



Mental Health WEEK TOOLKIT: A Call to be Kind

A CALL TO BE KIND... TO YOURSELF AND OTHERS

It's [mental health week](#) and the theme is a call to be kind, compassion connects us all. Everyone can learn and practice compassion, and doing so can make a big difference in our lives as well as others. Having compassion for others is important, but it is equally important to have compassion and love for yourself.

Self-care is about being a champion for your own mental, emotional, spiritual, and physical health. It's about taking care of yourself and doing things that help you feel good, connect (or reconnect!) with your inner self, engage with people or causes important to you, ask for help, and more.

It is important to identify what strategies will best meet the needs of your school. For example, morning announcements and suggested activities may be a way to introduce or continue the conversation around mental health promotion at your school.

Be kind whenever possible, it is always possible. - Dalli Llama

Who Are the Champions at Your School?

Identify the individuals or groups at your school who can lead mental health initiatives:

- Educators, child and youth workers, or student counsellors.
- Leadership classes or groups.
- Extracurricular groups, this can include student council, mental health or kindness groups in the school (i.e., Jack.org groups), groups in charge of announcements or social media.

WHAT'S THE FOCUS OF THIS RESOURCE AND WHAT'S INCLUDED?

This resource focuses on:

- Self love and Self-Care
- Screen Time and Sleep
- Food and Nutrition
- Get Moving/Active

Resources include:

- [School Wide and Classroom Resources for Educators](#)
- [Mental Wellness Calendars](#)
- [School Announcements](#) and [Social Media Posts](#)
- [Activities to do at home with Parents/Caregivers](#)
- [Links to Mental Health Supports and Resources](#)

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SCHOOL WIDE AND CLASSROOM RESOURCES FOR EDUCATORS

Lesson Plans and Activities

- **School Mental Health Ontario- [SMHO Wayfinder](#):** Sign up for the grade-by-grade guide to teach about mental health from School Mental Health Ontario. Includes lessons for Kindergarten through Grade 12.
- **PHE Canada- [Emotional well-being educational activities](#):** that will help students manage their emotions and overcome challenges.
- **Kids Help Phone- [Self-Care list](#):** If you're looking for self-care ideas to share with your school community, visit [Kids Help Phone](#) website and check out their [self-care checklist](#).
- **Canadian Mental Health Association- [A Call to Be Kind... The Compassionate Classroom: A Toolkit for Teachers](#)** (Grade 1 to 6) a toolkit to integrate compassion into the classroom.

Topic	Elementary	Secondary
<p>Day 1: Self Love and Self-Care Have students focus and reflect on self-care, self-love, or positive self-talk today.</p>	<ul style="list-style-type: none"> • PHE Canada- Caring for you is caring for me (JK to grade 3) • SMHO- Four Finger Affirmation: use affirmations to promote confidence and resiliency. (Grades 4-6) • SMHO- Self-Care 101 (Grade 7-8) A tip sheet to help students practice self-care. 	<ul style="list-style-type: none"> • mindyourmind -Loving Yourself, Self are Tips: • mindyourmind Self-Care Resource Kit • Jack.org- Be There for Yourself Resources
<p>Day 2: Screen Time This week is also Screen Free Week. Media Smarts has developed resources for this week.</p> <p>Based on the Canadian 24-Hour Movement Guidelines, kids 5 to 13 years old should get no more than 2 hours per day of recreational screen time and limit sitting for extended periods.</p>	<p>Schedule Screen-Free Nutrition Breaks: Limit recreational screen use at school by not allowing screen use during nutrition breaks/recess.</p> <p>More Activities include:</p> <ul style="list-style-type: none"> • Media Smarts- Finding balance in our digital lives (Grades JK-3) • Media Smarts- Game Time (Grades 4-6) • Media Smarts Digital Media Experiences are Shaped by the Tools We Use: The Disconnection Challenge (Grade 7 to 8) • Screen Free Week Bingo 	<p>This week is Screen Free or Screen Less Week. Try putting yourself on DND (Do Not Disturb) during meals and important conversations.</p> <p>Get outside and limit video games.</p> <ul style="list-style-type: none"> • Media Smarts Digital Media Experiences are Shaped by the Tools We Use: The Disconnection Challenge (Grade 9 to 12)

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<p>Day 3: Sleep Based on the Canadian 24-Hour Movement Guidelines, children 5-13 years old need 9 to 11 hours of sleep per night and teens 14-17 years old need 8 to 10 hours, with consistent bed and wake-up times. Focus on introducing a sleep routine, improving sleep hygiene, and sleep tips.</p>	<p>Find Sleep activities and information on the Health Unit Sleep Page</p> <ul style="list-style-type: none"> • Learn how to create a bedtime routine. • Get tips to sleep better. <p>Kids Help Phone has a Sleep Diary resource students can use.</p>	<ul style="list-style-type: none"> • WECHU- Teen Sleep Checklist • mindyourmind- How to Stay Well Rested <p>Kids Help Phone has a Sleep Diary resource students can use.</p>
<p>Day 4: Get Active Promote physical activity to improve mental health and decrease anxiety (ex: spending time outdoors [homework at the park], walking/going for a run with a friend, etc.).</p>	<p>Try new activities with your class during DPA or gym class. Find examples of activities on Ophea's website or find new DPA activities in the DPA toolkit.</p> <p>Start a walking club at lunch and track your progress by grade.</p>	<p>Encourage students to try something new. Get out of your comfort zone:</p> <ul style="list-style-type: none"> • Try yoga or stretching. • Try a new sport. • Start a walking club at lunch and track your progress by grade.
<p>Day 5: Food and Nutrition Introduce Canada's Food Guide and basic concepts of food and food skills (optional: provide Food Guide paper resource is available at the school for students/staff).</p>	<p>Have your class prepare a meal or snack together.</p> <ul style="list-style-type: none"> • Post a picture of your class eating/ making your meal. • Class can buddy up with an older grade to help. • Find examples of recipes on UnlockFood.ca 	<p>Expand your skills and taste buds, try a new food or recipe this week. Enjoy it with a friend or family.</p> <ul style="list-style-type: none"> • Find examples of recipes on UnlockFood.ca

Wellness Calendars

The **Wellness Calendars** provide daily activities to make positive mental health a habit.

Wondering how to use these calendars?

- Integrate them into your daily announcements to challenge your school community to complete the daily activities for a boost of energy.
- Use them to encourage staff, students, and families to try new activities.
- Use the blank calendar as a template to create your own classroom or school Wellness Calendar.
- The blank version of this calendar can be used as a classroom activity.
- The secondary calendar can also be used for student in grades 7 and 8.

Download the calendars from our [website](#).

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SOCIAL MEDIA

Your school can use or adapt these messages on your social media accounts:

Facebook, Twitter, Instagram etc.

May 6th to May 12^h: Mental Health Week

This year's #MentalHealthWeek is all about compassion. Compassion isn't just about being kind to others, it's about showing that same kindness to ourselves.

Learn how from CMHA how #CompassionConnects at cmha.ca/mental-health-week/

Celebrate Screen-Free Week May 6-12, by swapping screens (television, video games, smartphones, tablets, and computers) and reconnecting with people and the world around them. Challenge your friends and families to step away from the screen! Find more information on Media Smarts

<https://mediasmarts.ca/teacher-resources/screen-free-week>

Start your day at your best by making sure you are getting enough sleep.

- Kids 5-13 yrs. need 9-11 hours of sleep each night.
- Teens 14-17 yrs. need 8-10 hours of sleep.

Learn more about sleep and ways your family can get better sleep: wechu.org/sleep

#MentalHealthWeek

Use movement and exercise this week to improve our mood and decrease our stress. Get outside for a family walk or try a new activity together. #MentalHealthWeek

How does FOOD add to your life?

Does it:

- ✓ Bring you joy?
- ✓ Fuel & energize your body?
- ✓ Teach you skills?
- ✓ Bring people together?
- ✓ Excite your senses?

Try a new food or recipe this week with your family: <https://www.wechu.org/food-and-nutrition/you-can-cook> #MentalHealthWeek

This week looked at ways to be kind to yourself. The week may be coming to an end but let's keep working to improve our mental and physical health.

#MentalHealthWeek



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ANNOUNCEMENTS

Below are a series of announcements that can be used to inform the students of the themes during the week:

Self Love and Self Care

- Your mental health is just as important as anyone else's. It's #MentalHealthWeek and this year it is all about compassion. Compassion isn't just about being kind to others, it's about showing that same kindness to ourselves. Find ways to show your self and other's kindness this week.
- This week it's about loving yourself. Again, self-care isn't selfish; it allows us to love and take care of our ourselves and show kindness to those around us.

Screen Time

- Did you know that a student shouldn't spend more than 2 hours a day playing or watching a screen? That means video games, movies, social media... Think of ways you can reduce your screen time this week.
- This week is Screen Free or Screen Less Week. Limit your screen time by putting yourself on DND (Do Not Disturb) during meals and important conversations.

Sleep

- Did you know that sleep is important for our mental health? Getting enough sleep helps us to cope with stress, handle problems, and think more positively. Prioritize your sleep today.
- Start your day at your best by making sure you are getting enough sleep. Kids 5-13 yrs. need 9-11 hours of sleep each night and Teens 14-17 yrs. need 8-10 hours of sleep. Creating a bedtime routine can help you get enough sleep. Challenge yourself to prioritize your sleep.

Food and Nutrition

- Did you know that what we eat can improve our mental health? Foods like vegetables, fruits, whole grains, and lean protein gives us the nutrients we need to work and be our best.
- How does FOOD add to your life? Does it: Bring you joy? Fuel & energize your body? Teach you skills? Bring people together? Excite your senses? Try a new food or recipe this week with your family. #MentalHealthWeek

Physical Activity

- Did you know that exercise can improve mental health? Exercising helps to decrease negative moods and anxiety and can leave you feeling refreshed. Have you taken a minute to move your body today?
- Have you tried a new activity this week? When we try new things, we enjoy it helps us feel refreshed and good about ourselves. What are you waiting for, try something new today!

Wrap-Up

- This week we have been looking at ways to be kind to ourselves and others. As the week comes to an end, let's keep working to improve our mental and physical health.

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A RESOURCE FOR PARENTS/CAREGIVERS AND FAMILIES



Students can practice their self-care at home this week with their families.

Download the resource from our [website](#) and share it with your school community.

WHERE TO GET HELP

- Find local services by viewing the [Windsor-Essex Youth Services Card](#)
- [WEConnectKids](#): a partnership between the five core service providers for child and youth mental health and addiction services in Windsor/Essex. It is a free, confidential mental health service for children, youth, and families who live in Windsor-Essex. Contact 519-257-KIDS (5437).
- The **Youth Wellness Hub Windsor-Essex** provides services for youth aged 12 to 25 without a referral or waitlist. Visit their website to learn more youthhubyg.com/
- **BounceBack** is a free skill building program that helps adults and youth 15+ manage depression, anxiety, and stress. If you or someone you know need support, visit: bouncebackontario.ca/
- Are you feeling overwhelmed? The [MindShift CBT app](#) uses strategies based on cognitive behavioural therapy to help you understand your anxiety and develop coping skills to take charge of it
- [Kids Help Phone](#) is available 24/7 at 1-800-668-6868. Their team of trained counsellors provide a free texting service and live online or live telephone chat for kids, teens, and young adults in both English and French.
- [One Stop Talk](#): is available for those 17 and under, you can instantly connect with a therapist and develop a plan together to move forward and feel better. Start with a conversation and leave with a plan.