



Health, Social, and other Community Programs and Services Call 211

Visit [cmho.org](http://cmho.org) to find the Children's Mental Health Agency nearest to you [LINK](#)

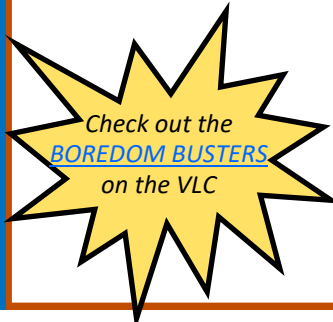
Crisis and help-lines in your community [LINK](#)

To find adult services for mental health, addiction, or problem gambling visit:

## ConnexOntario

1.866.531.2600  
[www.ConnexOntario.ca](http://www.ConnexOntario.ca)

Support for parents of children with mental health challenges: [Parents Lifeline of Eastern Ontario](#) 613-321-3211 or 855-775-7005



What is social-emotional learning? According to [CASEL](#) "Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."

Developing strong social-emotional skills is important learning throughout childhood and adolescence (and even into adulthood!). Here are 12 activities you can do at home this summer:

## 12 Home Activities that Build Social Emotional Skills

[www.thepathway2success.com](http://www.thepathway2success.com)



Play board games and sports



Go on a mindful walk outside



Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

Talk about characters' feelings in a movie



Start an acts of kindness challenge



Organize an area of the house together



Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"

Clipart by Kate Hadfield & Sarah Pecorino

**Kids Help Phone**

Call 1-800-668-6868 for support or Children and youth text TALK 686868 Adults text WELLNESS 741741