

Education Week – May 3 – 7, 2021

Mental Health Supports for Parents

Day	Topic	Link
Monday	<p>Wear Green to Show your support of the importance of Mental Health</p> <p>Select and print the comic character speech bubble. Write as to why staying mentally healthy is important and post it on your front window.</p> <p>#MindfulMonday</p> <p>It is critical for our mental health, that we know how to keep our mind and body calm. See the many ways you can work with your child to learn these strategies.</p>	<p>Poster</p> <p>Mini Bubbles: https://newpath.ca/wp-content/uploads/2021/02/Bubbles-for-Mental-Health-CMHW-2021-all-versions.pdf</p> <p>Large Bubble: https://newpath.ca/wp-content/uploads/2021/02/Bubbles-for-Mental-Health-Large-all-versions.pdf</p> <p>Strategies: https://www.waterford.org/resources/mindfulness-activities-for-kids/</p> <p>Join Twitter for ideas #mindfulmonday</p>
Tuesday	<p>Wear Green</p> <p>Take a Walk Tuesday</p> <p>Wear your green when out for a walk. While walking think about someone else and what they might be going through – this develops empathy.</p>	<p>Join Twitter to show your support of wearing green: #CMHW2021</p> <p>https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm</p>

<p>Wednesday</p>	<p>Wear Green</p> <p><i>We Belong Wednesday</i> Take the time to have you and your child reach out to someone you have not spoken to in a while that might live on their own or be missing you.</p>	<p>Join Twitter to show your support of wearing green: #ShineGreen</p> <p>https://www.mindwise.org/blog/uncategorized/the-importance-of-social-connection/</p>
<p>Thursday</p>	<p>Wear Green</p> <p><i>Thinking Thursday:</i> It is time to think about all the things you are grateful for and not to dwell on what you are missing/wanting.</p>	<p>#Kidscantwait https://kidscantwait.info/</p>
<p>Friday</p>	<p>Wear Green</p> <p><i>Pay Forward Friday:</i> Do just one act of kindness today, while remaining safe, to pay back for when someone did something kind for you!</p>	<p>Whether paying for the person behind you in the Tim Horton's drive thru, letting someone go ahead of you in the grocery line up, sending a meal to someone in need, helping your child with their chores, leaving water for the garbage collection team, etc.</p>