



WINTER BREAK

Wellbeing Passport



A wellbeing adventure for the
winter break!

Created by:



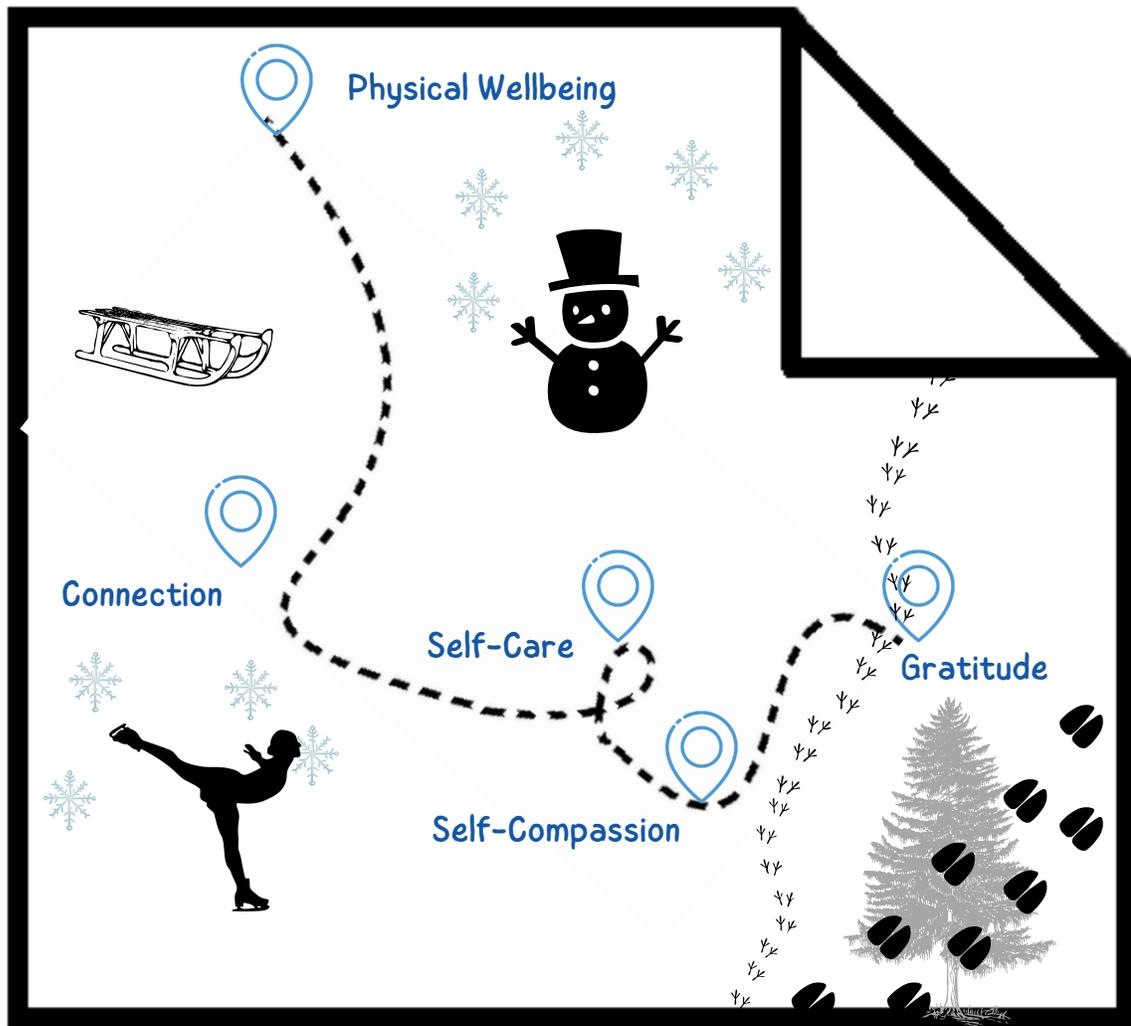
Waterloo Region
Suicide Prevention Council

2022





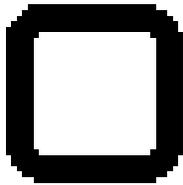
Go on an adventure this winter break towards greater mental health and wellbeing!



Follow the wellbeing map in any order you choose. Try one or multiple activities from each stop during the winter break. Have fun and enjoy!

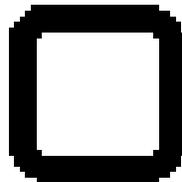
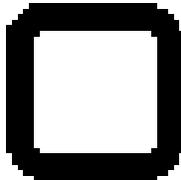
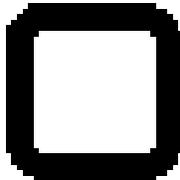
Track Your Adventure

Print off this sheet to track and follow your adventure

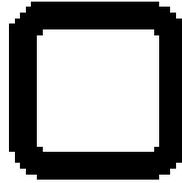
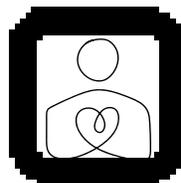
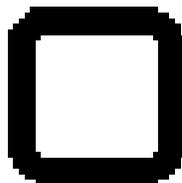


Draw an image, write, or make a checkmark to represent each activity you try. Explore at least one activity from each wellbeing stop as you try to fill the whole map!

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Share your adventure with us on Social Media by using #WRSPCWellbeingPassport



Learn More About
WRSPC Resources

WRSPC Website:

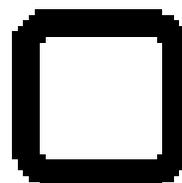
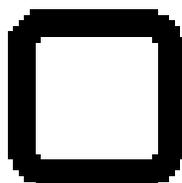
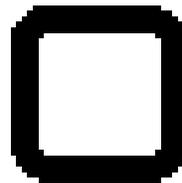
<https://wrspc.ca>

WRSPC Facebook:

<https://www.facebook.com/wrspc/>

WRSPC Instagram:

<https://instagram.com/wrspc>





Stop# 1 Physical Wellbeing



Our physical health plays a big role in how we feel.

Our physical health can be affected by several different factors like eating well balanced meals, moving your body, getting enough sleep, and drinking plenty of water. Taking care of our physical bodies can help us take better care of our minds as well.

At this stop on our wellbeing passport we encourage you to complete an activity that contributes to your physical wellness.

Learn More About Local Resources

Activities to try:

- Build a snowman
- Enjoy a walk
- Go for a skate
- Drink herbal tea before bed
- Outdoor scavenger hunt
- Look for tracks in the snow
- Try a new fruit or vegetable

[Region of Waterloo: Physical Activity](#)

[Region of Waterloo:
Healthy Eating](#)

[All Trails:
Great trails in the region](#)

[Kitchener Public Library:
Equipment Rentals](#)



Winter Scavenger Hunt

How many can you find?



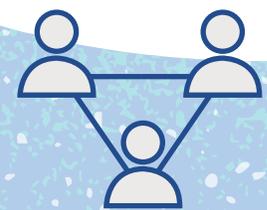
<p>Bird</p> 	<p>Footprints</p> 	<p>Pine Cone</p> 
<p>Squirrel</p> 	<p>Leaf</p> 	<p>Animal Tracks</p> 
<p>Mailbox</p> 	<p>Evergreen Tree</p> 	<p>Dog</p> 

Other Items you can search for:

- Snowman
- Acorn
- Blue Car
- Shovel
- Berries
- Nest
- Twig
- Sun
- Snowflake
- Lamp post
- Water
- Bench



Stop #2 Connection



Feeling connected to others can help us to feel happier and healthier.

A connection could mean different things to different people. It could be relationships with family, friends, coworkers, community supports, or other people in our lives. Having a connection can help us feel like we are valued and that we belong.

At this stop on our wellbeing passport we invite you to try an activity that may help connect with others.

Activities to try:

- Send a letter or card to someone
- Join a group or plan to attend an activity
- Plan a special family activity (ex: movie or game night)
- Try a new recipe and share with a neighbour or friend

Learn More About Local Resources

[Kid's Help Phone: How to map out your community of support](#)

[Kitchener Public Library: Programs and Events](#)

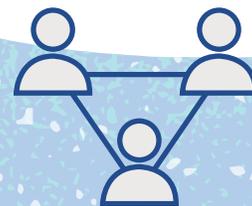
[Idea Exchange: Programs and Events](#)

[Waterloo Public Library: Programs and Events](#)

Hint: Local Libraries allow you to borrow board games and movies



Recipe to make and share together



delish: Chocolate Cool Whip Cookies

Recipe found at: [Best Chocolate Cool Whip Cookies Recipe - How To Make Cool Whip Cookies \(delish.com\)/](https://www.delish.com/recipe/best-chocolate-cool-whip-cookies-recipe-how-to-make-cool-whip-cookies/)

Ingredients

- 1 box devil's food cake mix
- 1 (8-oz.) container Cool Whip
- 1 large egg
- 1/2 cup powdered sugar



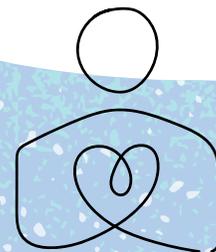
Instructions

1. Preheat the oven to 350° with racks in the upper and lower thirds. Line two baking sheets with parchment paper.
2. In a large bowl, using a hand mixer, beat cake mix with Cool Whip and egg until smooth and dough has a taffy-like consistency, about 1 minute.
3. Place powdered sugar in a shallow bowl. Using a medium cookie scoop, scoop dough into the powdered sugar and roll to coat completely.
4. Arrange each ball 2" apart on prepared baking sheets and bake, rotating the trays halfway through, until cookies crackle and are set but still slightly soft in the center, 13 to 15 minutes.
5. Transfer to a cooling rack and let cool completely.





Stop #3 Self-Compassion



Self-Compassion means being kind to yourself.

We often forget to treat ourselves as kindly as we treat others. It is okay to fail or make a mistake- this often helps us to learn and grow.

At this stop on our wellbeing passport we invite you to try some activities that promote self-compassion. Remember to show compassion to yourself as well as your friends.

Learn More About Local Resources

Activities to try:

- Journal about a time you were hard on yourself and reflect on how to forgive yourself.
- Write an encouraging letter to yourself to read during a difficult time.
- Positive snowflake wall (see next page).

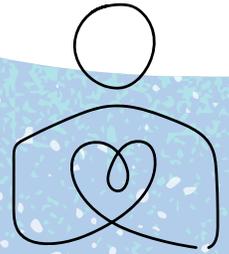
[Kid's Help Phone: 10 ways to practice self-acceptance](#)

[Self Compassion with Dr. Kristin Neff](#)

[School Mental Health Ontario: Take Care of Yourself](#)



Create some paper snowflakes



Cut out each snowflake. Remember they do not have to be perfect.
Every snowflake is unique.

Once they are cut out write something positive about yourself, a friend or family member on the snowflake.

Attach them to the fridge or wall to create a positive winter wonderland.

How to Make 6-Pointed Paper Snowflakes

Step 1: Start With a Square. First, begin with a square piece of copy paper. ...

Step 2: Fold in Half Diagonally. ...

Step 3: Fold in Half Again. ...

Step 4: Fold One Third. ...

Step 5: Fold Again. ...

Step 6: Cut the "top" Off at an Angle. ...

Step 7: Shape It! ...

Step 8: Unfold to; Reveal!



Directions found at: <https://www.instructables.com/How-to-Make-6-Pointed-Paper-Snowflakes/>



*Let it
snow*



Stop #4 Self-Soothing



Everyone will experience challenges and times of stress they need to cope with.

Developing and practicing healthy ways to cope now can help us prepare to handle the more stressful times and situations that arise in our lives. It is important to have multiple coping strategies and tools that you can use.

At this stop on our wellbeing passport, we encourage you to practice your favourite coping technique.

Learn More About Local Resources

[WRDSB - Deep Breathing Exercises](#)

[Breathe: relax and focus app](#)
[Apple](#) [Android](#)

[eMentalHealth.ca:](#)
[Deep Breathing](#)

[School Mental Health Ontario:](#)
[Mental Health Activities](#)

Activities to try:

- Write or draw a picture of things that help you cope
- Do something you find soothing and share it with others
- Create a playlist of soothing music
- Try some breathing exercises



Stop #5 Gratitude



Gratitude involves paying attention to the good things in our lives.

Gratitude is making a point of noticing the good things in our lives. This does not mean everything in our lives has to be good but rather than letting the negative take-over, notice and acknowledge the positive. The more we practice finding the good, the more we will notice it.

At this stop on our wellbeing passport, we encourage you to try one of the gratitude activities below and reflect on how you feel afterwards.

Activities to try:

- Go around the dinner table and have each person list one thing that they are grateful for
- Start a gratitude journal to re-read in the future
- Try a gratitude meditation

Learn More About Local Resources

[WRDSB -
Express Gratitude](#)

[Mindyourmind:
Cultivating gratitude](#)

[Big Life Journal: How to Teach
Children to be Grateful](#)



Don't let the fun stop here!

We encourage you to revisit
the stops on the wellbeing
passport throughout the
winter season.