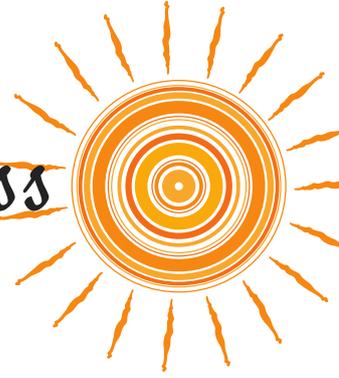




# "Taking Care" A Mental Health & Wellness Monthly Newsletter



Prepared by: GSSD School Counsellors



This month is dedicated to:

## CONNECTIONS

"***Cherish*** your human connections—your relationships with family and friends."  
--Barbara Bush

### For Students

#### Grades K-3

- [Connecting With Nature](#) (Lesson Plans)
- [Social Awareness Activities & Resources](#)
- [Connecting to Communities](#) (3 Min. Video)



#### Grades 4-7

- [Connecting to Mother Earth with Elder Dave Courchene](#) (3 Min. Video)
- [Connecting to The World Around Us](#) (3 Min. Video)
- [Connecting and Embracing Differences](#) (5 Min. Video)

#### Grades 8-9

- FRIENDS Youth Manual Activity 7: Building School, Family and Community Spirit
- [Supporting Healthy Relationships](#) (5 Min. Video)
- [How to Stay Connected to Loved Ones Despite Social Distancing](#) (Article)

#### Grades 10-12

- [Healthy Boundaries in Relationships](#) (2 Min. Video)
- [Strategies for Teens Facing a New Normal](#) (Article)
- [Kindest Video on Earth](#) (4 Min. Video)

### For Staff

- [Benefits of Connecting With Our Community](#) (Article)
- [Building Social Connections](#) (3 Min. Video)
- [Relationships as a Foundation for Mental Wellness](#) (Article)

### For Parents/Guardians

- [Building Social Connections](#) (3 Min. Video)
- [Community Connections for Newcomers](#) (Article)