

# Five Ways to Well-Being Activity Booklet



• Youth Version •

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

# ALL ABOUT ME!

## Favourites

Foods

Movies

Songs

My motto:

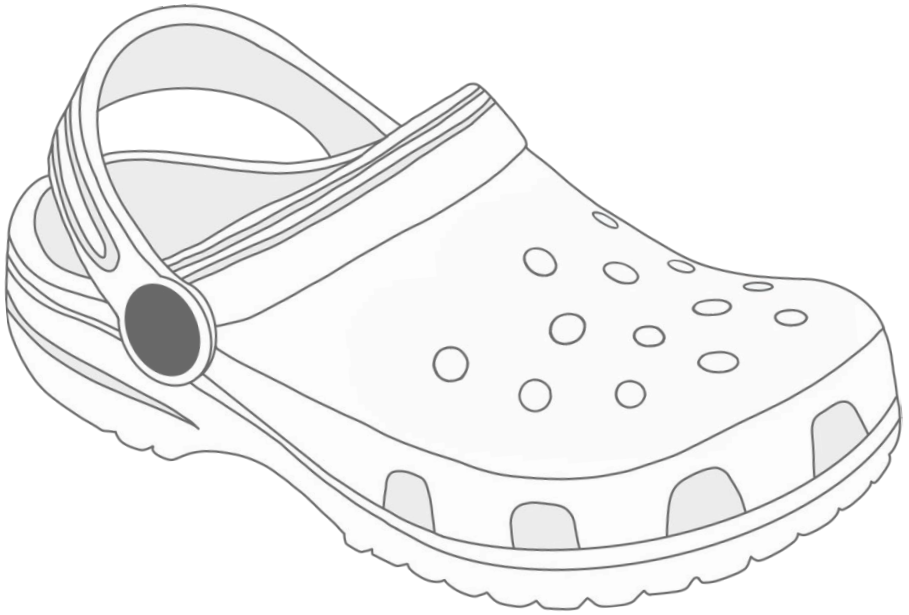
Hobbies

Fun Facts

Likes

# DESIGN YOUR OWN SHOE CHARMS

with things that best represent you!



“There is hope, even when your brain tells you there isn't.” — John Green

# 5 Minute Gratitude Journal

Breath before writing



Things you're grateful for

\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_

Describe today in a drawing

A large, empty rectangular box with a black border, intended for drawing. A small black pencil icon is located in the bottom right corner of the box.

Today's Affirmation

\_\_\_\_\_  
\_\_\_\_\_

3 best thing about today

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today's Highlight

A large, hand-drawn style oval with two small starburst sparkles on its left and right sides, intended for highlighting a key event or achievement.

What were some of the challenges you faced?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Things that you learned

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

YOUR DAILY DOSE OF  
*Positiva-tea*



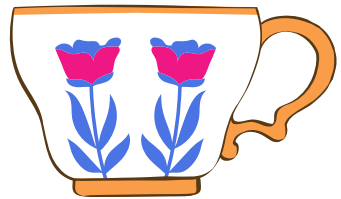
*I am in charge of  
what happens next.*



*I am worthy of  
great things.*



*I am doing my best  
and that is enough.*



*I have the courage  
to move forward.*



*I am not my  
mistakes.*



*I am loved and  
appreciated.*



# A MINDFUL WEEK

**M**

Say something kind to yourself.



**T**

Write down something you are grateful for.



**W**

Find a moment to take five deep breaths.



**T**

Do a quiet and calming activity you enjoy.



**F**

Celebrate something you achieved this week.



**S**

Observe what you see, hear, and smell outside.



**S**

Something you can accomplish next week.



# 5-4-3-2-1

## GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste



# Mental Health

## Check-In

- Feeling Great
- Doing Okay
- Starting to Struggle
- Having a Hard Time
- I Need Support

What are three things that calm you?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

How can you improve your mental health?

What do you feel good about right now?

**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.

**Things that trigger negative emotions:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# 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)

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

## 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](https://www.neofacs.org/support-information)

## Join The New Mentality in Kapuskasing, Kirkland Lake and Timmins!

These groups are a community of passionate youth (12-25) and adult allies who are working towards creating change in the mental health system by creating spaces where individuality, diversity, and radical inclusion are celebrated.

Learn more at [www.neofacs.org/NewMentality](https://www.neofacs.org/NewMentality)



**The  
New  
Mentality**  
DISABLE THE LABEL

 @tnm.neofacs

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

# PIXEL ART

Use the code below to colour the grid and reveal the picture.

1	1	2	1	1	2	1	1	1	1	3	3	3	3	3	1	1	1	1	2	1	1	1	2	1
1	1	1	1	1	1	1	2	1	3	4	4	4	4	4	3	1	1	1	1	1	1	1	1	1
1	2	3	3	3	3	1	1	1	3	4	4	4	4	4	3	1	2	1	3	3	3	3	1	1
1	3	4	4	4	4	3	1	1	3	4	4	4	4	4	3	1	1	3	4	4	4	4	3	1
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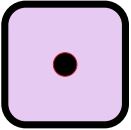


"The best way out is always through."  
— Robert Frost

- |                |            |         |
|----------------|------------|---------|
| 1 = Dark Blue  | 4 = Pink   | 7 = Red |
| 2 = Light Blue | 5 = Yellow |         |
| 3 = Purple     | 6 = Black  |         |

# ROLL AND TELL

Take turns rolling a dice with a partner or group to share and learn something about each other.



**What is the yummiest meal you've ever had?**

*Create your own question:*



**If you could have a superpower, what would it be?**

*Create your own question:*



**If you could have any animal as a pet, what would it be and what would you name it?**

*Create your own question:*



**What is something you are really good at?**

*Create your own question:*



**If you won a million dollars, what would you spend it on?**

*Create your own question:*



**If you were a teacher, what would you teach and what would you do to make your class fun?**

*Create your own question:*

# WORD SEARCH

Find the words below in the word search.

C	U	D	R	L	N	T	M	A	R
W	R	R	A	V	O	S	T	C	E
S	E	E	G	X	T	G	Q	T	S
L	C	L	A	P	I	F	I	I	T
E	O	H	L	T	C	Q	T	V	V
E	N	Y	L	B	E	O	A	E	E
P	N	Y	W	E	E	Q	L	H	I
T	E	B	M	T	A	I	K	Y	R
X	C	W	A	Q	Z	R	N	U	T
O	T	K	G	R	Q	E	N	G	Z

WELLBEING

ACTIVE

CREATE

TALK

NOTICE


LEARN

CONNECT

SLEEP

GIVE

REST



"You don't have to see the whole staircase,  
just take the first step."  
– Martin Luther King, Jr.

# 30-DAY

## 5 Ways to Well-Being Challenge

Set a personal goal for the month

Practice deep breathing

Write a list of 10 things you're grateful for

Take a walk outside

Call or text a friend to catch up

Cook a healthy meal

Practice yoga or gentle stretching

Write a positive affirmation & repeat it throughout the day

Journal about your thoughts and feelings

Set aside time for your favorite hobby

Give yourself a compliment

Unplug from technology for an hour

Practice mindfulness while doing everyday tasks

Spend time with a pet or in nature

Read a book or watch a movie that inspires you

Declutter a room or workspace

Create a vision board or list of personal goals

Volunteer or perform a random act of kindness

Do something that brings you joy

Reflect on your accomplishments and growth

Write a letter to your future self

Write an appreciation letter to someone

Establish a morning routine that energizes you

Practice self-compassion and forgive yourself for past mistakes

Create a relaxing bedtime routine

Connect with nature

Take a power nap or break

Listen to your favorite music or a calming playlist

# 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](http://www.neofacs.org/CMHW)**

If you have any questions, please email **[event@neofacs.org](mailto: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](http://www.neofacs.org/CMHW)

*Ce document est également  
disponible en français.*

