

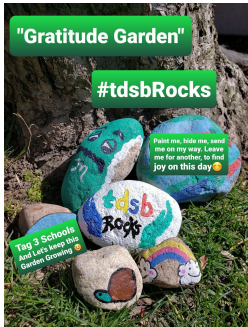
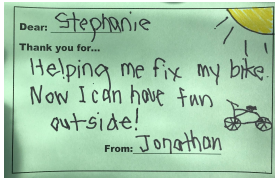
**#TDSBCaringmatters more than ever!**

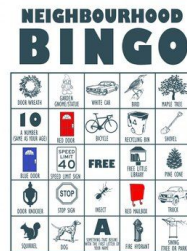
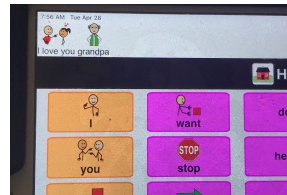

**Virtual Children's Mental Health Week**

Children's Mental Health Week runs from May 4-8, 2020. During these challenging times, everyone's mental health and well-being is a priority in the TDSB. Caring for others and being cared for is one of the most powerful protective factors for everyone's mental health & well-being. Research shows that providing a caring, inclusive and welcoming climate improves resilience and the ability to achieve. We want everyone to focus on noticing, encouraging and acknowledging caring and kind interactions. We need to help ensure that every student feels that they are valued and that they matter. Caring matters now more than ever!

Below is a calendar of Children's Mental Health Week activities and resources for Elementary students (JK to Gr 6), Middle/Secondary students (Grades 7-12), and students with Special Needs. Please share the appropriate calendar of activities with your students and consider incorporating some of the activities into your programming.

# Children's Mental Health Week Calendar-Elementary (JK-Gr 6)

	Monday Mindful	Tuesday Taking Care	Wednesday We Belong	Thursday Being Thankful	Friday Feeling Fit
<b>SMHO Resource Activity</b> (School Mental Health Ontario)	Deep Belly Breathing <a href="#">DEEP BELLY BREATHING</a>	Four Finger Affirmations <a href="#">FOUR FINGER AFFIRMATION</a>	Kindness Jar <a href="#">KINDNESS JAR</a>	Gratitude Moment <a href="#">Gratitude Moment</a>	DPA Activities Daily physical activities for elementary students Gr <a href="#">1-3</a> , <a href="#">4-6</a> , <a href="#">7-8</a> (click here)
<b>Additional Activity</b>	Guided Mindfulness Practice <a href="#">From Mindless to Mindful</a>  Cosmic Kids Yoga <a href="#">Cosmic Kids Yoga</a>	Creative Fun with Toilet Paper Rolls <a href="#">60 Homemade Animal Themed Toilet Paper Roll Crafts</a>  Go Noodle <a href="#">Good Energy at Home with GoNoodle</a>	#TDSBRocks <i>Paint me, create me, Take me on your way. Or, leave me for another, To find joy on this day.</i> #tdsbRocks #spreadingkindness   #gratitudegarden	<a href="#">Gratitude Activity: Thank you note</a>  	TDSB approved video work-out Little sports: <a href="#">Physical Activities For Kids: Get Active At Home!</a>  TDSB approved workouts: <a href="#">Physical Activities For Kids: Get Active At Home!</a>

<b>Suggested Book/Video</b>  <b>JK-Grade 3</b>	Belly Breathe <a href="#">Sesame Street: Common and Colbie Caillat - "Belly Breathe" with Elmo</a>	Abby's Emoji Dance <a href="https://www.sesamestreet.org/videos?vid=26520">https://www.sesamestreet.org/videos?vid=26520</a>	<a href="#">Lost and Found By Oliver Jeffers</a>	<a href="#">Those Shoes - Storytime with Daddy   Children's Books Read Aloud</a>	Lesson/games/ activity linked to curriculum: <a href="#">Ophea's YouTube Channel</a>  <a href="#">Feeling Fit Friday</a>
<b>Suggested Book/Video</b>  <b>Grades 4-6</b>	<a href="#">Breathing Makes it Better - Read Aloud!</a>	<a href="#">Read Out Loud   I AM PEACE with Susan Verde</a>	<a href="#">More of Me To Love   Self-Confidence   Bedtime Stories</a>	<a href="#">The Thankful Book By Todd Parr</a>	
<b>Activities for Special Needs Students</b>  <i>An additional calendar is available for Special Needs Students <a href="#">Children's Mental Health Week -Low Incidence Populations</a></i>	Five Senses Scavenger Hunt: <a href="https://bit.ly/2JoZF79">https://bit.ly/2JoZF79</a>  Relaxation Visuals <a href="#">Resources to Support Parents and Caregivers with Health and Physical Education at Home</a>  <a href="#">All Relaxation Visuals.pdf</a>	Sesame Street Caring for Each Other: <a href="#">Caring for Each Other</a>  Make hot chocolate for your family <a href="#">Hot Chocolate Picture Recipe.pdf</a>	Go for a neighborhood bingo walk:  	Send a thank you note/email/picture to someone who has helped you.    Catch them caring-Using Recycled goods to show thanks    <a href="#">#CatchThemCaring</a>	<a href="#">ASD Focused</a>  <a href="#">Fitness: Making Physical Activity Accessible</a>  Book for Physical Activity:  <a href="#">The Hula-Hoopin' Queen read by Oprah Winfrey</a>

## Children's Mental Health Week Calendar-Middle and Secondary

	Monday Mindful	Tuesday Taking Care	Wednesday We Belong	Thursday Being Thankful	Friday Feeling Fit
<b>SMHO (School Mental Health Ontario) + other Resources</b>	No Problem Too Big or Too Small:  <a href="#">SMHO031 - Student Pathways Resource ENG ooklet.indd</a>	Self-care tips: <a href="#">SELF-CARE 101</a>  <a href="#">Kids Help Phone's self-care checklist</a>	Tips for reaching out for help: <a href="#">REACHING OUT</a>	Gratitude Tips: <a href="#">Cultivating Gratitude</a>  Good News Stories: (from John Krasinsk-i The Office) <a href="#">Feel Good Friday</a>	Youth Mental Health Resources <a href="#">COMMUNITY YOUTH MENTAL HEALTH RESOURCES</a>
<b>Free apps for Youth</b>	Free mindfulness app: <a href="#">Guided Meditation and Mindfulness - The Headspace App</a>	Free meditation app: <a href="#">Smiling Mind</a>	Free app for helping change negative thought patterns: <a href="#">Youper - Emotional Health Assistant Powered by AI</a>	Free online yoga: <a href="#">Free Online Yoga, Hundreds of High Quality Classes, Challenges, Guided Meditations and a Thriving Community</a>	Free exercise apps: SworKit <a href="#">SworKit   At Home Fitness Plans</a>  TDSB Phys-ed workouts: <a href="#">@tdsb-instagram</a> <a href="#">@HPE_TDSB</a> <a href="#">#tdsbWellness-twitter</a>
<b>Videos</b>	<a href="#">How to be there for a friend</a>	<a href="#">Mental Health 101</a>	5 positive coping messages a day: <a href="#">@bemindfulstressless</a>	TDSB Caring Video Challenge. <a href="#">Caring Video Project</a> <a href="#">#TDSBCaringmatters</a>	Mindful movement (grade 6-12) <a href="#">Mindful Movement6-12</a>

<b>Additional Activities</b>	Yoga/mindfulness videos for Youth <a href="#">New Leaf Foundation</a>	Would you like to let go of a thought you've been having? Here's a place to put it: <a href="#">Hello!</a>	Middle school students learn why everyone matters: <a href="#">Everyone Matters Day</a>  We Belong  <a href="#">We Belong</a>	Gratitude by Canadian musicians: <a href="#">Lean on Me</a>  Who are we grateful for who have cared for us?	YMCA workouts <a href="#">YMCA 360: Your Virtual YMCA</a>  <a href="#">Exercise During Coronavirus: Tips for Staying Active</a>
<b>Activities for Special Needs Students</b> <i>-a more detailed resource is available. Click on this link:</i> <a href="#">Children's Mental Health Week -Low Incidence Populations</a>	Aquarium Relax: <a href="#">2 Hours of Beautiful Coral Reef Fish, &amp; Relaxing Music 1080p HD</a> Free online mindfulness sessions for caregivers <a href="#">Mindfulness Monday Tickets, Multiple Datesental-disabilities-tickets-102388424534?aff=erelexpmlt</a>	Free Social Stories <a href="#">Social Stories</a>	Shout Outs or PaperTweets <a href="#">10 Powerful Community-Building Ideas</a>	Gratitude Bingo: <a href="#">TERMS OF USE</a>  Heart Hunt <a href="#">Random Acts of Kindness   Kindness Resources</a>	Free exercise videos: <a href="#">Covid-19 Updates -Variety Ontario</a>  Special Olympics Home Exercise Videos: <a href="#">Special Olympics School of Strength: Your at homeworkout routine</a>