

Weekly Wellness Plan

Optimism - May 11-15

Optimism

1. Learn to find ways to show optimism.
2. Choose optimism in life situations.
3. Understand that realistic optimism mixes the belief that good things will happen with the knowledge that obstacles are a part of life and should be prepared for.

Fun Stuff from CMHS

<https://www.facebook.com/1450032038629182/posts/2380782848887425/?d=n>

“What are you doing to stay well and keep a positive attitude? What is it that makes you smile?”

We are calling all children and youth ages 17 and under to submit a photo or a video on our Facebook or Instagram Page of something that you are doing that is helping to keep you well and smiling.

Show us your dance, sing us a song, show off some artwork, or a photo of you just doing something that you love to do!

Tag [Children's Mental Health](#)

[Services](#) and use [#staywell](#) in your entry.

Each entry will be entered into a random draw for one of five prizes of \$100, awarded as a cheque.

One entry per person. Entrant must reside in the Hastings or Prince Edward Counties. Parental permission is required to enter. Appropriate submissions only please. Entries will be accepted until May 31, 2020. Follow us on Facebook and Instagram to enter!”

Positive reframing means trying to

reconsider a perspective in a more positive light. This lesson challenges you to seek positive ways of viewing an event by examining common negative thoughts and changing them to a more optimistic style.

A student who fails a Math test might say “I am bad in Math”, whereas a student with a more optimistic style might say:

Changeable: “I didn’t study, that’s why I failed”

Temporary: “This is just the first test. I have to work on practice and problems every day. I’ll ace the next test.”

Specific: “I’m doing well in other subjects. Check out the attached Umbrella Project work sheet!

Video

“The Power of Yet” Sesame Street

<https://youtu.be/XLeUvZvuvAs>

Five day Challenge!

- What would you like to get better at? Try it for 30 minutes
- Write in your journal about your feelings and experiences staying home during this time.
- Make a collage or draw a picture of things you are grateful for
- Read a book, or part of a book, and imagine what it would be like to be one of the characters.
- Send a thank you email to someone you are grateful for. Or even better give them a call!

Weekly Wellness Plan

Optimism - May 11-15

Our schools may be closed but our Catholic educators and support staff will continue to ensure that our remote emergency learning connections with students are safe spaces. Support is available for anyone who is feeling vulnerable – at any time.

Should you need support for yourself, a child or loved one, the following resources are available:

Youth Worker Services are available through the school. Please let your child's teacher or Principal know that you would like Ms. Allcorn to call you.

Community resources

CMHS: 613-966-3100 (Children under 15)

QHC Crisis: 1-888-757-7766 (Youth 16 + and Adults)

Maltby Centre: 613-546-8535 (Children and Youth)

Morneau Shepell's Free Crisis Support Line for anyone impacted by the tragedy in Portapique, NS call 1-844-751-2133.

Kids Help Phone 1-800-668-6868

24/7 Crisis Text Line is now available to Canadians of all ages supported by Kids Help Phone:

If you are an adult, text WELLNESS to 741741.

If you are a child or youth, text CONNECT to 686868.