

School Mental Health Ontario: Everyday Classroom Resources

<https://smho-smso.ca/>

February 2022

As the winter moves along we may seek activities to help ourselves and our students to feel calm and more positive!

This month's Wellness Wednesday will help you to connect to ideas that bring people together through fun and engaging activities.

Choose a topic and click the link for fun class activities that reflect some of the 6 Foundation Strategies outlined by School Mental Health Ontario ([link at top of page](#))

Our UCDSB families will be receiving similar ideas for consideration as they plan for the Family Day Holiday.

Would you rather ???

Be a detective or a pilot? Go skiing or to a waterpark? Dance or sing?

Learning about differences!

<https://conversationstartersworld.com/would-you-rather-questions-for-kids/>

NATURE TREASURE HUNT

Prepare this family or unit scavenger hunt to spend the winter months exploring the outdoors. Make a large poster to use for family, classroom or home.

TO LOOK FOR: <input type="checkbox"/> Pinecone <input type="checkbox"/> Bark on a branch <input type="checkbox"/> Seed pod <input type="checkbox"/> Animal tracks <input type="checkbox"/> Forest animals (deer, squirrels, rabbits) <input type="checkbox"/> Tracks with different footprints (find clues) <input type="checkbox"/> Cloud shapes	<input type="checkbox"/> Your breath <input type="checkbox"/> Long black cat nose (find these in school bags) <input type="checkbox"/> Frozen puddles <input type="checkbox"/> Snow <input type="checkbox"/> Bird feathers <input type="checkbox"/> Bird nests <input type="checkbox"/> Signs of young (holes of grass, birds in the trees)
TO SMELL: <input type="checkbox"/> Tree bark <input type="checkbox"/> Snow	<input type="checkbox"/> Pine tree <input type="checkbox"/> Fresh or dryness - what makes it smell like?
TO LISTEN FOR: <input type="checkbox"/> Birds chirping <input type="checkbox"/> The wind	<input type="checkbox"/> Under dripping/fountains flowing <input type="checkbox"/> Footsteps in the snow or leaves <input type="checkbox"/> Cracking ice (puddles)
TO FEEL: <input type="checkbox"/> Chilly cheeks <input type="checkbox"/> Tree bark <input type="checkbox"/> Ice	<input type="checkbox"/> Rough or smooth (sun fingers and on your face) <input type="checkbox"/> Mud <input type="checkbox"/> Mud

www.hikeitbaby.com

How about some outdoor adventure and teamwork?

<https://hikeitbaby.com/blog/exploring-the-senses-with-winter-scavenger-hunt/>

I AM enough

@KidsHelpPhone

Colouring for Relaxation!

<https://kidshelpphone.ca/get-info/try-mindfulness-colouring-book/>