

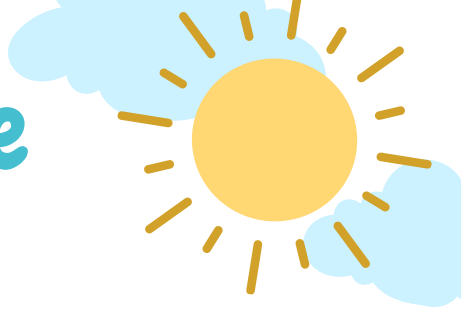
Five Ways to Well-Being Activity Booklet



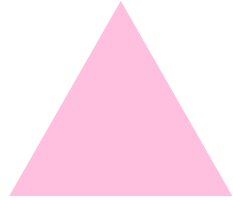
• **Children Version** •

Children's Mental Health Week
May 6-12, 2024

All About Me

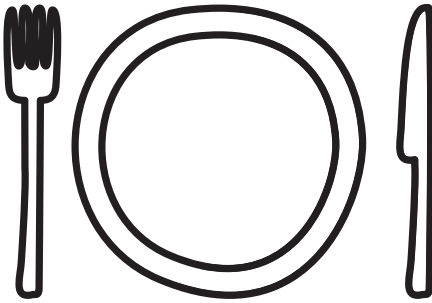


Name



Age

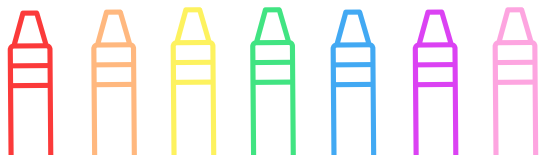
My favourite food is:



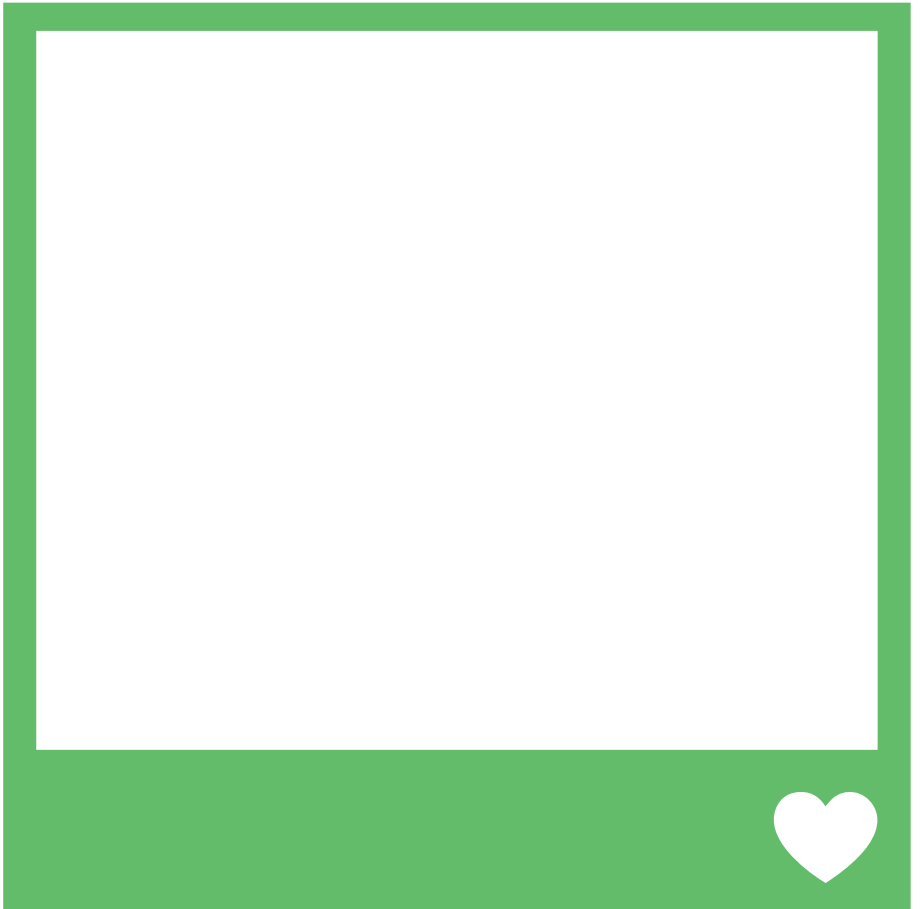
My favourite activity is:

I am excited about:

Here's my favourite colour:



DRAW A PICTURE OF YOURSELF.
WHAT MAKES YOU SPECIAL?



How are you feeling?

Feelings can be overwhelming for us and that is completely okay!

Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colours to show how much of each you have right now.



Yellow **Happy**



Blue **Sad**



Red **Angry**



Green **Excited**



Orange **Calm**



Purple **Nervous**

To calm down, I can...



Read



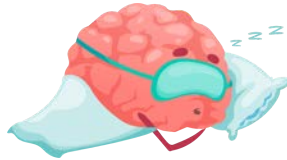
Stretch



Breath



Draw



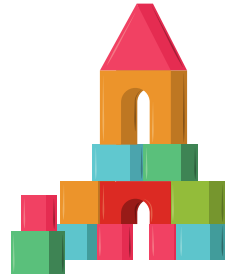
Rest



Clean/Tidy-up



Think

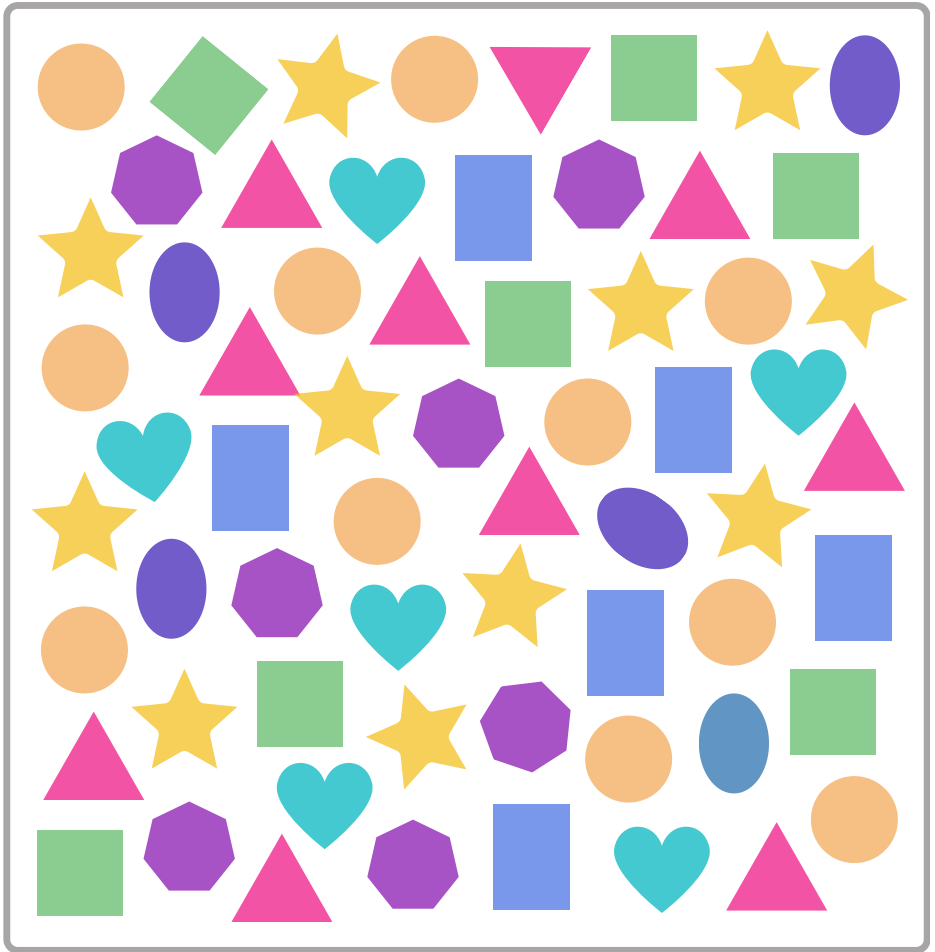










Create

What else helps to calm you down?

LET'S COUNT SHAPES!

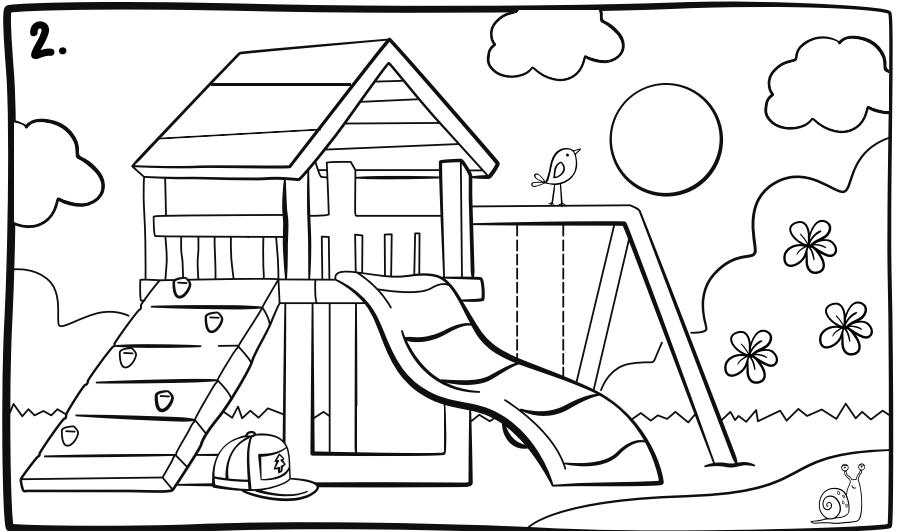
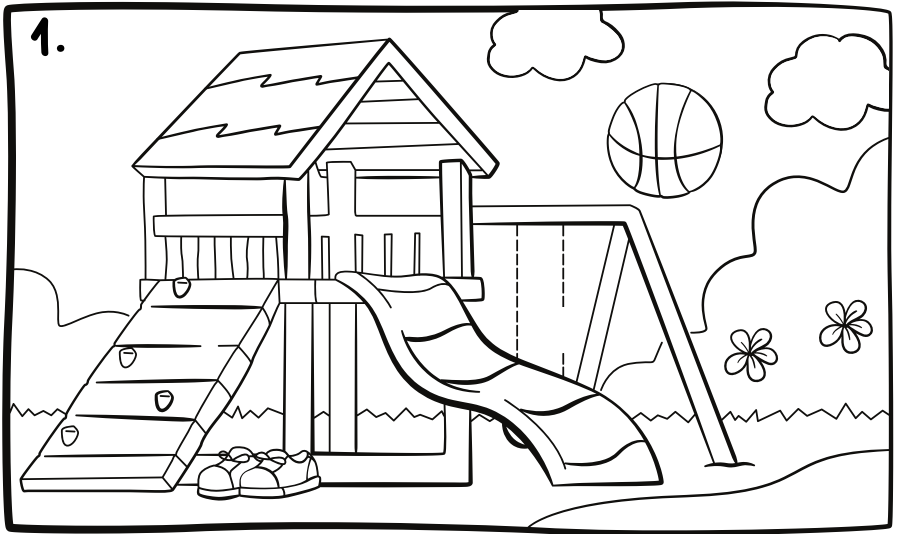
Count and write your answers in the chart below.



	<input data-bbox="189 1263 280 1349" type="text"/>		<input data-bbox="426 1263 518 1349" type="text"/>		<input data-bbox="663 1263 755 1349" type="text"/>		<input data-bbox="905 1263 996 1349" type="text"/>
	<input data-bbox="189 1393 280 1479" type="text"/>		<input data-bbox="426 1393 518 1479" type="text"/>		<input data-bbox="663 1393 755 1479" type="text"/>		<input data-bbox="905 1393 996 1479" type="text"/>

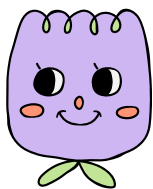
Take Notice: Spot the Differences

- Find the 11 differences in the pictures below.
- Colour the pictures accordingly.



Mental Health

Check-In



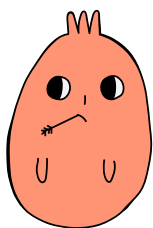
Feeling Great



Pretty Good



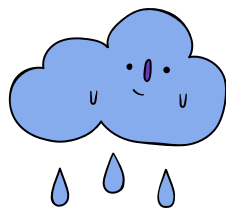
Doing Okay



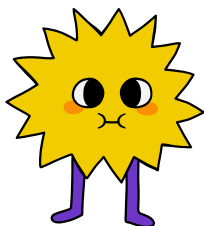
Could Be Better



Starting to Struggle



Having a Hard Time



I Need Support

Helpless, uncertain, worried, sad,
frustrated, angry...

While it's possible to sort through these feelings on your own, it can also be helpful to talk through your feelings with someone you trust—perhaps your kindest and most empathetic friend, a trusted adult, or a child and youth mental health professional.

Do you or someone you know need mental health support?

Community members in need of help are encouraged to reach out to the services available in their community, including NEOFACS, or if they know a young person or family in need of support.

You are not alone! We are here to help.

North Eastern Ontario Family and Children's Services (NEOFACS) offers a number of programs and services for children, youth and families.



Don't wait to access services or get help:

- ➔ You can reach **NEOFACS** 24/7 by phone at **705-360-7100** or Toll-Free at **1-800-665-7743** or **1-866-229-5437/KIDS**.
- ➔ **One Stop Talk** offers youth and their families immediate access to free mental health support. Visit [OneStopTalk.ca](https://www.onestoptalk.ca) or call **1-855-416-8255**.
- ➔ You can also access support by contacting **Kids Help Phone** (**1-800-668-6868**, text **CONNECT** to **686868**, visit [kidshelpphone.ca](https://www.kidshelpphone.ca)) or another crisis line.
- ➔ Thinking of suicide? Help is available 24/7. **Call or text 9-8-8**. Learn more at [988.ca](https://www.988.ca)

Friendly reminder to check in with yourself.

Everyone may experience brief problems with some issues, but when those problems start to interfere with everyday living, it may be time to reach out for help.

Access a full list of resources and supports at www.neofacs.org/support-information

If you are at immediate risk, please call **911** or visit your nearest hospital Emergency Department.

DREAM BIG

BE BRAVE

SHOW KINDNESS

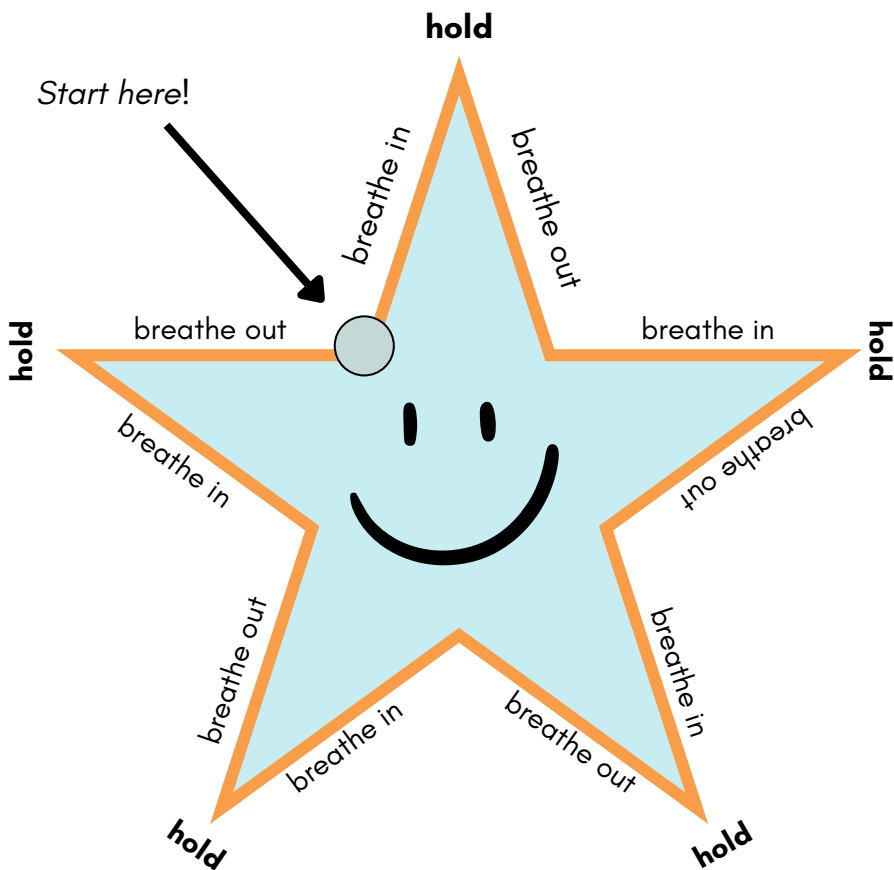


YOU'RE AMAZING
JUST THE WAY
YOU ARE!



Mindfulness Exercise: STAR-SHAPED BREATHING

- 1 Starting on the dot, follow the breathing prompts while you trace your finger around the star in a clockwise direction.
- 2 Repeat until you feel calm.





Acts of Kindness



To me, kindness is:

Ways I can show kindness to
myself and others:



Help us raise awareness for child and youth mental health in the region from May 6-12!

Annually, Mental Health Week is acknowledged during the first week of May with an emphasis on children's mental health. Recognizing Children's Mental Health Week (CMHW) is more important than ever!



The Five Ways to Well-Being

The Five Ways to Well-Being is a set of five simple, evidence-based actions, which can improve well-being in everyday life. Each weekday of Mental Health Week, we will promote one of the five actions. Join us in celebrating mental health and well-being by incorporating these actions into your life. Five Ways to Well-Being Toolkits are available.

1. **Connect**: Talk and listen. Be there. Feel Connected.
2. **Take Notice**: Appreciate the simple things that give you joy.
3. **Be Active**: Move your mood. Do what you can. Enjoy what you do.
4. **Keep Learning**: Embrace new experiences. See opportunities. Surprise yourself.
5. **Give**: Your time. Your words. Your presence.

Share What You Do!

Share your actions with us on social media and use the hashtags #5Ways and #CMHW2024 or #MHW2024. Challenge your friends and family to do the same!

CHALK & WINDOW PAINT CHALLENGE!

Help promote Children's Mental Health Week!

We challenge you to join us in writing or drawing positive messages around your home and community as an act of kindness using sidewalk chalk or window paint! If neither of those options works for you, download the printable 5 Ways to Well-Being colouring page to display your support.

The goal is to raise awareness, spread positive messages, and bring joy to our communities while promoting the 5 Ways to Well-Being and Children's Mental Health Week!

Take a photo of your creation and post it to social media with the hashtags **#5WaysChallenge** and **#CMHW2024** or **#MHW2024**.

Enter for a chance to win a \$100 Gift Card!

Complete the challenge and fill out the online submission form for a chance to win one (1) of nine (9) prizes of a \$100 gift card from a local business of your choice to support your mental health and well-being.

The contest is open to all children and youth in the Districts of Cochrane and Timiskaming in Ontario.

To enter the contest, complete the **online entry form** by May 21, 2024 at 12 pm.

Full contest rules and details are available at: **www.neofacs.org/CMHW**

If you have any questions, please email **event@neofacs.org**.



This contest is organized by North Eastern Ontario Family and Children's Services (NEOFACS), in collaboration with the Northeastern Ontario Mental Health Week Committee.

It is made possible with support from the North Eastern Ontario Children's Foundation, thanks to a generous donation from J&B Cycle & Marine.



5 Ways to Well-Being:

- **Connect**
- **Take Notice**
- **Be Active**
- **Keep Learning**
- **Give**

Brought to you by the Northeastern Ontario
Mental Health Week Committee



Conseil scolaire public
du Nord-Est de l'Ontario



Northeastern
Catholic District
SCHOOL BOARD



District School Board
Ontario North East



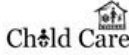
CONSEIL SCOLAIRE
CATHOLIQUE
DE DISTRICT DES
GRANDES
RIVIÈRES



youth
wellness
hubs



carrefours
bien-être
pour les jeunes



Child Care



District of Timiskaming
Social Services Administration Board
Conseil d'administration des services
sociaux du district de Timiskaming



Family and Children's Services
Services à la famille et à l'enfance



Porcupine
Health Unit - Bureau de santé



Services de santé du
TIMISKAMING
Health Unit



Canadian Mental
Health Association
Cochrane-Timiskaming
Addiction and Mental Health Services

#5Ways #CMHW2024 or #MHW2024

Download a copy of the booklet at
www.neofacs.org/CMHW

*Ce document est également
disponible en français.*

