

Monthly Wellbeing

May



Modesty



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

What is Modesty?

Modesty allows for a positive sense of self-awareness. The awareness of ourselves, others and the places around us. This includes thoughts, experiences and abilities.

- ◆ When modesty is shown through our thoughts it encourages positive thinking, thoughtful prayer and allows us to think before we speak
- ◆ When modesty is shown through experiences it allows for children/youth to learn in a positive environment and appreciate what God gave them
- ◆ When modesty is shown through abilities children/youth learn to see their strengths and build their confidence

When we push children/youth to practice these three things, we help them to foster patience and kindness, which supports modest ways.

Self-Awareness Tips:

- ◆ Set Boundaries
- ◆ Feel Emotions
- ◆ Positive Motivation
- ◆ Know Your Strengths
- ◆ Be Mindful
- ◆ Prayer
- ◆ Ask Questions
- ◆ Try New Things
- ◆ Take Feedback

Important Qualities to observe about yourself and others:

- ◆ Words
- ◆ Surroundings
- ◆ Patience
- ◆ Actions

Modesty Resources:

School Mental Health Ontario
<https://smh-assist.ca/>

Children's Mental Health Ontario
<https://www.cmho.org/>

Mind UP
<https://mindup.org/>

North Vancouver Recreation & Culture
<https://www.nvrc.ca/>

Modesty Challenge

Take a walk at least 3 times/week for the month of May. During each walk take the time to notice the different sights, sounds, and smells –Ask: do they remind you of anything specific? Take time to reflect on the similarities and differences of the setting from the last walk. Walks could be around the schoolyard, school block, neighbourhood, or different sceneries you may want to enjoy! By practicing this physical literacy challenge, you will begin to foster an enjoyment of movement. Physical literacy is a skill-set children/youth need to be taught through a variety of activities that nurture the body and improve overall wellbeing.

Reminder!

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



For more information, contact Chris Preece at chris.preece@sccdsb.net