

Sciences/Health (Mme Whalen): Beth.whalen@nbed.nb.ca

Weekly focus: Health and Wellness

- Use a Breathing Bubble Activity: <https://www.youtube.com/watch?v=5DqTuWve9t8>
- Observe Mental Health in Canada Week -May4-8: <https://mentalhealthweek.ca/> - Toolkit has many great resources to explore
- Check out Kids Help Phone Resources: <https://kidshelpphone.ca/> - All kinds of good ideas
- Keep a positive mindset by expressing **daily gratitude** for the life and health we have, the friendships, the family, etc. with a gratitude jar. Some ideas ->
https://www.google.com/search?rlz=1C1GCEV_enCA896CA896&source=univ&tbm=isch&q=gratitude+jar+worksheet&sa=X&ved=2ahUKEwjOrsyripjAhVDiOAKHZDRD6kQsAR6BAGKEAE&biw=1366&bih=576
- Make Positive Affirmations:
https://www.youtube.com/watch?time_continue=5&v=FMug2TPuWAE&feature=emb_logo

See Mme Whalen's page on the school website: <https://secure1.nbed.nb.ca/sites/ASD-W/BlissCarman/Teachers/pages/category.aspx?CategoryId=39&Name=Mme+Whalen>