It has been a school year like no other and we are PROUD of your hard work! As we near summer break it’s ok to feel different things like happiness, excitement, sadness or fear. If you want someone to talk to during the summer, reach out to a friend, a trusted adult, and/or call/text/message a support line. Talking to someone might be all you need to feel a bit better!

Starting July 2, our TVDSB Cares Team of School Mental Health Professionals are available Monday - Friday, 9am and 4pm (weekends and holidays excluded) to support students and families. Reach us by phone at 519-433-2023 or email at tvdsbcares@tvdsb.ca

Today I am grateful for...

Together in the Valley is spotlighting GRATITUDE.
Expressing gratitude can help us feel healthier, happier, and hopeful, even when facing a challenge (www.smho-smsmo.ca).

We are grateful for YOU!
Thank you for your:
- daily efforts - big & small
- patience
- cooperation
- kindness
- commitment
- support of friends
- help in keeping each other safe

You can now text Reach Out 24/7 at
Call or Text: 519-433-2023
Toll-free: 1-866-933-2023
Web Chat: reachout247.ca

Mental Health Resources
- www.TVDSB.ca
- www.mindyourmind.ca
- www.jack.org
- School Mental Health Ontario
## Summer Break BINGO!

<table>
<thead>
<tr>
<th>Celebrate your wins - big or small!</th>
<th>Grow a little garden</th>
<th>Ask for help</th>
<th>Compile mood boosting playlist</th>
<th>Think about what makes you happy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus on helpful, positive thoughts</td>
<td>Unplug from technology</td>
<td>Stay hydrated all day</td>
<td>Go on a Nature Walk: I smell... I see... I feel... I hear...</td>
<td></td>
</tr>
<tr>
<td>Star Gaze</td>
<td>Eat your favourite snack</td>
<td>Declutter your room</td>
<td>List what you love about yourself</td>
<td></td>
</tr>
<tr>
<td>Vent to a trusted adult or friend</td>
<td>LAUGH</td>
<td>Mail a letter to someone you care about</td>
<td>Draw, paint, colour or doodle</td>
<td>Make a tent or fort - inside or outside</td>
</tr>
<tr>
<td>Connect with loved ones via text, phone</td>
<td>JOURNAL: FEELINGS, THOUGHTS, DREAMS, AFFIRMATIONS</td>
<td>Learn a new skill</td>
<td>Do something nice for someone</td>
<td>Make a list of people and things you are grateful for</td>
</tr>
</tbody>
</table>

### Your physical and mental health is important!
Please take care of yourself and each other!