

RING A BELL for Kids' Mental Health!

Suggest 3-5

(Can be adapted to K-5)

My Healthy and Active Lifestyle Circle

- Description:** The students will create their healthy and active lifestyle circle and will make a presentation in class. We suggest placing posters or wearing these healing circles on Friday, which is Dots for Kids Day - *Ring a Bell* campaign.
- Date:** Sometime in the week
- Time:** 30 to 45 minutes
- Theme:** **Positive mental health**
- The Public Health Agency of Canada defines positive mental health as the capacity of each and all of us to feel, think, act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity" (2006, p. 2).
- Learning outcomes:** Personal Development, Kindergarten to 5th grade
- Multidisciplinary:** Personal Development
- Building their identity, empowering themselves with healthy and active behaviors and being open to diversity, while taking into consideration the individual and collective values, rights and responsibilities.
- At the end of grades **3 to 5**, the student must be able to explain the benefits associated to the development of healthy and active behaviors.

General: Making decision that allow a person to have harmonious relationships.

Specific: *3rd to 5th grade*

1.1.1 The student must be able to identify his interests and talents;

1.1.2 The student must be able to identify the personal and external criteria that influence human relationships.

Resources Joint Consortium for School Health <http://www.jcsh-cces.ca>

Tools: Poster board, cardboard or paper; Markers, crayons or paint;
Scissors

Steps for the Activity

Preparation

Context:

- Discuss positive mental health with your students.
You want to ask questions that will allow students to identify times where they are happy. It is important to emphasize the elements that foster a healthy and active lifestyle. You can ask questions that will allow the students to identify their strengths, the people they love and who surround them as well as the activities that they like.

Here are a few examples of questions to ask:

- What are your strengths?
 - What activities do you like? Why?
 - How do you feel when you succeed?
 - What do you do when you are the happiest? Are there people with you? Who are they?
 - What do you do when you are sad? Who helps you? Why?
- Note the student's answers in a visual aid that is visible to all students.

Directions

1. Ask the students to create their idea chart about the people or activities that allow them to have a healthy and active lifestyle. It would be important to accompany certain students because it is not always easy to associate activities or people to emotions.
2. Ask the students to choose the people or activities that they want to present to the other students in class.
3. Ask the students to cut out a large circle in the cardboard/poster board and to draw the people or activities chosen. It is important that the circle be wide enough for the students to put it on their stomach so the others can see the drawings.
4. Ask the students to wear their healthy and active lifestyle circle.
5. Ask the students to sit in a circle.
6. Ask the students to present their choice. It is important that the students explain their choice.

Integration

Ideas...

- Suggest that the students write what they have learned in a diary.
- Suggest that the students add activities or people in their healthy and active lifestyle circle.
- Suggest that the students identify activities that they wish to discover and write about it in their diaries.