

RELATED FOUNDATIONS:

- Social & Physical Environments
- Student Engagement

RESOURCES:

- Funding to purchase materials
- Teacher supervision
- [Stress Ball](#)
- [Buttons](#)
- [Glitter Jar](#)
- [Finger Fidgets](#)
- [Exam Prep Bags](#)

Make & Take

ACTIVITY GOAL: To promote student well-being and connectedness.

ACTIVITY IDEAS:

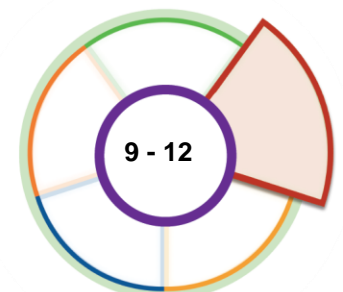
- With a group of students either from a leadership class or committee decide on a good time of year to promote mental well being (i.e., exams, midterms, mental health week).
- Provide students with the opportunity to create a stress-reliever during class time, or lunch time.
- Crafts should be simple to make and take < 30 minutes. Pick a calm, quiet space and provide additional mental-health and well-being resources and supports for students.

Some ideas include:

- Stress Balls
- Buttons
- Glitter Jars
- Finger Fidgets
- Exam Prep Bags

Curriculum Connections

- Grade 9: C 2.2 Relationships – skills and strategies
- Grade 10: C 1.1 Mental Health – factors that enhance
- Grade 11: C 3.4 Skills for dealing with stressful situations
C 3.5 Mental illness – reducing stigma
- Grade 12: C 1.3 Skills and strategies for evolving relationships



Stress Balls

Materials:

Baby socks or non latex balloons

Rice or dried lentils

Funnel/ Spoons

Elastic or ribbon

Scissors

Large bowl

Instructions:

1. Fill baby socks with rice or lentils (can be filled to student's preference)
2. Tie off baby sock with an elastic or ribbon

Buttons

For this activity please contact your public health nurse or the school board to borrow a button maker*

Materials:

Button Maker

Printed Templates

Blank Templates

Markers/ Stickers

Scissors

Instructions:

1. Borrow Button Maker
2. Provide students with pre-designed mental well being button templates OR print blank templates for students to design themselves
3. Push templated into button



Glitter Jars

Materials:

Water	Kettle	Clear glue
Glitter Glue	Glitter/ Sparkles	Mason Jars
Oven mitts	Food colouring	Pitcher of water

Instructions:

1. Clean Mason Jars
2. Boil Water (with kettle)
3. Put 2-3 tbsp of clear glue in the bottom of the jar (the more clear glue, the longer the glitter will take to fall)
4. Empty 1 tube of glitter glue into the jar
5. Fill Mason Jar $\frac{1}{2}$ with hot water
6. Add additional loose glitter or sparkles (per students' discretion)
7. Add 1-2 drops of food colouring
8. Seal jar and shake well (using oven mitt)
9. Open jar and fill with room temperature water
10. Seal and voila!

In case you don't get any pics....

Finger Fidget

Materials:

Metal Key Rings (1-1.5")

Pony Beads

Staple remover

Instructions:

1. Open the key chain using fingers (or staple remover)
2. Place pony beads around key chain (as many as the student wishes, works best with 3-4)
3. Join 2 or more keychains with beads together

Exam Prep Bags

Suggested Materials:

Pencils or Pens	Eraser	Ear Plus
Brown Paper Bag	Sticky Notes	Small Mandala
Personalized note	1-2 pieces of gum	Resource Card

Instructions:

Depending on student group, or class you could create personalized bags for all grade 9 students.

1. Give leadership class gr. 9 homeroom class list
2. Have students create a personalized bag for each student with their name, and an personalized note about succeeding during exams
3. Pre-stuff other items in bag
4. Deliver bags to grade 9 homerooms

As make and take activity:

1. Set up a table in a high traffic area, or area that will work for event
2. Place each item in separate containers so students can assemble their own bag (like buffet line)
3. Encourage students to take each item including resource card