

# ESMS is ready to #GetReal

In recognition of the Canadian Mental Health Association's *Mental Health Week*, we are encouraging students and staff at ESMS to take part in this #GetReal Bingo game. The theme for this week is *Social Connection* and we are hoping that even though we are not physically together, we can connect as we complete the squares of this game. This activity acknowledges that a person's overall health and wellness is multi-dimensional and very much connected.

We are challenging homerooms to see just how many squares they can complete from **May 4<sup>th</sup>- May 10<sup>th</sup>**. We hope that you will have fun with it. There is no limit to how many squares one person can complete, and squares can be completed more than once.

The **FUN PART**: Staff and students can show us what they are up to in two ways:

1. Email a picture of yourself completing a box to Ms. Harris ([kharris@lssd.ca](mailto:kharris@lssd.ca)). You will need to make sure that your parents are aware, and it is ok with them. We will be creating a slideshow of ESMS staff and students "getting real" to share on our Teacher Websites.
2. Print off a bingo card, mark your name clearly and then put an "X" over the boxes you complete. Take a picture and email it into Ms. Harris.

**Homerooms with the most boxes complete will be recognized!**

<b>G</b>	<b>e</b>	<b>t</b>	<b>R</b>	<b>e</b>	<b>a</b>	<b>I</b>
Send in a picture to Ms. Harris of you completing one of the other boxes	<i>FREE</i>	Start a project with a family member	Try a guided meditation *Link below	Go for a bike ride	Try these Coin games with a family member <i>*Link below</i>	Get something done right away, rather than procrastinating
<i>FREE</i>	Create something (paint, draw, build, cook, write)	Take time to organize something in your room (bookshelf, drawers, closet)	Help to prepare a nutritious meal	Write a journal entry about Covid19 as a memory to hold on to	Email a teacher just to say hello	Play an instrument
Collect and paint a few Manitoba Rocks <i>*Link below</i>	Send a letter to someone through the mail	Try a new food	Learn a new card game	<i>FREE</i>	Write a short poem	Look at old family photos
Do 20 min (or more) of yard work	Learn to juggle	<i>FREE</i>	Do something meaningful for someone else	Learn and practice a new skill	Email a teacher just to say hello	Create a dance routine to a favourite song
Go for a morning walk	Write a journal entry about Covid19 as a memory to hold on to	Care for a pet (wash, play, feed)	Go to bed earlier than usual	Complete a puzzle	Create a time capsule	<i>FREE</i>
<i>FREE</i>	Connect with someone that you have not talked to in a long time	Help to prepare a nutritious meal	Surprise a loved one in a way that makes them smile	Watch and follow along with a breathing video <i>*Link below</i>	Try a workout with a family member	Listen to a song that you like and really pay attention to the lyrics
Try an online Yoga video <i>*Link below</i>	Take a nap	Take a whole day off from social media	Write down 5 things you are grateful for	Read a book outside	<i>FREE</i>	Give someone you a love a genuine compliment

Links:

Yoga: [https://www.youtube.com/results?search\\_query=yoga+with+adriene](https://www.youtube.com/results?search_query=yoga+with+adriene)

Breathing video: <https://kidshealth.org/en/teens/relax-breathing.html?ref=search>

Guided meditation: <https://kidshealth.org/en/teens/relax-meditation.html?ref=search>

Coin games: [https://www.youtube.com/watch?v=8c4bTWXy\\_JI](https://www.youtube.com/watch?v=8c4bTWXy_JI)

Manitoba Rocks: <https://www.cbc.ca/news/canada/manitoba/winnipeg-rocks-facebook-group-1.4738331>