



#GETREAL  
MAY 4 - 10, 2020

# MENTAL HEALTH AWARENESS WEEK

THIS YEARS THEME IS SOCIAL CONNNECTION  
AND ITS IMPORTANCE FOR MENTAL HEALTH

Each day engage in an intentional  
activity that allows you to connect  
with others in your community

<https://mentalhealthweek.ca/toolkit/>





# Day 1

## Messages of Support

#Chalkyourwalk

What do you want your neighbourhood to know?  
What can you say to brighten someones day?

Write, draw and create messages of hope and support on the sidewalks in your neighbourhood. Or go and write a message in front of someones home who you know could use some extra love.





# Day 2

## One Special Call

Think of someone you miss, or someone you know misses you, and give that person a call.

It's nice to hear the voices of the people we love.

Ask that person how they're doing, share your favourite memory of them, or let them know how much they mean to you. Simple little acts of kindness.





# Day 3

## Online Movie Night

Find a time for friends to connect online and watch a movie together.

For example, Netflix Party enables friends to watch its shows online, synchronize video playback and a group chat function. There are a variety of apps that can help you watch movies together but it may be easier to find the same movie, and for everyone to just hit 'play' at the same time to watch, and chat throughout the movie using text or another app.

Find the app that works for you and your group, get the popcorn ready and start watching!

<http://health.sunnybrook.ca/covid-19-coronavirus/ways-to-stay-social-despite-the-distance/>





# Day 4

# Host a Dance Online Party

Nothing lifts the spirit like dancing. Pick your favourite playlist and invite a couple friends or family members to join you for a dance party!

You can dance with your family in the living room or choose to include more people online using apps like zoom or facebook messenger.

You can also find great dance inspiration on Youtube channels like Go Noodle, The Kidboomers, and Kidz Bop.





# Day 5

## Connect with Self

Think of some ways that you can connect with your own feelings and emotions.

How are you feeling? Spend some quiet time on your own today taking care of yourself.

- Make plans for all of the things you want to do when social distancing is over
- Read
- Play with LEGO
- Do creative writing or journaling
- Have a bubble bath
- Do yoga
- Make a list of all the things you're grateful for
- Try new looks (e.g. with clothing, makeup, etc.)
- Play/make music
- Clean or redecorate your room/living space

<https://kidshelpphone.ca/get-info/how-to-cope-with-social-distancing-during-covid-19>

