

Activities for "Let's Talk Mental Health"

Created by author and early childhood educator, Lana Button

Let's make Lists:

- In *Willow's Whispers*, Willow was ignored much of the day. What are some of the feelings Willow might have felt when she wasn't heard? (In this empathetic exercise students might consider feelings such as loneliness, sadness, frustration, etc.)
- What could we say to someone who has not been included?
- In *Tough Like Mum*, Kim and her mum eat soup together and read together, and that makes them both feel better. What could we do to make ourselves feel better when we are having a bad day? (Students are encouraged to think of strategies for handling sad feelings through activities such as various forms of exercise, singing a favourite song, reading favorite stories, talking with a family member or friend, looking through a favourite photo album, writing a story, drawing etc.)
- In *Tough Like Mum*, Kim is excited for her field trip to see a play. If we could pick a class field trip, where should we go?

Fill in the Blank

If I am sad, I can talk to _____.

In *Willow's Whispers*, Willow's dad talks to her about finding her big strong voice. In *Tough Like Mum*, Kim's teacher helps her find a way to go on the field trip. Students are encouraged to think of people in their lives who provide support, including parents, siblings, friends, aunts, uncles, grandparents, teachers, librarians. This activity can include a picture where the student is receiving support.

Class Survey

- In *Willow's Whispers*, Willow prefers drinking apple juice. Take this survey with your class
I like apple juice best I like orange juice best

*What are the results of our survey? What did most of the students like best? How did we find out?

Let's Get Creative

- Make a *Willow's Whispers* magic microphone with a paper towel roll, markers and stickers. Once your magic microphone is made, use it to take a brave breath and tell your classmates your name. Cheer for each of your classmates as they use their own big strong voice!
- In *Tough Like Mum*, Kim makes a sandwich with the food left over in her house. Draw a picture of your FAVOURITE sandwich. Label the sandwich and ingredients.