

**Last week, SNCDSB celebrated Mental Health Week by participating in activities that support our mental health and wellbeing.**

The [Canadian Mental Health Association](#) celebrates Mental Health Week every year during the first week of May.

However, CMHA provides availability to ongoing tools and resources throughout the year for those who could benefit from learning more about mental health and wellbeing!

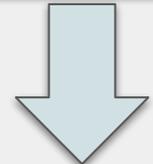
Here are some of the helpful tools on the CMHA website that can help you understand your own mental health:

- [Mental Health Meter](#)
- [What's Your Stress Index?](#)
- [Work/Life Balance Quiz](#)

*\*\*Please be aware that these tools are not substitutes for professional advice. If you feel that you may need advice, please consult a qualified healthcare professional.*



*Take a look at how The CMHA inspired some of our activities from SNCDSB Mental Health Week 2020!*



Last week for Mental Health Week we had an interactive scavenger hunt. In this scavenger hunt people were asked to show items in their home that they love. The purpose of the hunt was to show people that they have coping tools at home within their reach.

**Mental health coping tools are items or strategies that a person can use to help them deal with difficult situations/emotions.**

**The Canadian Mental Health Association list some great ideas to create a toolkit. Many of the suggestions can be done at home. Such as:**

**Colouring/ Drawing  
Aromatherapy scents  
Sensory Fidgets  
Music**

Check out the article on creating a toolkit on [CMHA website.](https://cmha.ca/blogs/create-your-own-workplace-wellness-box)

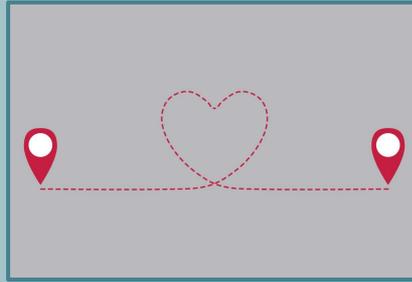
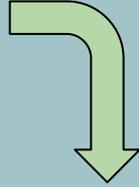
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### **The Things I Love Scavenger Hunt**

Something that smells good  
Something I like to wear  
Something that is my favourite colour  
Something that makes a sound that I like  
Something that makes me laugh  
Something that I am thankful for  
Something that feels good  
Something I like to look at  
Something that tastes good  
Something that keeps me warm  
Something you like to play with  
Favourite book to read/ listen to

**TRY PLAYING WITH YOUR FAMILY. ADD TO THE LIST**

We live in a time where we can benefit from technology and its tools that *brings us together*.



## Last week during Mental Health Week we hosted a game of charades, using Zoom!

- It was a simple activity but served a great purpose.
- It briefly **connected** students.
- They got to share some laughter 😂 and even had to think creatively and engage in movement!

“One of the main causes of loneliness is social isolation – not having the necessary social connections to keep us from feeling lonely.”

- Canadian Mental Health Association

Check out this article for more information:  
<https://mentalhealthweek.ca/social-connection-is-the-cure/>



### Charade Topics

- |                      |                     |
|----------------------|---------------------|
| Riding a horse       | Eating corn         |
| Boarding an airplane | Cleaning dishes     |
| Fishing in a boat    | Taking a picture    |
| Going bowling        | Skydiving           |
| Cutting a tree down  | Throwing a baseball |
| Birdwatching         | Filming a movie     |
| Surfing in the ocean | Diving in the water |
| Taking a bath        | Sneezing            |
| Playing basketball   | Drawing a picture   |



Try these at home with your family or friends over Zoom! Add to the list, make them easier or harder... it's up to you!