

Mental Health Week



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD



Wellness Challenges for Elementary Students and Families

1

Mindful Monday

Try 4 square breathing or circular breathing method or try a guided meditation as a family.

2

Tune In Tuesday

Check in with one another using a fun animal mood scale or play emotion charades as a family.

3

Wellness Wednesday

Do something kind for someone else, like checking in with a friend, baking something for a neighbour, picking up litter at the park, or something else you come up with!

4

Thoughtful Thursday

Tell each person in your family what you appreciate about them, or make a nice card for someone in your life you are thankful for.

For more great resources and ideas, [click here](#)