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Tool Kit Thursday

Why a Toolkit for Wellness?

- To provide tools to use when a person is feeling off balance.
- Practicing at least one thing from the toolkit every day will make it easier to turn to it on days when a person needs it.
- It is not a quick fix, but a way to help a person manage tougher times.
- It is constantly evolving and changing. What works today may not work 6 months from now.

Below are activities you can choose to view and participate in as well as toolkit suggestions. Have Fun!

1. **Calming the Swarm** (grades 4 to 12): This video will lead you in an activity using art as a tool. Have a paper and drawing supplies ready to participate in this activity.
<https://youtu.be/D5yO-c-Lg> (length 3:14)
2. **Music, Movement and Mental Health** (grades 4 to 12) CFS will introduce you to music as a tool to deal with



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differing emotions <https://youtu.be/7dvzE9Q3F0I>(length 4:55)

3. **Mindshift app – Anxiety Canada** (free App) (grades K-12)

Anxiety Canada, a world leader delivering evidence-based mental health relief through digital channels, has released [MindShift™ CBT](#) for [iOS](#) and [Android](#), free to download and use for all Canadians. It employs scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.

https://www.anxietycanada.com/wp-content/uploads/2019/07/Getting-Started-with-MindShift-CBT.pdf?_ga=2.93404894.2133069836.1650899501-1349578534.1630345695

4. **Ways to Wellness Power Point** (grades K-12)

<https://www.albertahealthservices.ca/assets/info/amh/if-amh-ways-to-wellness-tips.pdf>

5. **Start a gratitude journal** (grades K-12)

- Start by recording 3 different things you are grateful for each day



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6. **Mental Wellness Self-Care Plan** (grades 7-12)

https://guides.library.kumc.edu/ld.php?content_id=48265547

7. **How to make a stress ball without a balloon** (grades K-6)

<https://www.youtube.com/watch?v=U6MB0ywwCB0>

8. **Create a play list of music that makes you feel good** (happy or calm) (grades K-12)

9. **Colouring** – markers, pencil crayons or crayons (grades K-12)

10. **Fidget toy ideas (K-8)**

<https://www.youtube.com/watch?v=Pnui9rbKAKc>

11. Physical exercise of choice

12. Mindful activities, you can choose from Monday's activities or an activity of your choice

*****Take a picture or video of your class participating and/or creating their toolkit and upload to the google form.**

<https://forms.gle/J1XPd4sq3J3DyDSF8>



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