAN'T DANCE
HAPPY DREAMER
TRUDY LUDWIG
The Invisible Boy
STAND TALL, MOLLY LOU MELON
THE COLOR MONSTER
DO UNTO OTTERS
A Book About Manners
ANGRY OCTOPUS
TODAY I FEEL
Princess Truly
IN MY HEART
I'm Gonna Like Me
WE'RE ALL WONDERS
I AM LOVE
A BOOK of COMPASSION
The Rejection in Me
HOW FULL IS YOUR BUCKET? For Kids
I Like Myself!
All Are Welcome
Click on items around the room to explore!

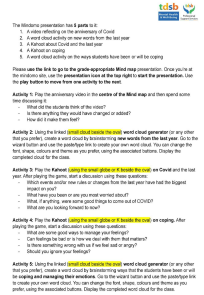

LET'S GO
ON AN
ADVENTURE
AGO
A GUIDE TO THE THINGS TO DO IN
Yellowstone
RIPLEY'S AQUARIUM OF CANADA
ONTARIO SCIENCE CENTRE
toronto zoo
CANADIAN MUSEUM OF HISTORY
MUSÉE CANADIEN DE L'HISTOIRE
Canada's Wonderland
Let's go on a field trip! Click on items around the room to explore.

Mindomo Presentation +Kahoot and Word Wall Activities

Elementary

Middle/Secondary

Click here for instructions on how to use the activities:



The Mindomo presentation has **5 parts** to it:

1. A video reflecting on the anniversary of Covid
2. A word cloud activity on new words from the last year
3. A Kahoot about Covid and the last year
4. A Kahoot on coping
5. A word cloud activity on the ways students have been or will be coping

Please **use the link to go to the grade-appropriate Mind map** presentation. Once you're at the mindomo site, use the **presentation icon at the top right** to **start the presentation.** Use the **play button to move from one activity to the next.**

Activity 1: Play the anniversary video in the **centre of the Mind map** and then spend some time discussing it:

- What did the students think of the video?
- Is there anything they would have changed or added?
- How did it make them feel?

Activity 2: Using the linked (small cloud beside the oval) **word cloud generator** (or any other that you prefer), create a word cloud by brainstorming **new words from the last year**. Go to the word cloud site and use the paste/type link to create your own word cloud. You can change the font, shape, colours and themes as you prefer, using the associated buttons. Display the completed cloud for the class.

Activity 3: Play the **Kahoot** (using the small globe on it beside the oval) **on Covid** and the last year. After playing the game, start a discussion using these questions:

- Which events and/or new rules or changes from the last year have had the biggest impact on you?
- What have you been or are you most worried about?
- What, if anything, were some good things to come out of COVID?
- What are you looking forward to now?

Activity 4: Play the **Kahoot** (using the small globe on it beside the oval) **on coping.** After playing the game, start a discussion using these questions:

- What are some good ways to manage your feelings?
- Can feelings be bad or is here we deal with them that matters?
- Is there something wrong with us if we feel sad or angry?
- Should you ignore your feelings?

Activity 5: Using the linked (small cloud beside the oval) **word cloud generator** (or any other that you prefer), create a word cloud by brainstorming ways that the students have been or will be **coping and managing their emotions.** Go to the wizard button and use the paste/type link to create your own word cloud. You can change the font, shape, colours and theme as you prefer, using the associated buttons. Display the completed word cloud for the class.

WELCOME TO THE ELEMENTARY STUDENT LOUNGE!

Click on different items throughout the room to see which new activity they will take you to!

"Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be."
Rita Pierson
llamaste
THANK YOU
A Joke A Day
Keeps The Dr. Away!
TO teach IS TO love
tdsb
Toronto District School Board
WHAT DO EDUCATORS DO?
Inspire, persist, celebrate, love, plan, organise, heal, listen, lead, model, differentiate, forgive, program, question, professional development, meet, learn, write, read, care, cry, laugh... teach
Welcome School Staff! Click on items around the room to explore.

Staff Lounge
Click on items around the room to explore them.
llamaste
calm is a super power

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Additional Resources

Mental Health Action Toolkit -Parents, Caregivers & Families	Mental Health Action Toolkit-Student	Supporting Well-Being for Families of Students with Complex Needs