



Wednesday June 8, 2022

REFLECTION AND GRATITUDE FOR A YEAR WELL DONE

As the 2021-2022 school year comes to a close, the System Wellness and Social-Emotional Learning team is thankful for the meaningful conversations that have occurred and feedback that has been received in response to the Wellness Wednesday editions. Our goal is to provide simple to use, evidence-based, social-emotional learning activities that you can use in your classroom each week. We have appreciated the opportunity to be in your inbox and look forward to continuing to promote everyday mental health practices next year. Your feedback is important to us and we welcome your thoughts and ideas as we plan for the 2022-2023 school year.

Today, we encourage you to **help your students to reflect on their year and practice gratitude**. Viewing the world and relationships through a lens of reflection and gratitude can help students to notice and appreciate the positives in life, even when facing challenges such as transitioning to a new grade or school.

Review the below activities that promote reflection and gratitude for use in your classroom.



Take a [Gratitude Moment](#) with your students to help them intentionally notice positive elements in their day and shift the balance towards optimism.

Try the [Inspirational Outdoor Graffiti](#) activity to help students share reflections and express their gratitude.

Take a Gratitude Virtual Field Trip with your class. Videos are available for [Primary](#), [Junior](#), [Intermediate](#) and [Secondary](#) students.

4 MEANINGFUL END-OF-YEAR ACTIVITIES TO CELEBRATE ACCOMPLISHMENTS AND THINK ABOUT WHAT'S TO COME



Letters to the Future

- Encourage students to write a letter to themselves one year in the future.
- The possibilities are endless!
- Remind students to include both personal and academic perspectives.

Thank-you Notes

- Provide blank thank-you cards (or paper) to the class
- Encourage students to write thank-you notes to individuals in their school and outside of their school in their support network (friend, coach, counsellor etc...).

Performances

- Help students to show off all of the amazing knowledge and skills they have gained over the past year with a classroom or school performance.
- Encourage students to be creative and think of social-emotional gains as well as academic ones.

Vision Boards

- Encourage students to create a collage (digital or on poster board) that illustrates their future goals and inspirations.
- Encourage students to include pictures of activities, people, destinations and to use quotes or messages in their work.