



Simple learning activities to use as part of your everyday mental health practices at home and in the classroom.

Would You Rather?

This quick activity is designed to get students thinking about their preferences, skills, talents, and strengths. This can serve so many purposes! It can help students create a caring connection and show interest in each other's unique identities, provide students with an opportunity to share about themselves, build a sense of community as they learn about each other, and allow students to reflect on activities and interests that support their well-being. It also offers a way to begin any learning from a place of strength or wrap up with a supportive transition.

Choose the version that would work best for the students in your class and adapt it to the interests and abilities of students, if needed.

Google Slides

PowerPoint

| Would you rather.... | |
|---------------------------------|---------------------------------|
| play inside | play outside? |
| sing to your favourite music | dance to your favourite music? |
| take a dog for a walk | snuggle with a cat? |
| build something | bake something? |
| read a book | watch a video? |
| have a snow day | have a summer vacation day? |
| volunteer in the office | help in a kindergarten class? |
| stay home with one close friend | go out with a group of friends? |

OR

