

Mental Health Awareness Week

January 25 - 29, 2021

<p>Monday 25</p> <p>Mindful Monday</p>	<p>Tuesday 26</p> <p>Talk it Out Tuesday</p>	<p>Wednesday 27</p> <p>Worry-Free Wednesday</p> <p>Family Literacy Day</p>	<p>Thursday 28</p> <p>Thoughtful Thursday</p> <p>Bell Let's Talk Day</p>	<p>Friday 29</p> <p>Fitness Feel-Good Friday</p>
<p>VIRTUAL SCHOOL LITURGY THEME: UNITY @ 1:15 pm</p> <p>Uniting in prayer to focus on our blessings and find strength in God is a great way to stay connected to our faith and find hope in all things.</p> 	<p>"I'm fine." What I really mean is..... Let's Talk it Out! What is Mental Health? What does good Mental Health look, sound and feel like? Today, focus on openly articulating your feelings with your words.</p> 	<p>How do we effectively deal with our worries? Students will make a worry jar in class. What is a worry jar? Students will write activities on pieces of paper that could help when they feel worried to put in the jar. When worries arise, these activities may help!</p> 	<p>CIVVIES DAY! Wear green for mental health awareness! Show empathy and compassion to someone today! Listening is just as important as talking about mental health. Let's break the stigma.</p> 	<p>Let's practice self-care today by eating well and getting physical exercise! Students will be asked to engage in self-care routines both synchronously & asynchronously that can boost a positive mindset, resiliency, and improved self-esteem!</p> 
<p>School Virtual Mass for Kindergarten to Grade 8</p>	<p>Mental Health Workshop for Grades 7 and 8 Stress & Time Management</p>	<p>Kindergarten Primary & Junior Live Stream Presentation "Wemberly Worried" at 11 am</p>	<p>Video Analysis Engaging in discussion about feelings and emotions & KAHOOT Games</p>	<p>Physical Activity Focus: stretching, breathing activities and mindfulness</p>
<p>HOME ACTIVITY</p>	<p>HOME ACTIVITY</p>	<p>HOME ACTIVITY</p>	<p>HOME ACTIVITY</p>	<p>HOME ACTIVITY</p>
<p>Make a list of 5 things you are thankful for. Share your list with a friend. Sharing our blessings helps us fix our minds on what is hopeful.</p>	<p>Take time to connect with someone today, share how you are feeling and ask how they are feeling as well. Offer positive encouragement and support</p>	<p>Take a break from all your worries and do something you love...read a book as a family! It's Family Literacy Day! Make time to enjoy each other's company through a great book.</p>	<p>Choose a thoughtful act that you know will bring a smile to someone else. Your act of kindness can change the way someone feels today.</p>	<p>Outdoor Nature Walk! Notice 10 amazing things on your walk. Try some breathing exercises to lift your mood and feel good! It's time to take time...for you!</p>