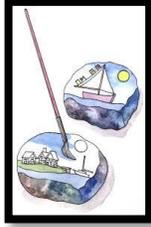




The Raymer Ravens Mental Wellness Menu

Week of June 1st – 5th, 2020

A lot is changing around us this week as many of you return to a different type of normal at school while others continue learning from home. Wherever you may be, your mental wellness is key to your happiness so we want to continue to provide you with some activities to help you to feel good!

<p>What's Your Tip?</p> <p>What are some ways that you can feel better when you're not feeling so great? Ask friends and family what some of their tips are for feeling better on a not so great day. Draw, write, or make a video sharing all the tips you heard.</p> 	<p>Kindness Messages</p> <p>Collect smooth, small stones and paint them. (if you can) Write kind and positive messages on the rocks. Think about what kind of message would brighten up someone's day. Go for a walk with a family member and place these stones for others to find.</p> 	<p>YOGA</p>  <p>Join Cosmic Kids Yoga for 2 weeks of free yoga https://www.cosmickids.com/</p>
<p>TWENTY QUESTIONS</p> <p>Take turns with a family member to guess something you're thinking of. You'll have 20 chances to guess correctly. 1. Player 1 thinks of a person, place, or thing (for example - an animal) 2. Player 2 asks 'yes' or 'no' questions. (for example - Is it an animal?) 3. Keep asking questions until Player 2 guesses correctly. (for example - Does it have 4 legs?)</p>	<p>Write down 3 things that you are GRATEFUL for and try to find different things each time.</p> <p><u>Tip:</u> Practicing daily gratitude helps us to be happier people as it trains our brains to look for positive things.</p>	<p>You're Awesome!</p> <p>Ever thought about all of the things you're good at? Make a list of all of your talents. Ask friends and family to add to your list of strengths. Cut out each one, and make a paper chain. Keep your chain, and re-read your list of strengths whenever you feel you need to remember them.</p> 
<p>Saying Hi & Staying Safe!</p> <p>Many times when we say hi to friends, teachers, or family who don't live at our house. We will:</p> <ul style="list-style-type: none"> • give a hug • high five • pound it. <p>Right now, we need to find new ways to say hi and stay safe. Make a poster with some new ways to say 'hi' to people, like:</p> <ul style="list-style-type: none"> • elbow tap • foot bump • air high five. <p>Share some of your ideas with us!</p>	<p>Go For a Walk</p> <p>Come up with 5 questions that you wondered about during your walk. Write them down and discuss them with a family member or with a friend.</p> 	<p>How do you Feel?</p>  <p>Brainstorm a list of ways you want to feel (loved, safe, happy, playful, joyful,...) and write them down. Then list some ideas for what you can do to feel those ways. Post the list somewhere in your house for everyone to use. You can use a Feelings Chart to help brainstorm your list. Ask your family how they want to feel and what they need too.</p>

Take good care of yourselves!

Miss. May - School Counsellor