Weekly Wellness Plan

THE UMBRELLA PROJECT - Self-efficacy - April 26- May 1

SELF-EFFICACY

- Believe you can and you will.
- Whether you think you can or think you can't, you are right.
- Believe that you can succeed at something and chances are, you will.
- Trust in your ability to manage different situations.
- Trust in your ability to manage different situations.
- Have confidence in your motivation, skills and the course of action needed to complete a goal.

Grade K-3

SOAR:

https://www.youtube.com/watch?v=MJoczdES U24

Importance of Efficacy:

https://www.youtube.com/watch?v=VW5v6PQ 5PEc

The brotherly love that conquers triathlons https://www.greatbigstory.com/stories/giving-triathalon-brothers

Grade 4-6

Nick Santonastasso – The ultimate inspiration http://www.greatbigstory.com/stories/no-arms-no-legs-no-problem

The brotherly love that conquers triathlons https://www.greatbigstory.com/stories/giving-triathalon-brothers

Great Big Story of the Hopi Cross Country Running Team

https://www.greatbigstory.com/stories/braverunning-as-a-way-of-

life?storylist type=brave&story list id=102

PRAYER

Dear God,

We are thankful that our lives have purpose and meaning. You have made us unique and special and capable of many accomplishments.

Sometimes we are not motivated to do something that we know is important because we think it might be too difficult to accomplish.

In times of feeling unmotivated, please help us to strive to do our best and to believe in ourselves the way You believe in us. Help us to realize that if we put energy into something, we will become better at it. And this will increase the happiness and confidence in our ability to succeed. This will help us to realize our potential and all You want us to be.

Help us to set realistic goals for ourselves and to always do our very best to achieve our goals.

Help us to have a positive attitude towards our own accomplishments and those of our friends.

And always, God, help us to remember that we are created in your image and we should be very thankful for this.

Amen.

Books

- Oh The Places You'll Go Dr. Seuss
- The Best Figure Skater in the Whole Wide World – Linda Bailey
- Flight School Lita Judge
- Leo the late bloomer Robert Kraus

https://www.library.quintewest.ca/en/index.asp#sp

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Our schools may be closed but our Catholic educators and support staff will continue to ensure that our remote emergency learning connections with students are safe spaces. Support is available for anyone who is feeling vulnerable – at any time.

Should you need support for yourself, a child or loved one, the following resources are available:

Youth Worker Services are available through the school. Please let your child's teacher or Ms. Hackett know that you would like Ms. Allcorn to call you.

Community resources

CMHS: <u>613-966-3100</u> (Children under 15)

QHC Crisis: <u>1-888-757-7766</u> (Youth 16 + and Adults)

Maltby Centre: 613-546-8535 (Children and Youth)

Morneau Shepell's Free Crisis Support Line for anyone impacted by the tragedy in Portapique, NS call <u>1-844-751-2133</u>.

Kids Help Phone <u>1-800-668-6868</u>

24/7 Crisis Text Line is now available to Canadians of all ages supported by Kids Help Phone:

If you are an adult, text WELLNESS to 741741.

If you are a child or youth, text CONNECT to 686868.