

# **WELCOME to the Children's Mental Health Week 2021 Teen/Secondary Resource Kit**

*#CopingCaringConnecting*

# Children's Mental Health Week 2021

**Children's Mental Health Week (CMHW) is recognized provincially next week from May 3 to 7.** To help support student mental health and well-being for all, the Professional Support Services team has developed a wide variety of resources, including culturally responsive and relevant resources as well as activities for educators in line with this year's theme of **Coping, Caring and Connecting.**

We recognize this has been a challenging time for everyone and encourage you to use these tools to engage and connect with students to support their mental health and well-being. These resources acknowledge the connection between equity and mental health and well-being. We prioritize equity and inclusion for all students and families from an anti-oppressive and anti-racist stance.



# Children's Mental Health Week 2021

**Coping** is not just about doing well or even thriving. Most of the time, coping is about getting by during hard times. It is that inner strength of resilience that allows you to keep going when you feel like giving up. Different coping strategies work differently for different people. Think about what works best for you. Share your strategies with others, or maybe try something new that you have never tried before.



Professional  
Support Services

**Caring** for others and being cared for is one of the most powerful protective factors for everyone's mental health and well-being. Research shows that providing a caring, inclusive and welcoming school environment improves student well-being and supports learning. We encourage everyone to focus on noticing, supporting and acknowledging caring and kind interactions. We all need to do our part to help ensure that EVERY student knows they matter and feels that they are a valued member of their school classroom and community.

**Connecting** virtually for school and social activities can feel draining and difficult at times. Restrictions, school closures, and physical distancing measures related to the pandemic continue to impact our lives and our ability to spend time together in person. While everyone adapts to change differently, there are things you can do to let the people in your life know you are there for them and that they are not alone. During this week, reflect on the ways you can stay in touch with friends, family and loved ones to show your support, create deeper connections and spend time together in meaningful ways. Also think about who might need a connection and consider reaching out to them.

## Children's Mental Health Week 2021

Welcome to our Children's Mental Health Week Resource Kit. Scroll through the document to navigate to the room you would like to visit! You can also check out a PDF version of parts of this resource by clicking on the top right chart.

## Culturally Responsive Resources

## Relaxation Lounges

## Virtual Field Trips

## Mindomo & Activities

## Additional Resources

[illegible]



# Community Resources - Click for more information!



Naseeha

 **Black Youth Helpline**  
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

 **TAIBU** COMMUNITY HEALTH CENTRE

 **ICNA Relief Canada**  
No Borders - No Boundaries

 **CTYS**  
central toronto youth services

 **CAFCAN**  
Caribbean African Canadian Social Services

**Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)**

 **LGBT youthline**  
25 YEARS OF YOUTH RESILIENCE

 **Community Family Services of Ontario** 家和

 **STELLA'S PLACE**  
Young Adult Mental Health

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HONG FOOK

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Hong Fook

 **URBAN INDIGENOUS EDUCATION CENTRE**

**MFCOSO**

Muslim Family and Child Services of Ontario

"Our Family, Our Responsibility"



Canadian Mental Health Association

Ontario

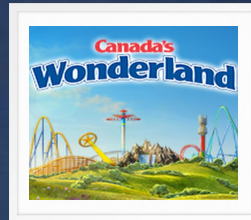
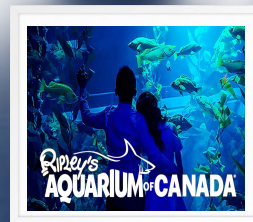
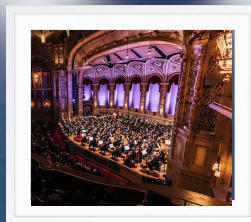
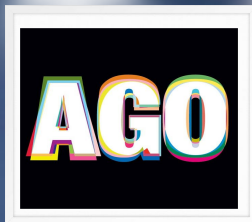
 **TROPICANA**  
COMMUNITY SERVICES



Anishnawbe Health Toronto

 **RESOURCES**





# Mindomo Presentation + Kahoot and Word Wall Activities

## Elementary



## Middle/Secondary



Click here for instructions on how to use the activities:

**tdsb**  
Toronto District School Board

The Mindomo presentation has 8 goals to it:

1. A video reflecting on the pandemic period.
2. A word cloud activity on new words from the last year.
3. A Kahoot about Covid and the last year.
4. A Kahoot on coping.
5. A word cloud activity on the maps students have been in or will be coping.

Please use the link to go to the green appropriate Word map presentation. Once you're at the presentation link, use the presentation icons at the right to use the presentation. Use the play button to move from one activity to the next.

**Activity 1: Play the presentation video on the content of the Mind map and then spend some time reflecting on:**

- What did the students learn about the content?
- Is there anything they would have changed or added?
- How did it feel to watch?

**Activity 2: Using the link to go to the green appropriate Word map presentation. Once you're at the presentation link, use the presentation icons at the right to use the presentation. Use the play button to move from one activity to the next.**

**Activity 3: Play the Kahoot! (Coping) game on a screen or tablet and the last year. After playing the game, start a discussion using these questions:**

- What coping strategy have you used or changed from the last year? What did the biggest change?
- What new you know or are you most worried about?
- What if playing, were you and your family to be in a COVID?
- What are you looking forward to?

**Activity 4: Play the Kahoot! (Coping) game on a screen or tablet and the last year. After playing the game, start a discussion using these questions:**

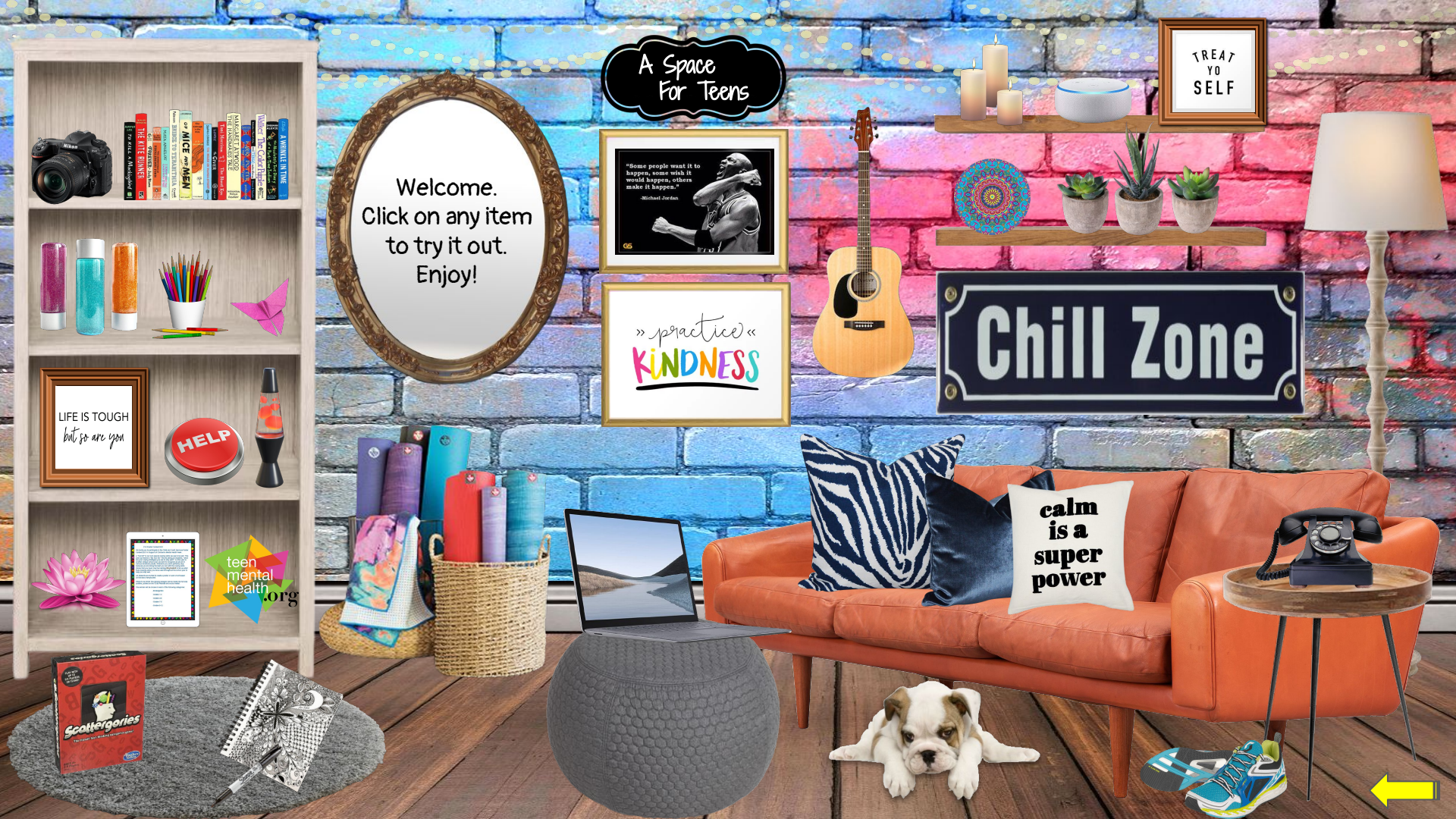
- What coping strategy have you used or changed from the last year? What did the biggest change?
- What new you know or are you most worried about?
- What if playing, were you and your family to be in a COVID?
- What are you looking forward to?

**Activity 5: Using the link to go to the green appropriate Word map presentation. Once you're at the presentation link, use the presentation icons at the right to use the presentation. Use the play button to move from one activity to the next.**

**Activity 6: Using the link to go to the green appropriate Word map presentation. Once you're at the presentation link, use the presentation icons at the right to use the presentation. Use the play button to move from one activity to the next.**







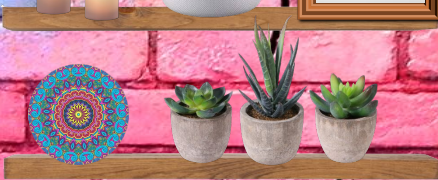
A Space  
For Teens

Welcome.  
Click on any item  
to try it out.  
Enjoy!

"Some people want it to  
happen, some wish it  
would happen, others  
make it happen."  
-Michael Jordan

» practice «  
**KINDNESS**

TREAT  
YO  
SELF



**Chill Zone**



# Additional Resources

[Mental Health  
Action Toolkit](#)

[-Parents,  
Caregivers &  
Families](#)

[Mental Health  
Action  
Toolkit-Student](#)

[Supporting  
Well-Being for  
Families of  
Students with  
Complex Needs](#)