



FIREFLY

CHILDREN'S MENTAL HEALTH WEEK ACTIVITIES

*click the links below to see the resource.

May 3 - 9, 2020

SUN

Connect with Community

Spread the word about Mental Health Week!

Decorate your window with green

Print our [poster](#) and put it up in your window

Print our [colouring_page](#) and put it up in your window

Share a picture of your decorated window with us and we will share on our social media!

You can send us a direct/private message with your picture on Instagram or Facebook or email it to Jenn Marquis: jmarquis@fireflynw.ca

MON

Connect with Nature

[FIREFLY outdoor scavenger hunt](#)

Check out these [Nature Crafts](#)

[1 minutes "Take Care of the Earth" ideas](#)

TUES

Connect with Family/Friends

Check out these [different apps to connect](#)

WEDS

Connect with Learning

Join us today for Day 1 of the FIREFLY Virtual Conference! Register on our [Events_page](#).

Check out [virtual tours you can take around the world](#).

Complete a [Family escape room](#) (made for children Kindergarten- Gr2):

THUR

Connect with Resources

Pick a resource or two from the [FIREFLY Resource_page](#).

Read a social story like: ['My Hero is You'](#)

FRI

Connect with Yourself

Have your own Mental Health Retreat! Check out some ideas from our resource: [Mental Health Retreat](#)

["Be Grateful" Go Doodle](#)

Pick one of a variety of [Meditation videos from Go Noodle](#)

Mediate with [Yoga with Adriene Inner Peace](#)

Couch Yoga & Quick Relaxation ([Awaken with Carly- out of Dryden](#))

[Find a child friendly yoga here](#)

SAT

Connect by Disconnecting

Disconnect and just be *you* today. Be kind to yourself and others.

Watch the ["Be kind to yourself" Go Noodle video](#)

Disconnect from the negative and check out [Some Good News \(SGN\)](#).



**Connecting doesn't
just feel good - it's
good for your
mental health**

~ Canadian Mental Health Association