

# May 7<sup>th</sup> Activity

May 7th is Child & Youth Mental Health Day in Canada. 12 years ago, this important day was started by 2 moms and each year FamilySmart® continues to celebrate and grow our message to support the mental health of children and youth.

May 7th is about having caring conversations and making connections between children, youth and caring adults in their lives. Caring Connections enhance the mental health of children and youth and it is part of their overall health.

WE ENCOURAGE SCHOOLS AND COMMUNITIES TO PARTICIPATE IN THIS ACTIVITY BY FOLLOWING THESE EASY STEPS:

## 1. DOWNLOAD THE 'WHOLE ME CIRCLE' GRAPHIC

Have one for each student, or enlarge the graphic to put on a wall for students to add their thoughts by writing a word or drawing a picture to each piece in the circle: Heart - Mind - Body. We have 2 versions; one in color, the other in black and white that students can color themselves.

## 2. SHARE THE FOLLOWING WITH STUDENTS

We are all made up of many pieces that help us be healthy. We are going to call them the Heart - Mind - Body. All these pieces add up to the whole, wonderful you! The health of the whole you is a balancing act. You might wonder how you can balance all the pieces. Maybe you already do things to balance yourself.

## 3. ASK THE STUDENTS WHAT THEY THINK AND DO

Ask students to share a couple of examples of things that they might already do, or could do, to take care of their Heart - Mind - Body and have them either put their thoughts into their individual "whole me circle" or on the big graphic on the wall. Some examples may be "I hang out with a friend" (heart) - "I eat fruit" (body) - "I try not to worry" (mind)

## 4. HAVE A DISCUSSION

After examples and thoughts have been shared, have a discussion about and talk about how some of the things we do in one area, can also benefit the other areas.

## 5. HAVE HEART - MIND - BODY STATIONS

Another option is to have stations set up for Heart - Mind - Body for students to rotate. Stations can include physical activities like dribbling a ball, skipping and yoga, healthy foods to eat or identify, art, mindfulness activities.

