

# Mental Wellness Newsletter

Brenda Richens  
Child Development Counsellor  
[brenda.richens@nearnorthschools.ca](mailto:brenda.richens@nearnorthschools.ca)

Mindfulness means being present in the present moment. It means paying attention to the things and people around you, using all your senses, and recognizing your thoughts and feelings. Practicing mindfulness can help you stay calm, focused, more self-aware, and help reduce stress. Try these mindful activities.



Whenever you need to talk, we're open.

Text 686868  
KidsHelpPhone.ca  
Call 1-800-668-6868



Kids Help Phone



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Every day, try this exercise for a few minutes

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**Notice 5 things you can see.**

**Notice 4 things you can hear.**

**Notice 3 things you can feel/touch.**

**Notice 2 things you can smell.**

**Notice 1 thing you can taste.**

#### **Keep In Mind**

- Just notice is an example of a grounding practice.
- Grounding is a way to focus your attention to the sensations you are experiencing in this moment.
- Grounding is good to practice at any time but especially helpful when your emotions or thoughts are stressing you out.



School  
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We work together with Ontario school districts  
to support student mental health  
[www.smho-smsa.ca](http://www.smho-smsa.ca)

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Check out these great videos on mindfulness.

<https://youtu.be/fmWYD6aHLhg> For primary and junior students

<https://youtu.be/QTsUEOUaWpY> For intermediate and senior students