

NATIONAL CHILD & YOUTH MENTAL HEALTH DAY



**MAY 7<sup>TH</sup>**



**BAND TOGETHER**

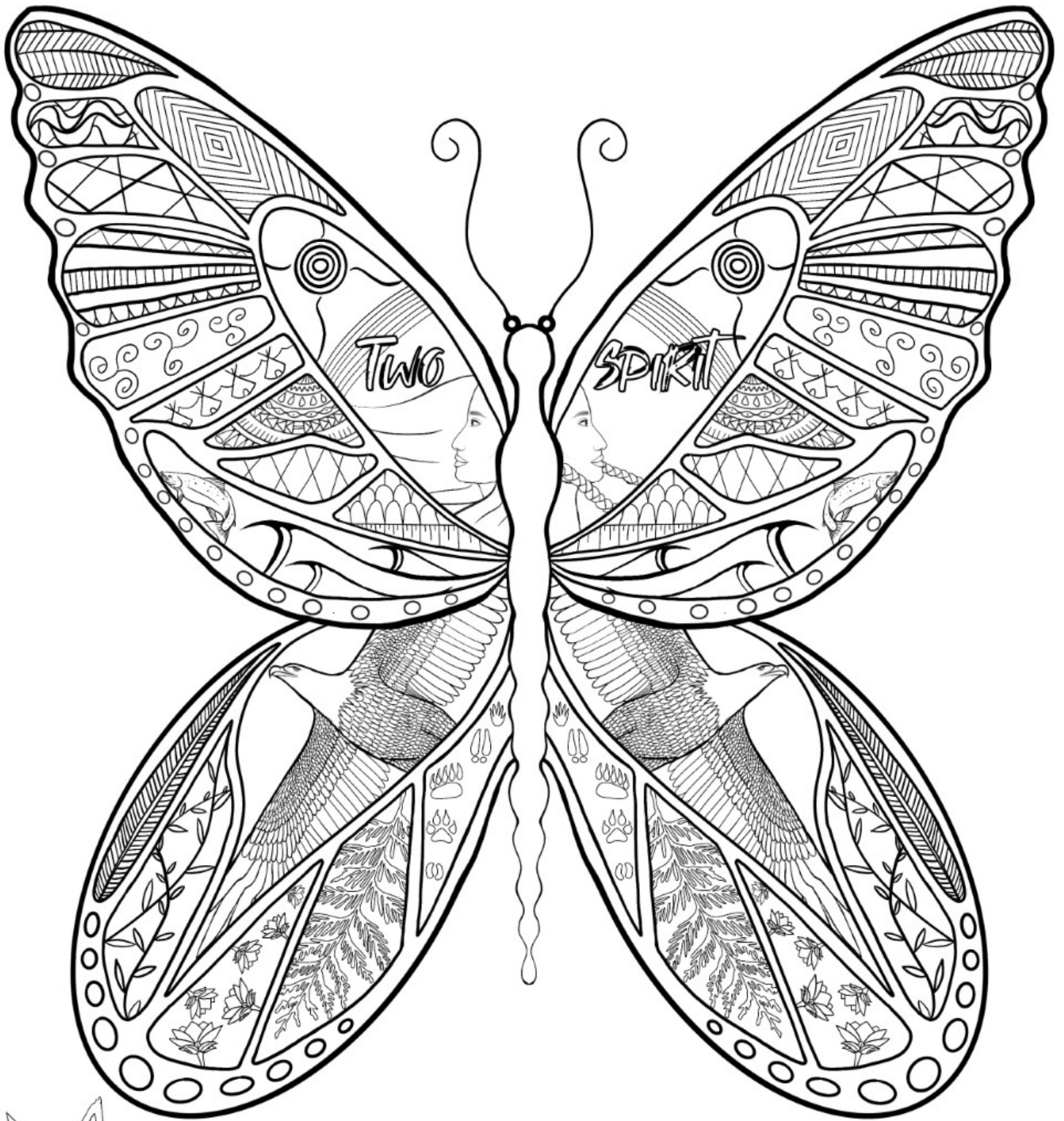


**FOR CHILDREN'S MENTAL HEALTH!**  
*#BANDTOGETHERFORCHILDRENSMENTALHEALTH*

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**ACTIVITY BOOK**

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RAINBOW  
RESOURCE  
CENTRE

@sadielphoenix  
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# GRATITUDE JOURNAL



Write about three things you are grateful for every weekday. It's a good way to maintain positive thinking and mindfulness!

<b>Monday</b> 1.  2.  3.
<b>Tuesday</b> 1.  2.  3.
<b>Wednesday</b> 1.  2.  3.
<b>Thursday</b> 1.  2.  3.
<b>Friday</b> 1.  2.  3.



WSD  
HEALTHY  
MINDS

## WSD Healthy Minds Week

### Healthy Minds Land-Based Calming Technique for All Ages

Dress for the weather and head outside and think about:

**5** things  
you see that  
were a gift  
from Mother  
Earth

**4** things  
she provides,  
that you can  
touch

**3** sounds  
you hear  
while being  
outside

**2** smells  
of the  
outdoors

**1** thing  
I am  
appreciative  
of today



# Movement Meditation

## Description:

- This activity is accessible where everyone from parents to young kids can get comfortable and have fun!
- All you need is some music (you can access the movement meditation playlist here) but you can use any music that works best for you; as well as a comfortable space to move around.
- You can go at whatever pace you would like, whether you want to move your whole body, or just a specific body part, it's up to you! You can try this for a minute or go ahead and do the whole song.
- There is no right OR wrong way to move, this is your body and it should move the way you want to.
- You can try this at least once to three times a week and whatever time you choose to.
- An example of what this could look like - <https://youtu.be/2Gyi-Z1SPH0> but everyone is able to experiment and adjust to their liking.

## Questions:

- What does the music tell you? Is it sad, is it happy, is it calming?
- Focus on your breathing, is it short? Is it slow? What does your breathing tell you?
- Are you trying to release a type of energy through your movement? (i.e., negative energy, positive energy)
- Is your movement really slow? Or is it fast? What does this tell you about yourself?

## Challenge:

- If it's possible you can travel around your space if you're staying in one spot.
- Try to count to four while breathing in and as you count to four, breathe out and move while counting all the way to eight, then repeat all over again.
- Use some props around your home to enhance your sense of touch, whether it's a chair or a scarf these might help you engage with your body.

## Outcomes:

- Your body should feel more aware and cognizant the more you keep the consistency.
- Again, this is a trial and error where however you feel most comfortable should be honored.
- Take the time to hold space for yourself while doing this and be grateful that you can have patience with yourself and/or others.
- If you want to record how you've been feeling after every movement meditation then go ahead! It's always nice to look back and read how you have been feeling, it can be an indication to how this helps overall in your physical and mental health.



Self-care is an important part of building resilience and staying healthy. Taking good care of yourself will help you to feel better, to be more confident, and it will help you to better manage your emotions.

With either words or images, take the time to pack the self-care suitcase below with some of your favourite self-care practices! Are you looking for ideas? Brainstorm some ideas with your classmates/friends or family! Are you still wondering what else you could do? Feel free to check out some of the suggestions provided on the following page.



Now that you've had a chance to think about some of the things that are important to you and your self-care, take a few minutes to enjoy one of our Project 11 Intermission videos. Follow along with Heather, Sara, and their friends as they pack their bags and navigate through a *Mindful Movement* adventure. Click the following link, [Mindful Movement K1 Episode 5 - YouTube](#) to begin your journey!



Here are a few self-care activities and ideas to keep you going as you continue on your journey of building your resilience.

Listen to an upbeat song

Drink some water



Give yourself a foot massage

Step outside for some fresh air



Text someone you love



Focus on your breathing

Write down 10 things you're grateful for

Dance



Smile

Go for a walk

Stretch

Call someone you love

Meditate



Write in a journal

Spend time in nature

Watch a funny movie or video

Read/write down some positive quotes

Unplug from technology



Do something creative

Eat a healthy snack



Exercise

Take a nap



Do a puzzle

Read

Build a fort



Go for a bike ride

Do yoga

Blow bubbles



Brush your hair

Swing at the park

Listen to some calming music



Try something new

*Stay well! Take good care of yourselves and each other!  
- The Project 11 Team*



# NATURE BINGO



Go outside for a walk and try to get a Bingo.  
Cover a line in any direction or fill in the full card!

<b>Furry friend</b>	<b>Cloud</b>	<b>Animal's home</b>	<b>Artwork</b>	<b>Mushroom</b>
<b>Bicycle</b>	<b>Flower</b>	<b>Piece of recycling*</b> <small><i>*Pick it up and recycle!</i></small>	<b>Insect</b>	<b>Dog</b>
<b>Butterfly</b>	<b>Someone at work</b>	<b>Free!</b>	<b>Rock</b>	<b>Window sign</b>
<b>Water</b>	<b>Animal tracks</b>	<b>Bird</b>	<b>Something to fix</b>	<b>Stick</b>
<b>Pinecone</b>	<b>Piece of garbage*</b> <small><i>*Pick it up and throw in trash!</i></small>	<b>Leaves</b>	<b>Spider web</b>	<b>Green grass</b>



# RESOURCE RIPPLE

**SELF-CARE**

**FRIENDS & FAMILY**

**SCHOOL & COMMUNITY**

**WEB & PHONE RESOURCES**



Canadian Mental  
Health Association  
Manitoba and Winnipeg  
*Mental health for all*



*years of  
community*



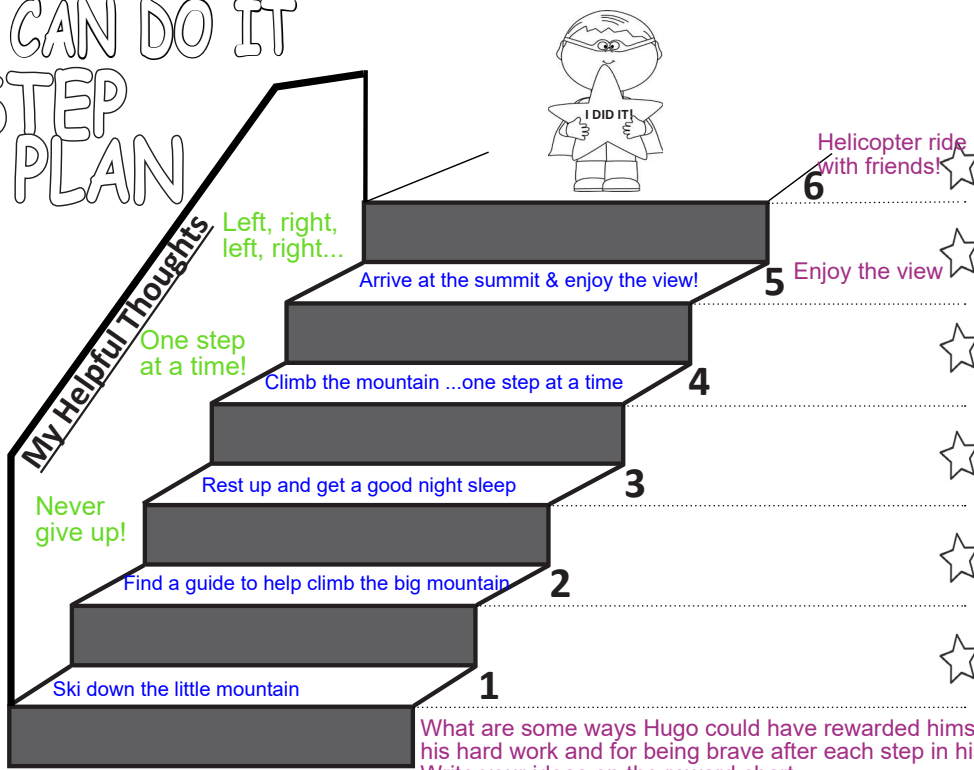
## I Can Do It Step Plan

**The KIDTHINK I Can Do It Step Plan is a tool to help turn big, overwhelming goals into smaller, achievable goals.**

**Here is how you can create your own.**

- 1) Choose a big goal or activity you want to accomplish. For example, in the book *One Step at a Time*, Hugo the Starfish wanted to climb to the top of Matterhorn.
- 2) Break the goal or activity into smaller steps. Think about what you need to do in a step-by-step, logical order. Hugo had a 6-step plan:
  1. Take Tommy Turtle to the airport.
  2. Take a big plane across the vast Atlantic Ocean to Switzerland.
  3. Take the taxi to the station and board the train to Zermatt.
  4. Take a sled to the hut.
  5. Take a cable car to the Matterhorn.
  6. Arrive at the top of the Matterhorn.
- 3) Make a list of people who can support you while you are completing your steps or if you run into a problem. Hugo had his friends Tommy, Mantra and Lambda.
- 4) Think of positive green thoughts to tell yourself as you are completing the steps like “I can do it”, “Never give up”, or Hugo’s favourite, “One step at a time: left, right, left right...”.
- 5) Reward yourself after finishing each step. Hugo took a helicopter ride after his final step of reaching the top Matterhorn, but you could earn a sticker or a special treat after each step completed.
- 6) Hugo’s first plan did not work as he hoped. Sometimes that happens and we need to make another plan. On the next page is Hugo’s second plan and after that there is a page for you to make your own plan.

# I CAN DO IT STEP PLAN



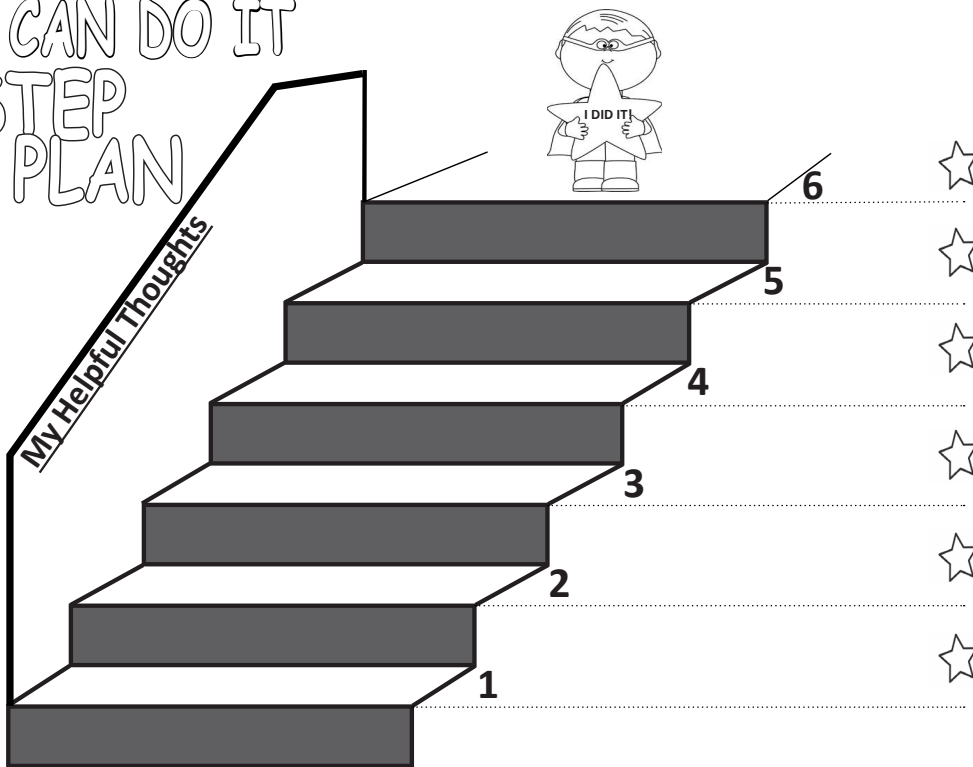
**My Support Team Includes**

- Magic Manta, wise friend
- Tommy Turtle
- Lambda the sheep

What are some ways Hugo could have rewarded himself for his hard work and for being brave after each step in his plan? Write your ideas on the reward chart.



# I CAN DO IT STEP PLAN



**My Support Team Includes**



# — Being a Resilient Athlete —

*“Don’t be afraid to go for things. Be open to putting yourself out there and taking risks. Even if you fall along the way, at least you tried.”*

- Rhiannon Leier, Olympic swimmer

Resilience is important to participating and competing in sport. Even the best athletes have made it through a lot of challenging experiences. Being a resilient athlete means can push through obstacles and learn from hard moments. You want to bounce back from your lowest lows so you can reach your highest highs. This past year has been really tough for all athletes.

While we haven’t experienced anything like this before, we know that sport is full of tough moments and setbacks. You might have even experienced some of these moments already. This might include being cut from a team, dropping lines, competing against your friend for a spot in the starting line-up, or feeling pressure from family and coaches,

Below are 9 skills to help you become more resilient as an athlete. Take time to practice these mental skills thinking about your difficult moments and big wins!

## **1. Positive Personality**

When you are positive, you will be more likely to find and take advantage of opportunities. Be open to experiences, be hopeful and optimistic, and be proactive (plan ahead) about how you can improve and grow as an athlete.

Identify a situation that can lead to a hidden opportunity:

-cancelled practice

What hidden opportunities are there?

-get to practice yoga- need to work on balance

-going for run outside- it’s beautiful today!

-connect with teammate and meet in the field for some one-on-one practice

## **2. Support:**

Pull in support from those around you. This can be from coaches, teammates, family, and friends. Talking to the people who care about you is important and can help you cope with stress. These people can be big cheerleaders for you- ask them to remind you of good moments or what went well if you find yourself in a slump. Some different ways to ask for support could be: “What do you think I did well in that game?” “I can’t seem to figure this out- can you help me?” “I’m feeling pretty bummed about not getting to start the game today.”

Who is on your support team? Are there certain people you would go to for different support?

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## Being a Resilient Athlete (CON'T)

### 3. Choices > Sacrifices:

When you see things as a CHOICE, rather than a sacrifice or HAVING TO SUFFER, you will be more motivated to step up and do difficult things.

Find a way to spin these sacrifices into a CHOICE

#### Sacrifice situation:

During an early-morning practice  
Missing friends' birthday for game

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#### Choice perspective:

"I get to get up and play - SWEET!"

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### 4. Develop a psychological and competitive edge:

Look at a challenge (playing for a new coach) or a setback (injury) as an opportunity to give you a psychological or competitive edge- it will help you to be more successful in the long-term. Using challenges to grow might sound like: "Sitting on the bench is really hard and all I want to do is play... AND, I'm coping with it and will be mentally stronger when I return."

What is a challenge you have faced that gave you a psychological or competitive edge?

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### 5. Motivation:

Know and live your 'why' as an athlete. What got you started playing or competing in the first place? Why do you continue? What about your sport do you love? What are your athletic goals? When you remember and focus on your why it can help you frame difficult moments into a stepping stone towards a better future. Shift focus from what you've lost to why you are so excited to get back to playing/competing again.

What is your 'why?'

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### 6. Setbacks as Growth:

When setbacks are seen as a positive, you will come back stronger. Responding positively to setbacks can set up a new wave of opportunities and mastery you didn't even know was possible. If you get negative feedback from a coach, how can you grow from that? What can you learn or do differently to push yourself and be even better than before?

How can you use setbacks as a way to grow?

#### Setback:

Getting hurt and out for rest of season  
Negative feedback from coach

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#### Grow:

Learning stretches to keep body well

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## Being a Resilient Athlete (CON'T)

### 7. Confidence:

You should feel certain about what you can do and bring to a competition. To increase your confidence, remind yourself of times in life that you've done hard things. You can also check in with those around you- their support and belief in you can help build your confidence. Build a highlight reel and add to it often. Revisit them whenever you are lacking belief in yourself.

What are some of your best sports moments?

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### 8. Responsibility over thoughts, feelings, and behaviors:

Thoughts, feelings, and behaviors impact each other. If you feel happy, you are likely more willing to get out and do things, have positive self-talk, and interact with others. If you are feeling sad or upset, you will probably want to stick to your bedroom, think badly about yourself and others, and want to be alone. You have the power to change this! Working to change one area (like your thoughts) will help change how you feel about yourself and what you do. If other people impact your thoughts and how you feel about yourself- refocus on what you think and feel. Taking-back your thoughts might look like this: "That team is trash-talking us. They're trying to get us to doubt ourselves and take us off our game. That is NOT happening. I am ready!"

What are some negative thoughts you normally have about your play? How you can reframe them to be positive?

#### Negative thought:

I will never be as good as them

Coach hates me

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#### Positive thought:

I am good at X

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### 9. Control:

There are many things in sport and life we cannot control and have no influence over. You cannot control the game's outcome, the weather, or how a referee calls a game. You also have little power over what line you're on, or if you get picked for the team (in both cases, you can control your effort, which may influence what your coach decides, but you can't control the coach). You CAN control your thoughts, your effort, your post-game recovery, and how often you work-out or work on skills in the off-season. Direct your attention and energy to what you can control, and you will be better equipped to focus on what you need to and get it done!

What is a recent worry you've had? What are the parts of the situation you can control?

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## Being a Resilient Athlete (CON'T)

*“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”*

*- Michael Jordan*

Preparing for practice

Everyone has certain strengths that come easy to them. Which skill(s) above do you find easy to practice?

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Which skill(s) do you think you could use more practice in?

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Plan some times that you can practice the skills you want to get better in- how will you practice it and when? How will you know you’ve improved?

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## About the contributors:

This activity booklet is the result of a collaboration of many community groups and organizations to commemorate May 7th —National Child and Youth Mental Health Day. Thanks to all these partnering organizations:



**Kidthink Children's Mental Health Centre Inc.** is a private, non-profit children's mental health clinic located in Winnipeg, Manitoba. KIDTHINK's goal is to provide timely and accessible prevention and early intervention services to children 12 years of age and younger as well as to their families and the community that supports them. This is done through the provision of evidence-based clinical and outreach services as well as workshops and training for parents, caregivers, and professionals. To learn more about KIDTHINK and for up-to-date information on current services, events and activities, please visit [www.kidthink.ca](http://www.kidthink.ca) and subscribe to the newsletter.

**Project 11** brings mental wellness education, conversations and coping strategies to students in their classrooms. It is an engaging cross-curricular, mental wellness promotion initiative that provides mental health curriculum for students in Kindergarten to Grade 8 in both English and French. Development of the high school curriculum is currently underway. Project 11 aims to help students build resilience and a stronger sense of wellness, which, in turn, encourages the development of a greater ability to cope with life's challenges in a more positive and healthy way.

**Winnipeg School Division** is celebrating 150 years of learning this year and has 79 schools, 32,752 students and 4,587 full-time employees. Its purpose is to provide a learning environment that fosters the growth of each student's potential and provide equitable opportunity to develop the knowledge, skills and values necessary for meaningful participation in a global and diverse society.

**The Manitoba Advocate for Children and Youth (MACY)** is an independent office of the Manitoba Legislative Assembly. Empowered by The Advocate for Children and Youth Act, the Manitoba Advocate is available to support and advise children, youth, and young adults of their rights and the services which should be available to them. MACY also has the responsibilities to conduct child-centred research, investigate the serious injuries and deaths of young people, to issue formal recommendations to improve public services, and to monitor and report on compliance regarding the implementation of recommendations made by the Manitoba Advocate.

The Manitoba Advocate leads a team who represents the rights, interests, and viewpoints of children, youth, young adults, and their families who are receiving, or are entitled to receive, services in the areas of:

- Child welfare
- Adoption
- Disabilities
- Mental Health
- Addictions
- Youth Justice
- Education
- Victim Supports (including domestic violence and sexual exploitation)

MACY does this through direct advocacy, investigations, research, special reports, formal recommendations and compliance monitoring of recommendations. For more information, visit [ManitobaAdvocate.ca](http://ManitobaAdvocate.ca)



**Building Heroes: Have the courage to become a hero in your own story.**

@buildingheroesmb is a collective of mental health professionals bringing sport and performance psychology to you. At 'Building Heroes' we want to help YOU become a hero in sport and life. Follow us for some great weekly resources, tips and tools.

- H - Harness your why
- E - Emotionally literate and agile
- R - Resilient Mindset
- O - Opportunities for Growth are Found
- E - Embrace your Humanity
- S - Self-aware and Self-Compassionate

Want to learn more? Our groups and workshops offer a collaborative online community for athletes to connect with one another through facilitated weekly online calls, an offline chat, and resource sharing. Coaches can work with us to create a group for their team.

Make sure you check out our podcast! @heroesmidst is a podcast that tells stories about the heroes that walk amongst us, in our midst everyday. At 'Heroes In Our Midst' we find them, we celebrate them, and we learn from them. Subscribe to 'Heroes In Our Midst'.

Find us at: heroesmidst@gmail.com and online on Instagram at @buildingheroesmb and @heroesmidst.

**RESOURCES:**

**Addictions Foundation of Manitoba**

<https://afm.mb.ca/>  
1-855-662-6605

**Anxiety Canada**

[www.anxietycanada.com](http://www.anxietycanada.com)  
604 620 0744

**Aurora Family Therapy Centre**

[www.aurorafamilytherapy.com](http://www.aurorafamilytherapy.com)  
204.786.9251

**Family Dynamics**

<https://familydynamics.ca>  
204- 947-1401

**First Nations Family Advocate**

<https://firstnationsfamilyadvocate.com>  
1.855.996.9989

**Islamic Social Service Association**

[www.issacanada.com](http://www.issacanada.com)  
1-204-944-1560

**Kids Help Phone Line**

<https://kidshelpphone.ca>  
1-800-668-6868 or text 686868

**LGBTQ Youth Line**

[www.youthline.ca](http://www.youthline.ca)  
1-888-687-9688

**MacDonald Youth Services Family Navigator Program**

[www.mys.ca](http://www.mys.ca)  
1-888-383-2776

**Ma Mawi Wi Chi Itata Centre**

[www.mamawi.com](http://www.mamawi.com)  
204-925-0300

**MOSAIC Newcomer Family Resource Centre**

[www.mosaicnet.ca](http://www.mosaicnet.ca)  
204 774 7311

**New Direction for Children, Youth, Adults and Families - Family Therapy Program**

<https://newdirections.mb.ca/>  
204-786-7051

**Psychological Services Centre**

[https://umanitoba.ca/faculties/arts/departments/psych\\_services](https://umanitoba.ca/faculties/arts/departments/psych_services)  
204-474-9222

**Trans Life Line**

<https://translifeline.org>  
877- 330-6366

