



Holy Trinity Mental Wellness Activities


For students and families

Hello everyone. Welcome to Week 2 of our Mental Wellness Activities. This week, many of our activities will incorporate St. Patrick's Day. Again, these activities are suggestions only and families are encouraged to choose what works for them every week. Please do consider taking some pictures and posting them on our social media platforms.

As always, if you have any questions, you may contact your school administration.
Have fun! Amusez-vous bien!

	Welcome/Bienvenue
	<p>For those who are interested in more resources such as this one, please click on the link below to our Division Webpage.</p> <p>https://www.htcsd.ca/apps/pages/index.jsp?uREC_ID=1096637&type=d&pREC_ID=1370646</p> <p>Click here for a St. Patrick's Day Boom Chicka Boom song and dance.</p>

	Family Connections
	<p>Search the Internet for St. Patrick's Day coloring pages or click here to view some great example.</p> <p>Do you know about St. Patrick? Click here for a short story.</p> <p>St. Patrick used the Shamrock to explain God's Trinity. Click here for a video explaining the Trinity.</p> <p>St. Patrick's Day Prayer from AskIdeas.com</p>

	<h2 data-bbox="846 75 1117 128">Get moving!</h2> <ul data-bbox="532 170 1479 394" style="list-style-type: none"> - Click here for a Would You Rather St. Patrick's Day movement challenge. This is great for the whole family! - St. Patrick's Day Leprechaun Obstacle Course. Jump and Duck with the whole family. - Click here for a St. Patrick's Day Yoga series- good for everyone.
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	<h2 data-bbox="841 594 1117 646">Mindfulness</h2> <p data-bbox="479 678 1024 716">St. Patrick's Day 10 minute meditation.</p> <p data-bbox="479 751 1070 789">St. Patrick's Day Relaxation Story for kids</p>
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	<h2 data-bbox="870 934 1089 987">Gratitude</h2> <p data-bbox="483 1018 1455 1087">WhispersInNature- Free Gratitude Heart. This is good for middle years students, high school and adults</p> <p data-bbox="483 1123 1073 1161">WhispersInNature-advanced coloring page</p> <p data-bbox="483 1197 1122 1234">Click here for 31 Journal Prompts for Gratitude</p>
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