

# Mental Health Week



OTTAWA-CARLETON  
DISTRICT SCHOOL BOARD



## Wellness Challenges for Secondary Students

1

### **Mindful Monday**

Turn off your phone for an hour and do something that brings you joy.

2

### **Tune In Tuesday**

Find a quote that inspires you and share it with someone!

3

### **Wellness Wednesday**

Check in on a friend or do something nice for someone special.

4

### **Thoughtful Thursday**

Think about someone you are thankful for in your life and let them know.

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