



One Small Thing: Fostering Positive Mindsets

Children's Mental Health Awareness Week and Beyond Calendar

Thank you for taking the time to review this calendar resource!

As we move through the school year's remaining months, we pause to acknowledge the many realities that impact our day-to-day experiences and mental health. We acknowledge that many families continue to be stretched thin, overwhelmed, and navigating feelings of uncertainty, worry, fear of the unknown, and health concerns, amongst other things. We acknowledge that sometimes maintaining positive "mental health/ health" for ourselves and our families may seem difficult. These experiences and thoughts are valid. Yet, we are reminded by students, families and caregivers that despite the above, there are still **moments and opportunities for joy, laughter, pause, reflection, and purpose.**

We are sharing this calendar resource in hopes of building on the **One Small Things** that make it possible to brave through another day.

Contents of this Calendar

This calendar includes resources, web events, tip sheets, activities and templates that are linked by five themes that support mental health and well-being while promoting [Acknowledgement, Bridge, and Connection](#) through **small** and **intentional** actions.

Helpful considerations:

Make this calendar and the accompanying resources your own. **Use what works when it works!** For example, if a resource for Wednesday better suits Monday, then use it on Monday.

Modify as needed! You know your family best, consider how an activity might be tailored to fit the needs of your child(ren) and household.

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YRDSB CMHAW Afterschool Workshops: [For more information and additional opportunities!](#)

Week One

Monday, May 2, 2022

Mindful Monday - Mindful Mondays invite us to slow things down by pausing, reflecting and being present in the moment. Today we invite you to start the week with Mindful affirmations. Try these affirmations as a part of your family's daily routine. Take a pause and affirm:

I am enough/ you are enough

I am capable/ you are capable

I am worthy/ you are worthy

I am abundant/ you are abundant

What is one positive thing you are affirming today? Use #OneSmallThing and share with us on Twitter @MH_YRDSB

Community workshop(s): [Mindful Compassion](#), [Game Night](#)

Tuesday, May 3, 2022

Thoughtful Tuesday - Thoughtful Tuesdays invite us to focus on our thoughts and their connections to our feelings, and actions.

Make identifying unhelpful thoughts part of your Thoughtful Tuesday and beyond. Identifying unhelpful thoughts and replacing them with helpful ones can be One Small Thing that makes a big difference.

Visit Jack.org for a downloadable/printable activity template.

No printer, no problem! Create your own chart on paper/computer or a technology device.

Community workshop(s): [Intergenerational Trauma and Mental Health](#)

UNHELPFUL THOUGHTS	HELPFUL THOUGHTS
Ex: I made a mistake. I'm a bad person.	I'm a good person. No one is perfect. We all make mistakes.
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday, May 4, 2022

Wellness Wednesday - Wellness Wednesdays invite us to consider what helps us feel and do well.

Nurturing wellness can encompass many things. A [sound bath](#) can be a great way to manage stress, and anxiety, calm the nervous system and slow or block unhelpful thoughts. Create your own sound bath or soothing music playlist. Think about the sounds/ songs that bring you and your child/family a sense of calm and peace. Spend time doing this together.

Workshops: [YRDSB Afterschool Student Workshop](#), [PEAC](#) Workshop for all YRDSB families "The ABCs of MH at Home" (7-9 pm)

Please register by accessing the [PEAC Regional Symposium Registration](#)

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Thursday, May 5, 2022

Take Care Thursday - Take Care Thursdays invites us to consider how we take care of ourselves and those around us. Taking small moments to acknowledge how we are feeling at any given time is one way we can Take Care of ourselves and those around us. [Daily check-ins](#) are small and intentional ways to bond and strengthen connections. Check-ins can let children know they matter, are valued and have a safe space to share their experiences.

Workshop: [YRDSB Afterschool Student Workshop](#)

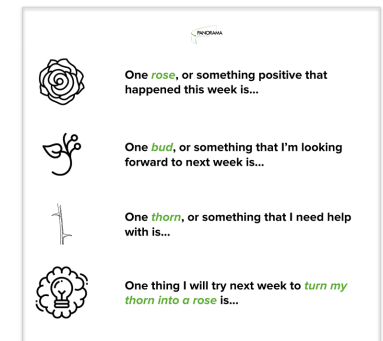
Community workshop(s): [Building Resiliency Within Families](#)

Friday, May 6, 2022

Focus Friday - Focus Friday invites us to pause, reflect and consider situations in an intentional way.

[The Rose, Bud and Thorn activity](#) is a great way to pause, reflect and consider on Focus Friday! We invite you to make this activity part of your family's weekly/ daily routine.

Community workshop(s): [Finding Satisfaction and Validation in Parenting](#)



Week Two

Monday, May 9, 2022

Mindful Monday - Mindful Mondays invite us to slow things down by pausing, reflecting and being present in the moment.

Mindfulness Tools [Take 5](#) by Kids Help Phone

What is One Small Thing you and your child(ren) are doing to practice being in the moment/mindfulness?

Use #OneSmallThing and share with us on Twitter @MH_YRDSB.

Tuesday, May 10, 2022

Thoughtful Tuesday - Thoughtful Tuesdays invite us to focus on our thoughts and their connections to our feelings, and actions.

Expressions of gratitude can be a great way to be thoughtful! What am I/you grateful for? [Gratitude Exercise](#) by Jack.Org

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Wednesday, May 11, 2022

Wellness Wednesday - Wellness Wednesdays invite us to consider what helps us feel and do well. Our wellness encompasses many aspects. Try [The Wheel of Well-Being](#) activity at home. Use #OneSmallThing and share with us on Twitter @MH_YRDSB.

Thursday, May 12, 2022

Take Care Thursday - Take Care Thursdays invites us to consider how we take care of ourselves and those around us. [Self-Care 101](#) Tips for Self-care. What is One Small Thing you and or your family is doing to take care of yourself and those around you? Use #OneSmallThing and share with us on Twitter @MH_YRDSB.

Friday, May 13, 2022

Focus Friday - Focus Friday invites us to pause, reflect and consider situations in an intentional way. Sometimes we learn to unlearn. This can mean unlearning thoughts that say we are not good enough and we are not deserving. For both ourselves and children it can be important to know it is ok to focus on our needs and wellbeing. Check out and explore [Understanding the Importance of Self-Care](#) with your child(ren).

"Self-care means
giving yourself
permission to pause."

— Cecilia Tyan

GIRLS' NIGHT IN

Week Three

Monday, May 16, 2022

Mindful Monday - Mindful Mondays invite us to slow things down by pausing, reflecting and being present in the moment. There is no one way to practice being in the moment or mindfulness. Some engage in mindfulness through faith-based practices, meditation, movement and beyond. How do you and your family practice being in the moment/mindfulness? Use #OneSmallThing and share with us on Twitter @MH_YRDSB.

Tuesday, May 17, 2022

Thoughtful Tuesday - Thoughtful Tuesdays invite us to focus on our thoughts and their connections to our feelings, and actions. Providing children with the tools needed to [Find Solutions](#) when conflicts arise is a great way to promote healthy relationships and practice Thoughtful Tuesday.

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Try this at home to help resolve disagreements:

- Use a calm tone and tell the person about the feeling/problem
- Describe the feeling, problem or behaviour in a way that invites a conversation or pathway towards a solution by using "I" statements such as "When you do this...I feel..."
- Be sure to model and encourage good listening skills when working through disagreements.

Wednesday, May 18, 2022



Wellness Wednesday - Wellness Wednesdays invite us to consider what helps us feel and do well. Keeping well looks different for each of us!

YOUtime!
WEtime!
OURtime!
Matters
#OneSmallThing

Spend a few minutes talking about the unique ways we can keep well. Explore with your child ["Things to remember"](#)

Thursday, May 19, 2022

Take Care Thursday - Take Care Thursdays invites us to consider how we take care of ourselves and those around us.

We can find purpose and meaning by taking care of ourselves, others and nature/animals. Take time to plant, plant a seed and watch it grow. [You can use seeds from your very own kitchen](#). An outdoor garden or planter pots are not needed, use what you have such as old containers, detergent bottles and other items to plant. Keep plants close to a window or balcony that receives light.

Community Workshop(s):

[Foundational Family Services Webinar](#) Families registered in the Ontario Autism Program (OAP)

Friday, May 20, 2022

Focus Friday - Focus Friday invites us to pause, reflect and consider situations in an intentional way.

Moments of pause and reflection can be a great way to slow things down, focus and invite feelings of calm. Try [Mindful colouring](#), building, creating, journaling and other calming activities.

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Week Four

Monday, May 23, 2022

Mindful Monday - Mindful Mondays invite us to slow things down by pausing, reflecting and being present in the moment. Practicing collective/family mindfulness is a great way to strengthen bonds and pause in the day. [Kids Help Phone: Meditation and Mindfulness Tip](#) encourages us to pay attention to the present moment with openness, curiosity and without judgment. Try it at home. #MindfulMonday #OneSmallThing

Tuesday, May 24, 2022

Thoughtful Tuesday - Thoughtful Tuesdays invite us to focus on our thoughts and their connections to our feelings, and actions. Help children dedicate time to build their skills to organize their thoughts and to promote calmness, [Organize Your Mind](#).

Wednesday, May 25, 2022

Wellness Wednesday - Wellness Wednesdays invite us to consider what helps us feel and do well. Spending time outdoors is a great way to keep well. Can't go outside today? Set up a world-watching window. Bring the outside in. Find a window view or other view designed to induce feelings of deep relaxation, awe, and vitality—it will take you away from your inward-facing world OR [Watch the Live Ontario FeederWatch Cam](#). What is One Small Thing that helps your family be Use #OneSmallThing and share with us on twitter @MH_YRDSB

Thursday, May 26, 2022

Take Care Thursday - Take Care Thursdays invites us to consider how we take care of ourselves and those around us.

Take Care Thursday can mean recognizing that **it is okay to feel not ok** and to meet ourselves where we're at. SMHO reminds us that [No Problem is Too Big or Too Small](#) with this help-seeking resource for students by students. This is a great reminder for ourselves and our children.

Community Workshop(s): [Kids Social Time- Virtual Zoo](#) - Social Time is designed for children and youth with Autism Spectrum Disorder (ASD) to connect.



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Friday, May 27, 2022

Focus Friday - Focus Friday invites us to pause, reflect and consider situations in an intentional way.

A calm body can contribute to a calm mind, increased focus and sense of overall wellness. Try this muscle relaxation activity:

[Stretch it Out : Body Movement Exercise](#) (this link will direct you to downloadable attachments).

Week Five

Monday, May 23, 2022

Mindful Monday - Mindful Mondays invite us to slow things down by pausing, reflecting and being present in the moment.

A great way to be present in the moment is to get in a good headspace. The image below offers a great conversation starter and some sharable tips for both caregivers and children

Downloadable attachment from Jack.org - [Thought Changing Strategies](#)

What is One Small Thing you and or your family is doing to practice being in the moment/mindfulness?

Use #OneSmallThing and share with us on Twitter @MH_YRDSB



Tuesday, May 24, 2022



Thoughtful Tuesday - Thoughtful Tuesdays invite us to focus on our thoughts and their connections to our feelings, and actions.

Thoughtful Tuesdays invite us to focus on our thoughts and their connections to our feelings, and actions. Check out these downloadable [Thought Changing Strategies](#) with your child(ren).