

A blueprint for a different kind of back-to-school

Strategies for taking care of your body, your mind, and others...

LAUGH 	EXERCISE 	EAT HEALTHY 	CONNECT 	GO INWARDS
UNPLUG 	VOLUNTEER 	PLAY OUTSIDE 	PLAY INSIDE 	GROW
COOK 	CREATE 	WRITE 	SING 	DANCE
LISTEN 	REST 	BE KIND 	FEEL 	★ REACH OUT

★ NATIONAL RESOURCES

Anxiety Canada
<https://www.anxietycanada.com/>

KidThink.
<https://www.kidthink.ca/whatkidthinkis>

Canadian Mental Health Association
<https://cmha.ca/>

Kids Help Phone
<https://kidshelpphone.ca/>

Mental Health Commission of Canada
<https://www.mentalhealthcommission.ca/English/what-we-do/children-and-youth>

Crisis Services Canada
<https://www.crisisservicescanada.ca/en/>

Canadian Red Cross Free Psychological First Aid Guide
<https://www.redcross.ca/crc/documents/CRC-Psychological-First-Aid-Guide-2019.pdf>

★ LOCAL RESOURCES

To be filled

We're all in this together! Everything is going to be okay!

