

Monthly Wellbeing March



Generosity



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

It always feels good to receive something; a surprise, the specific gift you asked for, a trip or something new, but the true gift is knowing how to give.

Giving Back

Find practical ways to give back in your school/community. By expressing generosity, you can improve your mood, help with decision-making, connect you with others and give you a sense of a positive wellbeing and happiness.

Examples:

| | | |
|----------------------------------|------------------------------------|---|
| Canned Food Drive | Giving Away Old Toys/Clothes | Volunteering –both in and out of School |
| Writing Cards to an Old Age Home | Spending Quality Time with Someone | Paying Attention during Discussions, Conversations and Lectures |
| Giving Compliments | Yard Clean Up | Sharing New Ideas/Thoughts |

Gratitude

Gratitude is a feeling of thankfulness. We often show gratitude by saying the word “thank you”, but we can express our thanks in many other ways, and we can do this through generosity. Generosity can be shown through simple polite gestures (as the ones listed above). Have children/youth keep a journal of ways they can express their gratitude. The more they write it down, the more they will practice it.

We show generosity through:

- ◆ Hands helping hands.
- ◆ Putting our trust and faith in the hands that have guided us here.
- ◆ Learning to grow generously
- ◆ Through unconditional love.

Generosity Resources:

School Mental Health Ontario

<https://smh-assist.ca/>

Mind UP

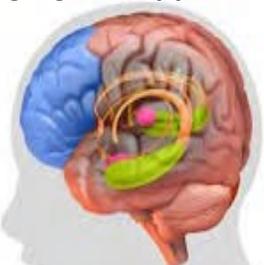
<https://mindup.org/>

Generosity Challenge

Take the time to express generosity to 4 different people in your life. Reflect on how you think it made them feel, but also you. By doing things for people and places we care about, we improve our mood. Try it!

Reminder!

Ask your children about Mind-UP. A program done within our classrooms that encourages generosity practices!



Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done. Proverbs 19:17

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