

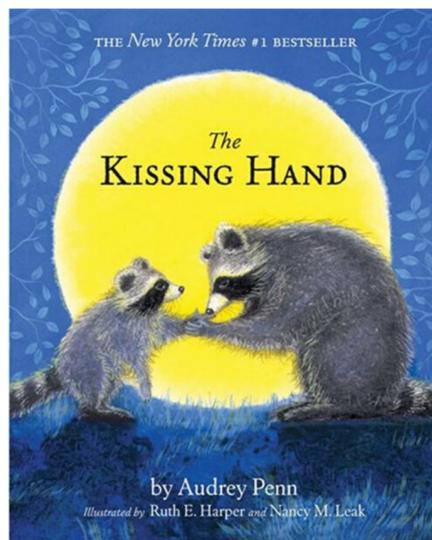
Building Mental Wellness

Expressing Positive Emotions

Did you know:

Expressing positive emotions and sharing how you feel towards others and yourself is a good example of positive mental health!

- Read the book '*The Kissing Hand*' by Audrey Penn and discuss the feelings experienced in the book and what you can do to help to yourself and others feel better.
- Brainstorm together on ways you can show your love, care or appreciation to yourself, family or friends.
 - Some examples are giving a high-5 or pat on the back, or to look at someone and give them a big smile!



Make your own Kissing Hand!

- Trace an outline of your hand on a sheet of construction paper.
- Draw a heart in the centre of the outline, or use a heart-shaped sticker if you have some at home.
- Write or draw a special heartfelt message below your handprint.
- Share your Kissing Hand with a friend or family member (in person or online, or put it in a window for people to see as they walk by).



Random Acts of Kindness:

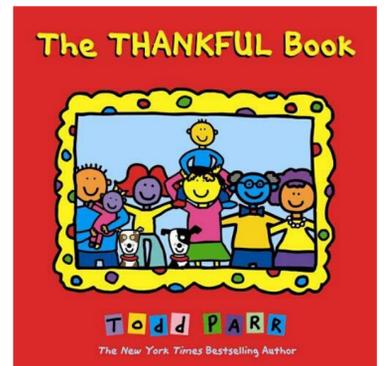
One way we can express our appreciation, love or care is by doing nice things for each other and for ourselves.

- When we do those things, we help kindness grow in the world.
 - Just as trees and flowers grow, so does kindness as we express it.
- With your child, brainstorm acts of kindness they can do at home, or in their community!



Additional Reading Activity:

- Read 'The Thankful Book' by Todd Parr, and have your child come up with things they are thankful for.
- Explain to your child that expressing gratitude is another way to show kindness to others.
 - It is also a way to encourage positive thinking.
- By focusing on what we are grateful for and sharing that gratitude with others, we make them feel good while at the same time making ourselves feel good.



Calm Breathing Activity: Loving-Kindness

- Invite your child to find a comfortable position to sit or lie in and direct them to focus on their breathing while listening to your voice.
- You can use the following script, or create your own:

"Take slow deep breaths and close your eyes, and remember a time when you felt loved by someone, such as a parent, grandparent, teacher, friend or pet. It might be as simple as a hug or smile. As you feel the love, open your heart to receive the love. Send your love to the person or animal who loves you. Feel the love flow between you and the person or animal who loves you. Now I would like you to send yourself love. Feel it warm you up."

- Practice these breathing techniques at least twice a day when your child is calm - it is learned best when they are not stressed or worried.
- The more children practice this technique when they are calm, the easier it is to do in situations that make them feel worried, nervous, or afraid!