



# Kindergarten Connections

## What is this resource?

This collection of early years resources is designed to assist educators with the implementation of mental health promotion activities as part of their daily classroom activities. It will also support educators when communicating and extending the learning from these activities with parents and caregivers. The resource supports the *Self-Regulation and Well-being Frame of the Kindergarten program*. Each activity sheet includes information explaining **why** the learning is important for early years students, simple activities to show you **how** to facilitate the learning, and a resource with sample communication to use with parents and caregivers.

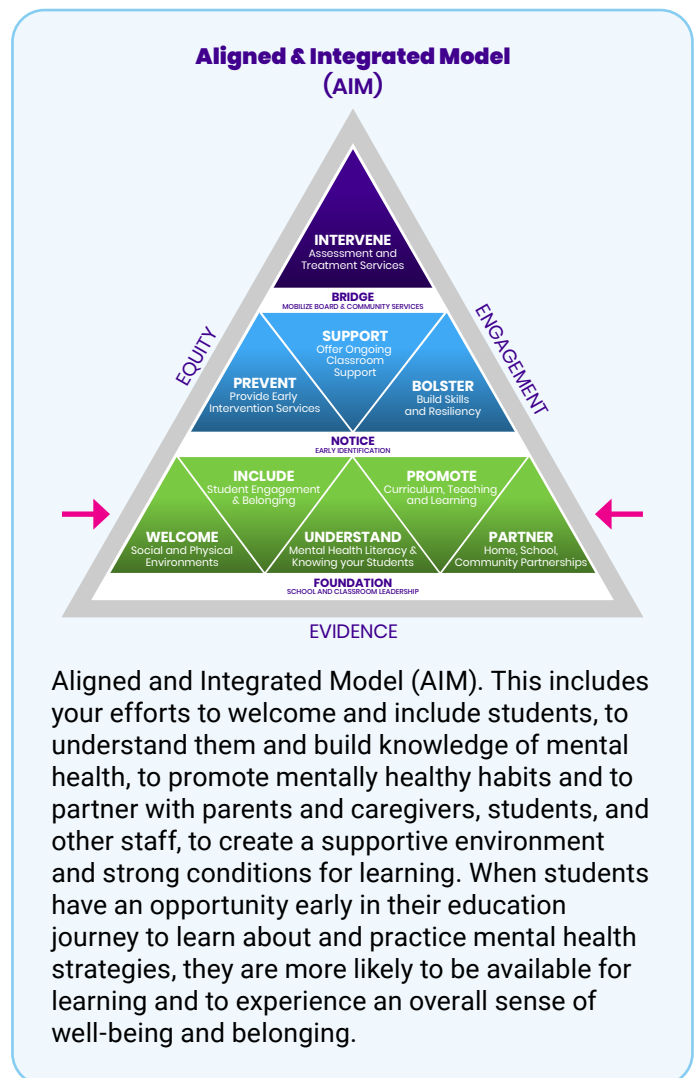
## Why might I find this resource helpful?

The easy to implement, evidence-informed check-ins and activities included in this resource align with the Kindergarten Program expectations and are designed to help educators teach social-emotional skills and create mentally healthy classrooms.

Our learning environments are excellent places to promote well-being, facilitate skill development, and support early identification and intervention when problems arise. Together educators, administrators and school staff work to create caring, inclusive, and identity-affirming schools and learning environments. Supporting student mental health is part of learning and everyday routines and activities.

## How might I use this resource in the classroom?

The resource is meant to be flexible. Feel free to select the activities that you are comfortable with and that meet the needs of your students. Once you have explored these activities you can continue the learning with other resources available on the [School Mental Health Ontario](https://www.smho.on.ca/) website.



Aligned and Integrated Model (AIM). This includes your efforts to welcome and include students, to understand them and build knowledge of mental health, to promote mentally healthy habits and to partner with parents and caregivers, students, and other staff, to create a supportive environment and strong conditions for learning. When students have an opportunity early in their education journey to learn about and practice mental health strategies, they are more likely to be available for learning and to experience an overall sense of well-being and belonging.

