

Everyday, educators and students are exposed to big and small challenges that can contribute to feelings of stress. We can't control everything that happens, but we can control our response to the stressors coming our way. When students interpret events from a hopeful, positive stance, they are more likely to experience positive emotions than if they engage in more pessimistic, negative thinking. Below are some activities from [School Mental Health Ontario](https://www.schoolmentalhealthontario.ca/) you can try this week:



Try the [Visualization and Body Scan](#) activity to help students learn to soothe their body and mind and regulate emotions during times of stress.



View a Thought-Changing Virtual Field Trip with your class.

[Primary](#)  
[Junior](#)  
[Intermediate](#)  
[Secondary](#)



Try the [Stress Buster Bulletin Board](#) to encourage support seeking, which is an important skill for personal resiliency.

As we begin to wrap up the school year, helping students to recognize and challenge unhelpful and negative thinking patterns can help them change the way they act and feel. Practicing kind thoughts instead of self-criticism is a skill that can be learned. You can review this [post](#) from [ThriveSMH](https://www.thriveSMH.ca/) with students to practice open conversations about identifying and addressing unhelpful thoughts.

