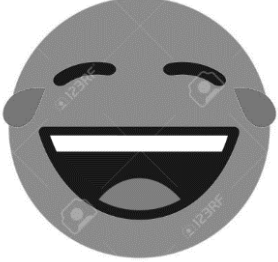


Rutland Elementary's Weekly Mental Wellness Menu

Week of May 4th, 2020

Hello my dear RLE Friends! This week our Menu looks a little different because it is officially **Mental Health Week** in Canada. Each day we have optional activities for you to choose from that go with the themes. I hope you will participate and take care of your Mental Well-being. This year with COVID-19, the Mental Health Week focus is on CONNECTION.

Theme	Optional Activity 1	Optional Activity 2	Optional Activity 3
Mindful Monday 	Take a few minutes today to just be quiet and still somewhere in your house. Close your eyes, listen to the sounds around you, take in the smells and be mindful of the breaths that you take. <u>Reflection:</u> How did you feel before, during, and after?	Go outside today and look around at our beautiful city. Study the sky, the mountains, the trees, and any animals that you might see and allow your eyes and your heart to appreciate the beauty of nature all around us. <u>Reflection:</u> Did you notice anything new?	Choose a meditation session from an App or a website that your parents or caregivers approve of. Invite some of your family members to join you. There are some good ones at https://family.gonoodle.com/channels/flow <u>Reflection:</u> How did your body and mind feel after your meditation?
Thoughtful Tuesday 	Do a kind deed for someone you live with to make his or her day easier. <u>Reflection:</u> How did it make them feel? How did it make you feel?	Invite someone in your family to play the game of their choice or offer to play with a sibling and let them choose what they want to play. You can even let them go first. <u>Reflection:</u> How do you know that they were happy that you did this?	Do you have a neighbour or a friend who might be feeling lonely? Consider make them a card or draw them a picture to let them know that you are thinking about them. <u>Reflection:</u> What must it feel like to be alone while we are all remaining safe in our homes?
Wellness Wednesday  If you can, wear green today even around your house. Wearing green is a reminder that we need to take care of our mental health as much as our physical health.	Make a promise to yourself to only eat healthy food today. <u>Reflection:</u> What is your favourite healthy food? What is something new that you could try that would be good for you?	Get outside today and go for a nice walk or a hike with a parent or a caregiver. Make sure you move your body as much as you can and work those muscles. <u>Reflection:</u> What muscles did you use to make your body move?	Go to bed a few minutes earlier than you usually do. See if you can get at least 10 to 11 hours of sleep. <u>Reflection:</u> Think about how cozy your bed is and how good it feels to lie down.

Thankful Thursday 	Make a poster or write a note to give to one of our Front-line workers to show your appreciation for all the care they are giving to their patients in helping them to get better. <u>Reflection:</u> Why are these people heroes?	Think of someone in your life who helps you. Write them a note, call them, message them or thank them in person for being there for you. <u>Reflection:</u> What are some things that you do to help others?	Leave a kind note for a postal worker, the garbage collector, a grocery clerk, a delivery person, or anyone else who you think might be deserving of some recognition to thank him or her for their work. <u>Reflection:</u> Do you think that these people are recognized enough for their hard work?
Fun Friday 	See if you can find a joke book around your house and if not, check out some of the jokes on this website: https://www.coolkidfacts.com/jokes-for-kids/. See if you can make someone laugh <u>Reflection:</u> What are some things that you find super funny?	Think of the many different ways that people laugh. Check out this website to see if you can copy some forms of laughter. http://kidsrelaxation.com/laughter-meditation/laughing-meditation-many-ways-to-laugh/ <u>Reflection:</u> What do you like about your own laugh?	Call a friend or a family member and see what you could do to make them smile or laugh. <u>Reflection:</u> What is the funniest thing that has ever happened to you?

I hope that you have fun doing some of this week's activities to take care of your own mental health but also to connect with others. Feel free to contact me to let me know some of the things that you have tried, as I love to hear from you!

Happy Mental Health Week!

Mrs. Wolfe

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