



Get ready to
#GetReal

CMHA Mental Health Week

May 3-9, 2021

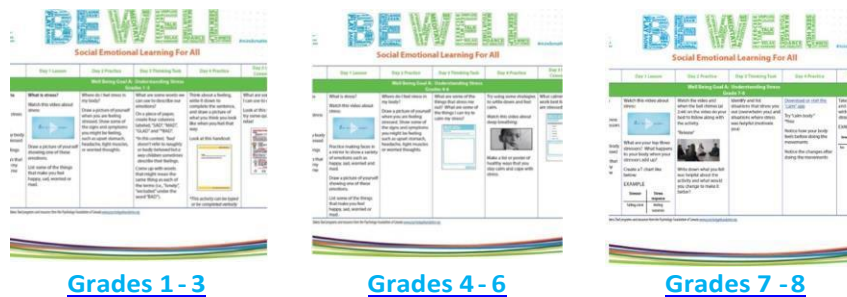
Visit mentalhealthweek.ca
for info and tools!

Hello to our KPR friends and colleagues,

Mental Health Week is May 3-9, 2021. The theme of this year’s Mental Health Week is #GetReal - Understanding Our Emotions. As we continue to work towards supporting wellness for all, we would like to remind everyone that naming, expressing, and dealing with our emotions – the ones we like and the ones we don’t – is very important for our mental health.

In acknowledgement of Mental Health Week, we would like to provide you with several resources that can be easily incorporated into lesson plans and your work with students over the coming week. Canadian Mental Health Association (CMHA) has put together the attached [school toolkit](#) that provides a number of valuable resources. In addition, your Professional Services team has put together a “[Mental Health Quilt](#)” that is easy to use in a virtual format. There are several resources for students of all ages. We hope that throughout the week, you will pick a square that might apply to your students and it will link you to one of our favourite mental health or Social Emotional Learning (SEL) resources.

KPR has also developed virtual Stress Lessons based on the Kids Have Stress Too! program.



Thank you for all that you do to support student and staff wellness at KPR. As our thank you to you, please enjoy this short [video](#) recorded by our Professional Services Staff.

