



NWO

BE WELL PASSPORT



THIS PASSPORT BELONGS TO:



The Northwestern Ontario School Mental Health Team in partnership with Evolution Mining has put together the “**NWO Be Well Passport.**”

The **NWO Be Well Passport** takes participants on a wellness adventure within their communities, reminding them to consider a “whole person” perspective from the First Nations Mental Wellness Continuum Framework, which includes aspects of Spiritual, Emotional, Mental and Physical wellness.

This passport is full of activities, and each one is a “stop” on your journey to well-being!

1. Join your classmates and take part in the activities throughout your passport. Check off each activity you complete them!
2. As you or your class complete each passport stop, send a photo or description of your participation to **NWOBeWell@gmail.com**. Each stop will enter you into a draw to win some amazing prizes! Don't forget to include your name and which school board and community you belong to.
3. Be sure to tag **@NWOBEWELL** and **#NWOBEWELL** to share the fun on social media!

To participate online and for other great mental health resources, visit nwobewell.ca





Boozhoo, bonjour and welcome to the NWO Be Well Passport. We acknowledge the land we stand on as within Treaty #3, Treaty #5, or Treaty #9, the traditional land of the Anishinaabe and Métis people. This is where we live, learn, work and grow. Acknowledging the traditional territories of our ancestors demonstrates respect for the original custodians of a region and serves to strengthen our relationships to one another and to the land. We can also find strength within ourselves when we stop to remember and appreciate the space around us and the courage of those who came before us. Miigwetch.

Be Well Activities



#NWObWell to Spirit

- Plant a tree, vegetable garden, or flower.
- Create a bee bath or a bee garden to help save the bees.
- Spend an afternoon cleaning up your neighbourhood of litter.
- Take a photo or draw a picture of your favourite sunset spot.
- Draw out your own personal wheel of well-being. Visit jack.org to learn more!
- Find a place in nature and spend 5 minutes doing something spiritual like yoga, praying or meditating.
- Plan a pyjama and hot chocolate day for your class.

#NWObWell to Emotions

- Create a “random acts of kindness” list, and act on one of your ideas by being randomly kind to a classmate, friend or teacher.
- Wrap your arms around yourself and give yourself a hug.
- Make a list of 15 things you are grateful for. Visit smho-smsoc.ca to learn more!
- Practice speaking to yourself with kindness, respect, and self-compassion out loud.
- Make a paper list of bothersome things that are “beyond my control”. Let go of them by tearing it up and throwing it away.
- Let your feelings out: if you’re sad, watch a sad movie. If you’re happy, sing and dance to a happy song.
- Learn how to “Be There” for the people you care about by exploring the 5 Golden Rules at bethere.org.
- Make Cards for residents in a Long-Term Care Home
- Try an SMHO Read Aloud: nwobewell.ca/resources
- As a class, implement some SMHO Everyday Practices: nwobewell.ca/educators



#NWOBeWell to Mind

- Set a goal, make a detailed plan to accomplish it, and write it down. Remember to prioritize important tasks and participate in self-care. Visit smho-smso.ca to learn more!
- Write a letter or make a card for a family member or neighbour.
- Go outside and observe animal behaviours, or watch a video of your favourite animal.
- Practice “paying it forward” to share kindness with others. Find inspiration at smho-smso.ca.
- Spend 30 minutes reading any book you think you’ll enjoy.
- Build your sense of control by tidying up your desk, cubby, locker, or classroom. “A clean space is a clean mind”.
- Create a “Sunshine” Jar of positive and happy thoughts, words and phrases that make you feel motivated and uplifted. Watch the YouTube “DIY Daily Affirmation Jar” video for an example!
- Go on an SMHO Virtual Field Trip: nwobewell.ca/educators
- Connect to nature:
 1. Go outside and find a quiet spot.
 2. Using your five senses, quietly reflect on your environment. What comes to mind? A memory, a thought, an “ah-ha” moment, the answer to something that’s been bugging you?
 3. Keep that in mind then head back inside and,
 4. Share with your class (if you are comfortable): What came to mind and which sense triggered the thought?



#NWOBeWell to Body

- Try a breathing or muscle relaxation strategy.
Visit smho-smso.ca to improve your mind-body connection.
- Do “Sun Salutations”- an easy yoga routine each day for a week, see if it makes you more flexible. Follow along with the YouTube video “Hello Sun! A Yoga Sun Salutation to Start Your Day.”
- Learn a body-weight workout that you can do anywhere, any time, without equipment.
- Describe or draw a picture of your favourite healthy meal.
- Take a hike to a place with a beautiful view and have a healthy picnic there.
- Have a virtual steps challenge with your classmates.
- Get outside for Health class and create a new path together with your snowshoes, skis or boots!
- Shovel driveways in your school’s community.
- Get outside for a nature walk and observe and record any animals you see and hear.
- Play at a local park.



**For more information on how to
Be Well, visit smho-smso.ca!**

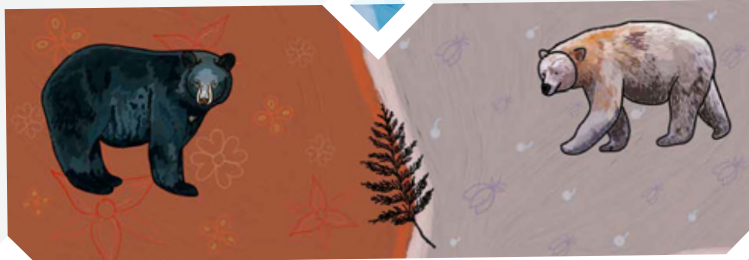


Northwestern Ontario

Ways to Be Well



- Plan a screen-free day for your whole class.
- Join the One Nature Challenge! Learn all about it at [daidsuzuki.org/take-action/act-locally/one-nature-challenge](https://www.daidsuzuki.org/take-action/act-locally/one-nature-challenge)
- Draw, paint, or take a photo of an outdoor landscape “happy place”.
- Go on an ice fishing field trip!
- Distract yourself—count how many squirrels, birds or animals you can see.
- Google a list of local birds and go bird watching.
- Go for a hike and try to find wild animal scat.
- Try out the Audubon Society bird tracker: audubon.org
- Pack a picnic and go to your favourite outdoor spot.
- Watch the YouTube video “Be Bear Wise - Food” on how to stay bear safe.
- Draw a picture of yourself at your favourite beach spot.
- Make a bird feeder.
- Make a class chart about your favourite local foods.
- Head out on a local field trip to an outdoor rink, library, art or dance studio, museum or historical site.
- Go geocaching.
- Read a book or magazine outside.
- Create and go on a photo scavenger hunt around town.
- Build a snow fort.
- Go sliding with your family or a friend.
- Make snow angels.
- Do some colouring! Download the template from bit.ly/nwocolour, colour it, and put in your class window. Show others that you are participating in the “NWO BE Well activities”.



STRENGTHENING OUR CONNECTIONS TO PROMOTE LIFE:

A Life Promotion Toolkit by Indigenous Youth



Strengthening Our Connections to Promote Life: A Life Promotion Toolkit by Indigenous Youth is a youth-focused and youth-led response to suicide, mental wellness, and substance use in Indigenous communities. A life promotion lens was used in the creation of this guide.



If your classroom doesn't already have a copy of the Life Promotion Toolkit, download or print from nwobewell.ca/lifepromotion.

Life Promotion Toolkit

Try some of these activities from the Life Promotion Toolkit in your classroom as part of your **#NWOBWell** journey:

Connection to Land

- If your school doesn't already have one, make a plan for a school vegetable, herb or medicine garden.
- Try living off the land together: build a fire outside, construct a forest shelter, and identify edible plants.
- Learn about medicine walks, harvesting and foraging.
- Try the "Connecting to Nature Using Mindfulness" activity on page 24.
- Go for a walk and identify tracks in the snow.

Connection to Self

- Practice positive affirmations.
- Journal about your day in a creative medium: write, draw, sing or dance to tell your story.
- Find or create your own "fidgets" in your classroom.
- Create your own self-care kits—see page 43.
- Explore your identity using the guide on page 47.

Connection to Community

- Plan a craft night at your school.
- Create your own family tree.
- Try the Sharing Circle Activity on page 62 to encourage open sharing and honesty.

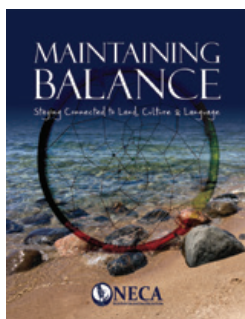
Connection to Spirituality

- Discover more about spiritual items by exploring the resources on page 73.
- Learn all about your own or your classmates creation stories—see page 74.
- Try drumming and singing together.

Maintaining Balance:

Staying connected to land, culture & language

The Ontario Native Education Counselling Association (ONECA) provides some wonderful activities that help to educate all of us on aspects of identity, culture and traditions that are important to Indigenous peoples. Try some of these activities in your classroom as part of your **#NWObWell** journey:



Download the ONECA
“Maintaining Balance”
workbook for more ideas,
information and activities.



- Make a medicine pouch—see the instructions on page 3 of Maintaining Balance.
- Read the short story Nipin and the Rocks by Victoria Bouvier (our-story.ca/data/736.pdf).
- Go on a nature walk, gather up materials and create some nature art.
- Research the creation stories of the Indigenous peoples in the area. Watch the Ojibway Creation Story video at youtube.com/watch?v=Etn92Ms8plo.
- Create a family tree.
- Build corn husk dolls—see the instructions on page 10 of Maintaining Balance.
- Learn all about the seven grandfather teachings.
- Participate in a local Indigenous social, such as a pow wow or Fall Harvest.
- Host a moose call competition
- Explore some traditional foods: create a classroom kitchen and try out a local Indigenous recipe. Check out dietitians.ca/Your-Health/Nutrition-A-Z/Cooking/Indigenous-Recipes.aspx.



be kind.

School Mental Health Ontario reminds us that practicing kindness and gratitude can help us feel happier, healthier and more productive. Kindness is contagious! It helps us create stronger relationships with ourselves and the people around us. For more information visit smho-smso.ca.

There are many different ways to be kind!

Be Kind to Self

- Do things you like
- Show up for your difficult feelings
- Center on what you value
- Ground yourself
- Savour your physical senses
- Hug yourself
- Notice what you are grateful for

Be Kind to Others

- Listen and show interest
- Show compassion
- Give genuine compliments
- Offer help
- Say thank-you
- Give a handmade gift
- Consider others' feelings when making decisions

Be Kind to Nature

- Clean up a trail
- Read books that highlight caring for nature
- Go on a bug hunt
- Eat outside, leave no trace
- Start or plan a garden
- Boost your recycling
- Plant a tree (or several!)

Be Kind to your Community

- Donate clothes or unused toys
- Give books to local daycares
- Hold a collection drive
- Make handmade cards
- Do chores or yard work for neighbours
- Spread some cheer



Outreach Numbers

In the event you are experiencing a mental health crisis or crisis situation please access emergency services by dialling 911 or going to your local emergency room.

EMERGENCY SERVICES **911**

Black Youth Helpline **1-833-294-8650**

Canadian Centre for Child Protection **ProtectChildren.ca**
ProtectKidsOnline.ca
NeedHelpNow.ca
cybertip.ca

Connex Ontario **1-866-531-2600**
Mental health supports in your area **connexontario.ca/search**

FIREFLY **1-833-696-5437**
(Services run Monday to Friday 8:30am–4:30pm) **intake@fireflynw.ca**

Hope For Wellness Helpline **1-855-242-3310**

Jack.org **jack.org**

Kenora–Rainy River Districts
Child & Family Services **1-800-465-1100**

KidsHelpPhone 24/7 **1-800-668-6868**
kidshelpphone.ca

LGBT Youth Line **1-800-268-9688**

Métis Nation of Ontario **1-877-767-7572**

Mobile Crisis 24/7 **1-866-888-8988**

NAN HOPE 24/7 **CALL 1-844-NAN-HOPE (626-4673)**

Ontario's Human Trafficking Helpline **1-833-999-9211**

OPP Non-Emergency Line **1 888 310-1133**

School Mental Health Ontario **smho-smso.ca**

Tikinagan Child & Family Services **1-800-465-3624**

