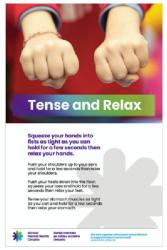
Everyday Mental Health Activities

















These everyday activities promote mental wellness. They can help children to take a moment in their day to settle, and feel calm. For additional information about supporting mental health, please visit https://smho-smso.ca/