



Recreation for Mental Health

Sigmund's Guide to a Healthy Mind, Healthy Body

Let's
Get
Active!

Let's
Look at
Leisure!

Let's
Get
Musical!

Let's Get
Relaxed!

Let's Get
Creative!



November 2013

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Introduction

The *Sigmund's Guide to Healthy Mind, Healthy Body* was made possible with support from the Provincial Health and Wellness Grant Program. This project was initiated by the Mental Health Partners Working Group, a network of key mental health and addictions organizations in the Western Region consisting of representatives from the following organizations:

1. Community Mental Health Initiative Inc.
2. Canadian Mental Health Association - NL Division (Western Office)
3. Schizophrenia Society of Newfoundland and Labrador (Western Office)
4. Western Health, Mental Health & Addiction Services

How is Recreation Important for Positive Mental Health?

This ready-to-use toolkit provides a variety of resources to support people of all ages to be more active in physical and other recreational activities to promote positive mental health. Recreation is anything we do to relax or have fun or activities that we do for enjoyment. Even the definition of recreation shows the clear link to mental health. Mental health is more than the absence of mental illness. It is our ability to enjoy life and cope with life's challenges. Recreation Newfoundland and Labrador promotes the value of recreation as priceless to individuals, families and communities. They emphasize that recreation is for everyone and it doesn't have to be expensive, it just needs to be enjoyable!

In addition, providing alternatives to substance use through participation in physical and recreational activities is effective in delaying the age of first substance use and preventing substance use problems.

Mind & Body Connect

Most people are aware of the many health benefits of physical activity but they often don't think its mental health benefits. Evidence is growing that physical activity is an effective way to take care of your mental health, and even prevent problems (CMHA Mind and Body Fitness). Exercise builds physical skills, reduces stress and enhances well-being. It is associated with positive mood, greater quality of life, improved self-esteem, improved sleep, feeling a sense of mastery and helps people be more social. Physical activity has also been shown to improve mental health conditions such as depression and anxiety (Schmitz et al. as cited in Bingham, P.B., 2009) www.mindingourbodies.ca. Art is also an excellent tool for building coping skills, managing stress and building a sense of self. It is excellent for people who are unable to use words to describe their thoughts and feelings.

When we talk about improving mental health, we often talk in terms of increasing protective factors and reducing risk factors. As you can see from the list of protective and risk factors below, recreation activities help to increase protective factors and reduce risk factors.

Increasing Protective Factors

- Good self-esteem
- Sense of belonging/sense of connectedness
- Opportunities for success

- Recognition for achievement
- Good physical health
- A positive environment (home, work, school, community)
- Access to supports
- Participation in community
- Good social, coping and problem solving skills
- Impaired quality of life
- More energy
- Improved balance, strength and mobility to prevent the risk of falls and reduce aches and pains

Reducing Risk Factors

- Poor self-esteem
- Lack of support
- Social isolation
- Reduces risk of falls

Meet Sigmund the Seagull and Bleu the Bear! Siggy and Bleu were chosen as the mascots for this tool kit for a two reasons: 1) the symbolism of the seagull and 2) the importance of the name Sigmund and Bleu(ler) to mental health.

The Mental Health Partners Working Group wanted the mascots to symbolize some key characteristics of mental wellbeing. The seagull was chosen because it is recognized as a survivor. A seagull represents resiliency and perseverance. In Native American symbolism, the seagull represents a carefree attitude, versatility, and freedom. These characteristics are important to positive mental health.

The Mental Health Partners Working Group wanted to name the mascots after famous people in the field of mental health care. The importance of the name Sigmund relates to one of the most famous figures in psychology, Sigmund Freud. He was an Austrian neurologist who became known as the founding father of psychoanalysis. Bleu relates to Freud's friend and colleague, Paul Eugen Bleuler, a Swiss psychiatrist who contributed greatly to our modern understanding of mental illness. Bleuler coined the terms "schizophrenia", "schizoid" and "autism".



Sigmund's Guide to a Healthy Mind, Healthy Body

Contacts

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If you have suggestions on how to improve this guide or to recommend additional activities, please complete the tracking/feedback form (Appendix A) and send to: sigmundtoolkit@gmail.com

Checklist of Resource Kit Contents

- Resource Guide
- Eat, Great and Participate
- Prevention & Promotion Resources
 - Website – Screenshot
- Canadian Physical Activity Guidelines
- Canadian Sedentary Behaviour Guidelines
- Coloured Foam Mats (5)
- Point Value Cards
- Coloured Bean Bags (8)
- Map of Canada - Trivia Cards (3 Sets – Children, Youth, Adult)
- Map of Canada - Provinces
- Balloons (1 pk)
- Fitness Cube (1)
- Number Cube (1)
- Colour Cube (1)
- Fitness Dice (Set of 2)
- Good Sport Ball
- Markers (1 pk)
- Crayons (1pk)
- Scissors
- Colour Pencils
- Frisbee (1)
- Pylons (5)
- Feathers (2 colours)
- Skipping Rope (1)
- Acrylic Paint (1 pk)
- Paint Brushes
- Sigmund's Nest Board game
- Dice
- Coloured Tokens
- Jumbling Towers Game

Electronic Files on CD:

- Resource Guide
- Sample Promotional Poster
- Event Planner
- Facilitator Evaluation of Event
- Participant Feedback Form
- Tracking Feedback Form
- Who Wants to be a Millionaire?
- Mental Health Jeopardy
- Family Feud Kids Edition
- Family Feud Health Edition
- Mindfulness Activity



Note: Not all toolkit items are shown.

If you have suggestions on how to improve this guide or to recommend additional activities, please complete the tracking/feedback form (Appendix A) and send to: sigmundtoolkit@gmail.com

Let's Get Started!

*Sigmund says...it's time to start
taking care of your mind.
**Healthy Mind,
Healthy Body!***



Facilitator Notes

Tips for planning your event

A successful event is based on good planning. We have included an Event Planner that you may use.

- Review the Activity Guide. Select age appropriate activities for your participants based on time & setting.
- Record materials required. Make sure you have all the resources you need to conduct the event. **See Appendix B for Other Resources.**
 - Do you need to purchase any materials?
 - Do you need to photocopy any materials?
 - Do you need to request any materials?
- If required, mail or deliver promotional flyers & posters to the group.
- Do a test run of the activity if you can!
- Have thorough knowledge of the directions of the activity.
- Plan an interesting program & carry it out with enthusiasm!
- Apply for funding if necessary. **See Appendix C for Grant Opportunities.**

Promotion of the Event

- See draft promotional poster (Electronic File on CD)

During the event:

- Be on time
- Try to include as many participants in the group as possible
- Remember that you are trying to share knowledge and have fun!
- Have each participant complete a feedback form. See participant feedback form on Page 13.
- Option: Use Mocktails and/or Smoothies during your event. Check out Pages 14-18 for Mocktails and Smoothie Recipes.

After:

- Complete a Facilitator Evaluation of the event. See Page 12.
- Complete and submit Tracking/Feedback Form. **See Appendix A, Page 148.**
- Return any resources that you used to the toolkit.

Keep it Simple!!!

Everyone has different abilities, be sure to give positive praise and encouragement when an individual is frustrated.

Event Planner

Name of Organization: _____

Contact Person: _____

Phone: _____ Fax: _____

Email: _____

About the Event

Location: _____

Date: _____ Time: _____

Age of participants: _____

Expected number of participants: _____

Activities Chosen	Materials Required
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

Sample Promotional Flyer

See Electronic File on CD. You can edit and make this your own poster.



EVENT TITLE

Have Fun,
Stress-Less &
Feel Better!

**Everyone Welcome!
Admission is FREE**

**November 24, 2013
Pepsi Centre,
Corner Brook**

Healthy Mind, Healthy Body

Your Logo
**Community Group
Name
Contact Information**

Facilitator Evaluation of Event

Name of Organization: _____

Location: _____

Actual number of participants: _____

Activities used	Things you liked	Things you would change
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.

General Comments about the Event:

Please complete and submit the Tracking/Feedback Form (Appendix A).

Participant Feedback Form

Please tell us your overall impression of the event (with 1 as the lowest/dissatisfied and 5 being excellent/totally satisfied):

1

2

3

4

5

Please tell us what you liked about the event?

Please list what you would change for future events?

Do you think that the event has improved your knowledge of recreation and mental health?

Additional Comments:

Thank You!

Mocktails

Mocktails are refreshing drinks that don't contain alcohol. They are perfect for those who choose to be alcohol-free. They blend great ingredients that will excite the taste buds of all your friends.

Materials:

- Non-Alcoholic Drink Recipes (print recipes as handouts)
- Drink Ingredients
- Clear Plastic Cups
- Coloured Straws
- Mocktails Jug or Punch bowl
- Mocktails Display
- Umbrellas (Optional)

Directions:

- Choose a recipe or recipes from the handout of Non-alcoholic drink recipes.
- Purchase the necessary ingredients and supplies.
- Mix the ingredients in the jug or punch bowl and set on a table with a copy of the Mocktails display and have recipe cards available as handouts.

Or

- Place all the ingredients on a table and have participants build their own Mocktail using the recipes provided.



Non-alcoholic Drink Recipes

Orange Tang Mocktail

3 oz. Orange juice
3 oz. Cranberry juice
Crushed ice
Orange slice
Mix all ingredients in a cocktail shaker/stirrer and pour into glass. Add crushed ice.

Crazy Cow Mocktail

2 oz. Apple juice
3 oz. Milk
Mix all ingredients in shaker/stirrer and put in glass. Add crushed ice.

Creamy Creamsicle

8 oz. Orange juice
2 scoops vanilla ice cream
Blend at low speed and pour into glass.
Garnish with orange slice.

Grapeberry Mocktail

3 oz. Cranberry juice
3 oz. Grapefruit juice
Mix all ingredients. Put in glass.
Add crushed ice.

Grapefruit & Orange Mocktail

2 oz. Orange juice
6 oz. Grapefruit juice
Mix together and add crushed ice.

Iced Coffee Mocktail

1/4 cup cold strong coffee
1/4 cup sugar
1/4 cup hot water
4 cups milk
Mix in shaker and add crushed ice.

Lemon Cocktail

2 oz. Orange juice
6 oz. Lemon juice
Mix in shaker and add crushed ice.

After Glow

4 oz. Orange juice
4 oz. Pineapple juice
1 oz. Grenadine
Mix in glass

Cardinal Punch

2 oz. Cranberry juice
2 oz. Ginger ale
1/2 oz. Lemon juice
1 oz. Orange juice
Lemon & orange slice (garnish)
Pour juices into Collins glass half filled with ice cubes.
Top with ginger ale.

Beach Blanket Bingo

3 oz. Grapefruit juice
3 oz. Cranberry juice
Soda water
Pour juices in glass and top with soda

Shirley Temple

3 oz. Lemon-lime soda
3 oz. Ginger ale
1 dash grenadine
Pour sodas in Collins glass over ice. Add grenadine and stir.

Alice Cocktail

1 1/3 oz. Cream
2/3 oz. Pineapple juice
1/3 oz. Orange juice
Grenadine
Shake with ice and strain into cocktail glass.

Cinderella

1 oz. Lemon juice
1 oz. Orange juice
1 oz. Pineapple juice
2 oz. Ginger ale
Dash of grenadine
Pineapple and orange slices for garnish.
Pour juices in cocktail shaker with ice cubes. Shake well. Strain into chilled Collins glass filled with ice. Garnish with slices.

Berry Sweetheart

3 oz. Red cranberry juice
3 oz. Apple juice
1 oz. Honey
Fill highball glass with ice cubes. Add juices and honey and mix. Then add to highball glass.



Monster Slime Juice

12 oz. Orange juice (concentrate)
 6 oz. Kool Aid (Berry Blue)
 Water
 Mix juice and Kool Aid. Add 1 gallon water.
 Stir and watch it turn green.

St. Clements

4 oz. Lemonade
 4 oz. Orange juice
 Mix over ice in highball glass.

Little Engineer

4 oz. Orange juice
 4 oz. Pineapple juice
 ½ oz. Grenadine
 Pour over ice in highball glass.

Vienna Soother

4 oz. Coffee
 2 oz. Cream
 ¼ oz. Chocolate syrup
 ¼ tsp. Cinnamon
 Pour ingredients in cocktail shaker filled with ice. Shake well. Strain into glass. Top with whipped cream and shaved chocolate.

Cuddle with Todd

4 oz. Cranberry juice
 4 oz. Orange juice
 Build over ice in highball glass.

Tommy O'Collins

½ cup club soda
 1 ½ tbsp. lime juice
 1 tsp rum extract
 1-2 packets sweetener
 1-2 ice cubes
 Combine ingredients in blender.
 Blend on high for 10 seconds until light and frothy.
 Pour over ice into tall glass. Makes one 8 ounce serving.

Wave Bender

5 oz. Ginger ale
 1 tsp. Grenadine
 1 oz. Orange juice
 ½ oz. Lemon juice
 Shake with ice (except ginger ale) and strain over ice cubes into highball glass.
 Top with ginger ale and stir.

Sweet Sunrise

Orange juice
 Grenadine
 Fill highball glass with orange juice and ice cubes. Slowly pour grenadine over the juice and it will sink to the bottom and then rise to the top. Garnish with orange slice.

Chocolate Amaretto Crème

½ cup evaporated milk
 ¼ cup club soda
 ½ tbsp. unsweetened cocoa powder
 2-3 packets sweetener
 ¼ tsp. almond extract
 1 dash bitters
 1-2 ice cubes
 Combine all ingredients in blender. Blend on high for 10 seconds, until smooth and creamy. Pour into cocktail glass and serve with straw. Makes one 6 oz. serving.

Orange Julius

(Can also use peach or strawberry)
 1 cup Orange juice
 2 oz. Milk
 1 tsp Vanilla extract
 1 tbsp Sugar
 1 Scoop vanilla ice cream
 Place all ingredients in a blender, with ½ cup ice. Blend until smooth and pour into hurricane glass. If too thick, add more juice. If too thin, add more ice cream.

Pineapple Milkshake Mocktail

1 tbs. Honey
 4 oz. Milk
 3 Pineapple chunks
 3 oz. Pineapple juice
 Mix together in shaker. Add crushed ice.

Sweet and Sassy Mary

1 cup vegetable cocktail juice
 1-2 packets sweetener
 1 dash celery salt
 1 dash Worcestershire sauce
 2 drops Tabasco
 1 lime wedge
 1 cucumber spear for garnish
 Combine first 6 ingredients in an old-fashioned glass. Stir well. Squeeze lime wedge over mixture and add wedge to drink. Stir. Garnish and serve.

Bald Bishop

2 oz. chilled orange juice
1 ½ oz lemon juice
1 tsp. sugar
De-alcoholized burgundy or other non-alcoholic wine. Fill tall glass halfway with ice. Add orange juice, lemon juice and sugar. Top off with burgundy.

Tropical-Not-A-Colada

¾ cup unsweetened pineapple juice
Half a banana
2-3 packets sweetener
1 tsp. lime juice
¼ tsp. coconut extract
3-4 ice cubes
Combine ingredients in blender.
Blend on high for 30 seconds, until smooth and creamy. Pour into fancy glass and serve with straw.
Makes one 12 oz. serving.
Variation: Substitute ½ cup of fresh or unsweetened frozen strawberries for banana. If using fresh berries, add 3-4 extra ice cubes.

Freshing Raspberry Daiquiri

2 oz. Sweet & Sour mix
2 oz. Sierra Mist Soda
4 oz. Raspberry puree
Whipped cream
Place ingredients in blender and add ice.
Mix until desired thickness. Pour into a tall glass and top with whipped cream.

Root Beer Float

Vanilla ice cream
Root beer
Put ice cream in glass and slowly pour/top with Root beer.

Texas Sunrise

8 oz. Chilled orange juice
¾ ounce grenadine syrup
Cracked or shaved ice (optional)
To orange juice in glass, add the grenadine. Let it settle on the bottom or stir, as desired. Add ice (optional) if desired. Makes one serving.

Shampagne Julep

De-alcoholized sparkling white wine or non-alcoholic white grape juice
Mint-flavored sparkling water
Sprig of mint
For each serving, combine in champagne flute glass, with “wine” and sparkling water in roughly equal portions. With sweeter “wines” use slightly more mint mixer or to taste.

Fuzzy Noel

¾ cup peach sorbet
1/3 cup orange juice
1 cup sparkling water
3/8 tsp. almond extract
Crushed ice
Blend sorbet, juice and extract until smooth. Stir in sparkling water.
Pour over crushed ice and serve.

Black Cow

2 scoops vanilla ice cream
10 oz. root beer
1 tbsp. chocolate syrup
1 ½ oz. whipped cream
Cherries
Put root beer over ice cream and syrup in large glass.
Garnish with cream and a cherry.
Serve with straw and long spoon.

Virgin Bloody Mary

1 can tomato juice
1 oz. lime juice
3 oz. club soda
3 shakes of Worcestershire sauce
2 pinches of cutnin powder
1 shake of celery salt
1 tsp. horseradish
Mix all ingredients except club soda into a large pitcher.
Salt the rim of a highball glass.
Add club soda to the glass, and then add the Bloody Mary mix (from step 1). Garnish with celery stalk and top with lemon pepper.

White Velvet

2-3 oz. non-alcoholic beer or malt beverage
2-3 oz. de-alcoholized dry white wine
Combine “beer” and “wine” in roughly equal measure (to taste) in a champagne flute or tulip glass. Makes one serving.

Food For Your Mood Smoothies

Materials:

- Blender
- Smoothie Ingredients
- Clear Plastic Cups
- Coloured Straws
- Food For Your Mood Poster Display
- Umbrellas (optional)

Makes 3 ½ to 4 cups

(875 ml to 1 L)

Serving size: 1 Cup (250 mL)



✓ Kid Approved

Frozen fruits add intense flavor to a smoothie and keep it cold longer.

Tip

Freeze leftover smoothies in ice pop containers for a quick frozen treat.

Variation

Vary the frozen fruits, yogurt and juice to suit your taste. For example, try a combination of frozen mangos, frozen peaches, peach-flavored yogurt and orange juice.

Serving Idea

Pour the smoothie into attractive wineglasses and garnish each with a fresh strawberry to serve at a weekend brunch.

Berry Smoothie

Joelle Zorzetto, Dietitian, Ontario

Blender

1 banana, broken into chunks
2 cups mixed frozen berries (strawberries, blueberries, blackberries, raspberries)
Or 500 ml

1 cup low-fat strawberry-flavored yogurt
Or 250 ml

1 cup unsweetened orange, strawberry and banana juice
Or 250 ml

1. In blender, on high speed, blend banana, berries, yogurt and juice for 30 seconds or until smooth.

When selecting a yogurt, it is helpful to know the % milk fat (M.F.) – the percentage of milk fat in the product. If a yogurt container says 3.5% M.F., it means that 100 g of the yogurt has 3.5 g of fat. Note that % M.F. does not indicate the percentage of calories from fat provided by the product. Yogurts labeled 2% M.F. or lower are considered low-fat options.

Nutrients per serving

Calories	153
Fat	1.0 g
Saturated Fat	0.4 g
Sodium	45 mg (2%DV)
Carbohydrate	33 g
Fiber	3 g (12 % DV)
Protein	4g
Calcium	119 mg (11% DV)
Iron	0.5 mg (4%DV)

Very high in: Vitamin C

Diabetes Food Choice Values:

2 Carbohydrate

Source: *Cook! Dietitians of Canada*

Let's Get Active!



Exercise builds physical skills, reduces stress and enhances well-being. It is associated with positive mood, greater quality of life, improved self-esteem, improved sleep, feeling a sense of mastery and helps people be more social.

Physical activity has also been shown to improve mental health conditions such as depression and anxiety

Let's Get Active!

Sigmund's Toss

Group Activity

Materials:

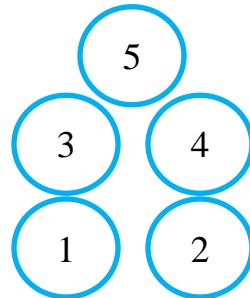
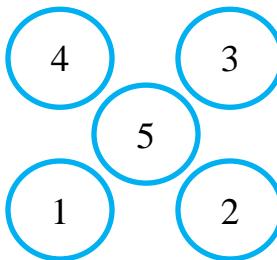
- Bean bags
- Coloured foam mats
- Point value cards

Directions:

- Place five mats on the floor/ground in any order (Example: in a straight line, circle, triangle, etc.)
- Easy: place mats close together;
- Difficult: place mats further away from each other.
- Assign a value to each mat using the cards (example: the mat farthest away is worth 5 points and the mat closest to you is worth 1 point). No points are scored if the bean bag does not land on a mat.
- Divide group into 2 or 3 teams. Each team member throws 3 bean bags, add up the points. The team with the highest score wins.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|--|
| <ul style="list-style-type: none">• Reduce stress• Enhance well-being• Promote positive mood• Greater quality of life• Improve self-esteem | <ul style="list-style-type: none">• Enhance sense of belonging• Improve sleep• Improve mental health conditions such as depression and anxiety• Improve social, coping and problem solving skills |
|--|--|



Let's Get Active!

Bull's Eye Toss

Group Activity

Materials:

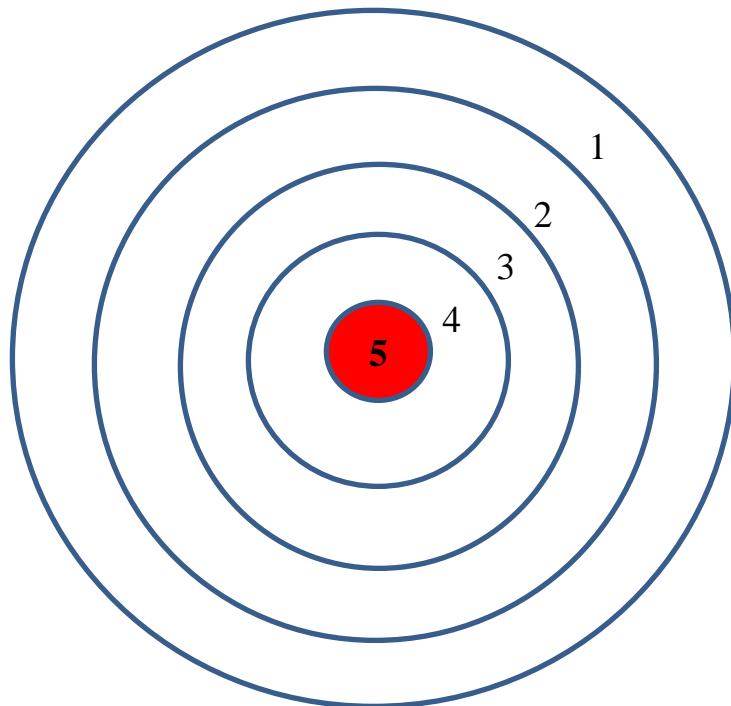
- Bean bags
- Chalk (if outdoors)
- Point value cards

Directions

- Draw a bull's eye with chalk, or use skipping ropes to make circles on gym floor.
- Assign a value to each circle (Example: outside circle is 1 point and bull's eye is worth 5 points).
- Divide group into teams.
- Each team member takes turn tossing a bean bag at the bull's eye. Add the points of each team member.
- Team with the highest score wins.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|--|
| <ul style="list-style-type: none">• Reduce stress• Enhance well-being• Promote positive mood• Greater quality of life• Improve self-esteem | <ul style="list-style-type: none">• Enhance sense of belonging• Improve sleep• Improve mental health conditions such as depression and anxiety• Improve social, coping and problem solving skills |
|--|--|



Let's Get Active!

Map of Canada

Group Activity

Material:

- Bean bags
- Canadian provinces
- Trivia questions

Directions:

- Divide group into two teams.
- A member from Team #1 tosses a beanbag on a province and asks Team #2 a trivia question about that province (i.e. provincial capital, body of water, famous building). Team members must work together to come up with the correct answer. If they get it correct, they get a point. If they get it wrong, then Team #2 must do the physical activity on the card.
- A member from Team #2 then tosses a beanbag and asks Team #1 a question about that province.
- First team to get 10 points wins. (To increase activity levels, team members might be asked to do a certain number of a particular exercise before submitting their answer, i.e. 10 jumping jacks.)

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|--|
| <ul style="list-style-type: none">• Reduce stress• Enhance well-being• Promote positive mood• Greater quality of life• Improve self-esteem | <ul style="list-style-type: none">• Enhance sense of belonging• Improve sleep• Improve mental health conditions such as depression and anxiety• Improve social, coping and problem solving skills |
|--|--|



Let's Get Active!

Hot Balloon

Group Activity

Material:

- 3 balloons, blown up
- Fitness Cube

Directions:

- Blow up three balloons.
- Toss the balloons into the air and get the group to try and keep all three balloons up in the air by using just their pinky finger.
- If a balloon falls on the ground, roll the dice and complete the physical activity.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|--|
| <ul style="list-style-type: none">• Reduce stress• Enhance well-being• Promote positive mood• Greater quality of life• Improve self-esteem | <ul style="list-style-type: none">• Enhance sense of belonging• Improve sleep• Improve mental health conditions such as depression and anxiety• Improve social, coping and problem solving skills |
|--|--|



Let's Get Active!

Free Throw Frisbee

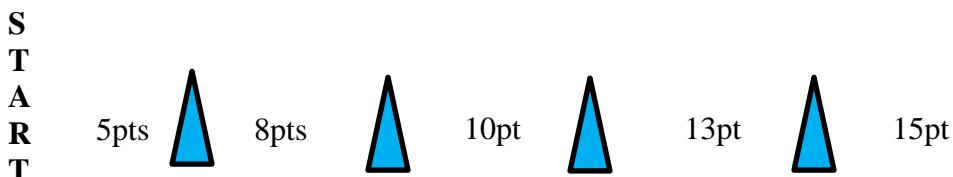
Group Activity

Material:

- Frisbee
- Pylons
- Point value cards

Directions:

- Place the pylons at different distances from the starting position (example: 5 feet, 10 feet and 20 feet).
- Using the numbers; assign each area a point value.
- Divide teams into groups.
- Each team member will throw the Frisbee; add the points of each team member.
- The team with the highest points wins.



Recreation for Mental Health *How does this activity help improve mental health?*

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| <ul style="list-style-type: none">• Reduce stress• Enhance well-being• Promote positive mood• Greater quality of life• Improve self-esteem | <ul style="list-style-type: none">• Enhance sense of belonging• Improve sleep• Improve mental health conditions such as depression and anxiety• Improve social, coping and problem solving skills |
|--|--|

Let's Get Active!

Crab Walk Soccer

Group Activity

Material:

- Pylons
- Ball

Directions:

- Divide the group into two teams. Players on both teams are assigned a number, starting at "1" on each team.
- Each team lines up on one side of a small soccer field, with goals at either end. The goals can be proper goals or two chairs; the field can be any size - it depends on the size of your group but it can be half the size of a basketball court.
- Put the soccer ball in the very middle of the field, and then have the umpire call out a number. The team members who have been assigned the number must crab walk to the centre and try and kick the soccer ball through for a goal.
- When a goal is scored, return the ball to the centre and call a different number.
- If the ball gets stuck or kids are taking too long, call another number and the original pair returns to the line.
- To introduce variety - call two numbers (meaning 4 kids are playing soccer).



Recreation for Mental Health *How does this activity help improve mental health?*

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| <ul style="list-style-type: none">• Reduce stress• Enhance well-being• Promote positive mood• Greater quality of life• Improve self-esteem | <ul style="list-style-type: none">• Enhance sense of belonging• Improve sleep• Improve mental health conditions such as depression and anxiety• Improve social, coping and problem solving skills |
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Let's Get Active!

Feather Grab

Group Activity



Material:

- 2 different colour feathers
- Tape

Directions:

- When ready to play, ask each player to line up side by side, shoulder to shoulder and closes their eyes.
- Facilitator must tape two of the same colored feathers on each player's back (see image below), to signify which team they are on. Evenly divide the feathers so that there are two equal teams. Do NOT tell the players which team they are on.

Rules:

- The goal of the game is to run around and rip off the feather of the opposite color of your own. Once both of your feathers have been ripped off, you must sit down because you are OUT. Whichever team still has feathers on in the end, wins.
- Players are NOT allowed to put their back against a wall; pull their shirt around to see what color tape they have; or lay down on their back.
- The fun in this game is that you, as a player, do not know which team you are on. You can rip off one of your own pieces of tape to see but then you only have one piece left...OR you could trust someone else to tell you that you have the right color...BUT are you willing to turn your back to anyone?

Note: Make sure that each player is wearing a t-shirt, not a tank top.

Recreation for Mental Health *How does this activity help improve mental health?*

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|--|--|

Let's Get Active!

“Sigmund Says...”

Group Activity

Material:

- No material is required.

Directions:

- This activity is similar to “Simon Says” but does not include elimination.
- Appoint a person to be the leader.
- Everyone must follow the leader’s moves on the command “Sigmund Says”. However, those who follow the leader’s moves on the command “DO” must perform 5 jumping jacks, for example, then rejoin the group.
- Choose new leaders frequently. Continue the activity until everyone has had a chance at being the leader.

Recreation for Mental Health *How does this activity help improve mental health?*

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| <ul style="list-style-type: none">• Reduce stress• Enhance well-being• Promote positive mood• Greater quality of life• Improve self-esteem | <ul style="list-style-type: none">• Enhance sense of belonging• Improve sleep• Improve mental health conditions such as depression and anxiety• Improve social, coping and problem solving skills |
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Let's Get Active!

Fly Over, Swim Under Relay

Group Activity

Materials:

- Balls or bean bags

Directions:

- Divide the group into groups of 4 to 6 and ask them to line up one behind the other.
- Ask the team to pass the ball or bean bag either over the head or under the legs to the person standing behind him/her until it reaches the end of the line. Each person rotates the way they pass the object. i.e., if they received the ball "over" head then they will pass it "under" the legs to the next person. The person at the end goes to the front of the line and continues the action by passing it to the person behind.
- Add more and more balls to the line so that the action doesn't stop!

Recreation for Mental Health *How does this activity help improve mental health?*

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Let's Get Active!

Sigmund's Obstacle Course

Group Activity

Material:

- Pylons
- Bean bags
- Skipping rope

Directions:

- Divide players into teams of at least three.
- Each team starts at a station.
- Set up 8 activity stations such as:
 1. Jumping jacks
 2. Knee-ups
 3. Touch your toes
 4. Squats
 5. Lunges
 6. Stir the pot
 7. Jump-ups
 8. Skipping
- Teams move from station to station following the circuit.
- They run to the next station until they have completed the activity
- If all players at the next station have not completed the activities, the waiting players should run on the spot while waiting for the station to become available

Recreation for Mental Health *How does this activity help improve mental health?*

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Let's Get Active!

Driver's Relay

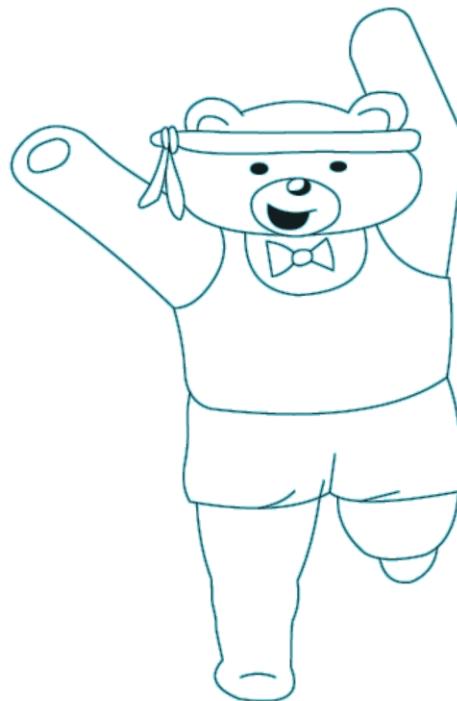
Group Activity

Material:

- Paper plate or something round to use as a steering wheel.

Directions:

- Divide group into teams of 7; one plate per team.
- Assign a number to each member (1 through 7).
- Use a plastic/paper plate drawn to look like a steering wheel.
- Write on name of car – Porshe, Cadillac, Corvette.....whatever.
- Tell each team member what their role is (could have it written on a piece of bristle board as well):
 - *Nervous driver – Three steps forward, 1 step back*
 - *Broken steering wheel – zig zags*
 - *Dead battery – gets pushed by #4*
 - *Tow truck – pushes #3*
 - *Flat tire – runs dragging one leg*
 - *Reverse – runs backwards*
 - *Teenage driver – runs up and back as fast as possible.*
- This is a normal relay type game. The teams run one at a time handing over the steering wheel to the next team member. You can add or delete “actions” depending on the group.



Recreation for Mental Health *How does this activity help improve mental health?*

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|--|--|

Let's Get Active!

Discuss Throw

Individual Activity

Material:

- Bean bags

Directions:

- Twirl and release.
- Officials mark the farthest throw.
- Each athlete has three tries.

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduce stress
- Enhance well-being
- Promote positive mood
- Greater quality of life
- Improve self-esteem
- Enhance sense of belonging
- Improve sleep
- Improve mental health conditions such as depression and anxiety
- Improve social, coping and problem solving skills



Let's Get Active!

Cod-au-Gratin

Group Activity

Material:

- Bean bags

Directions:

- Designate 4-6 people as “seagulls”.
- Designate another 4-6 people to carry a worm. These are the “rulers” of the barnyard.
- The rest of the people are “fish”
- The seagulls will tag the fish.
- When tagged, the fish have to freeze in a dead fish position.
- Everyone’s idea of what a dead fish looks like is different, so encourage students to be creative.
- The rulers of the sea can give the frozen fish a worm to free them, and then they become a ruler and the former rulers become a fish.
- The rulers then try to save other frozen fish.



Recreation for Mental Health *How does this activity help improve mental health?*

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|--|--|

Let's Get Active!

Squawk and Field Relay

Group Activity

Material:

- Bean bags

Directions:

- Divide the group into teams of four or five, one bean bag per team.
- The object is to get the bean bag around the track, carrying the bean bag between your knees.
- No hands allowed
- When one player has passed the bean bag, run ahead of the team and prepare for another hand-off.

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduce stress
- Enhance well-being
- Promote positive mood
- Greater quality of life
- Improve self-esteem
- Enhance sense of belonging
- Improve sleep
- Improve mental health conditions such as depression and anxiety
- Improve social, coping and problem solving skills



Let's Get Active!

Whirly Birds Catch the Worms Tag

Group Activity

Material:

- Bean bags
- Active Movement Cards (photocopy and cut out the attached)

Directions:

- Pick two people to be a whirly bird. Give them a bean bag. They must stand in the middle of the room.
- Everyone else must pick an “active movement card”.
- The whirly birds say “Whirly birds catch the worms” loudly; all the others must move across the room doing their “active movement”.
- If tagged by a whirly bird, the worm instantly becomes a whirly bird assistant at the place on the floor where they were tagged.
- Assistants should spread their wings and reach to tag speedy worms, but must keep their feet in place.

Recreation for Mental Health *How does this activity help improve mental health?*

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|--|--|



Run	Skip	Hop
Gallop	Walk forward	Lunges
Walk sideways	March	Zig Zag
Run backwards	Skip	Hop on one foot
Gallop	Walk backwards	Robot walk
Walk sideways	March	Zig zag
Robot walk	Skip	Walk backwards

Make up your own movement cards!

Let's Get Active!

Ready, Set, Move

Group Activity

Material:

- Coloured foam mats
- Colour cube
- Exercise cube
- Number cube

Directions:

- Spread the mats around the room and have each student choose a mat to stand on. Make sure at least one of every colour is used.
- Roll all three cubes and call out what is rolled. Have players follow the directions on the cubes. For example, if you roll *toe touches, 2, and blue*, then everyone on a blue mat will do two toe touches.
- If you roll the side of the colour cube with all colours, then it is **ALL PLAY** and all players do the exercise.

Alternate versions of play:

- Only use the exercise and number cubes and have the whole group or small group do all exercises.
- Only use the exercise and colour cubes and call out any number you want. Most exercise sets are about 10-15 repetitions.



Exercise Cubes



Jumping Jacks: Hands go up as feet are spread apart; hands go down as feet are closed. Repeat.



Squats: Start with your arms in front of you and bend at the knees as if sitting in a chair. Stand up to complete.



Toe Touches: With your feet together, bend at the waist and try to touch your toes. You can also start with your legs and arms apart. Touch your left foot with your right arm and then alternate.



Running in Place: Move your arms and legs and run in place.



Arm Circles: Raise your arms to your sides and move them in slow circles, either forward or backward.

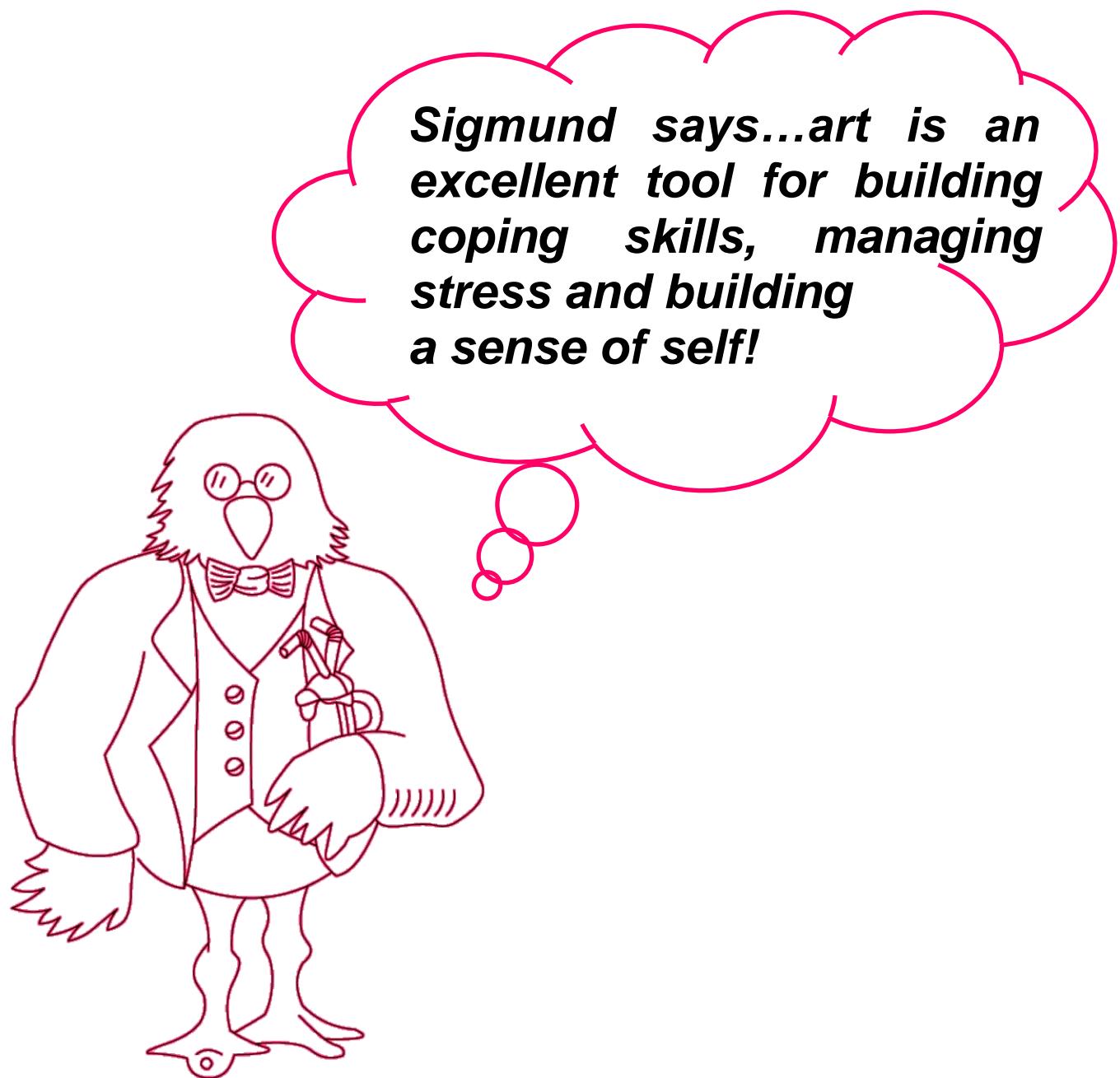


Hop: With your feet close together, take little jumps forward, or hop on one foot.

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduce stress
- Enhance well-being
- Promote positive mood
- Greater quality of life
- Improve self-esteem
- Enhance sense of belonging
- Improve sleep
- Improve mental health conditions such as depression and anxiety
- Improve social, coping and problem solving skills

Let's Get Creative!



Art is excellent for people who are unable to use words to describe their thoughts and feelings.

Let's Get Creative!

Charades

Group Activity

Material:

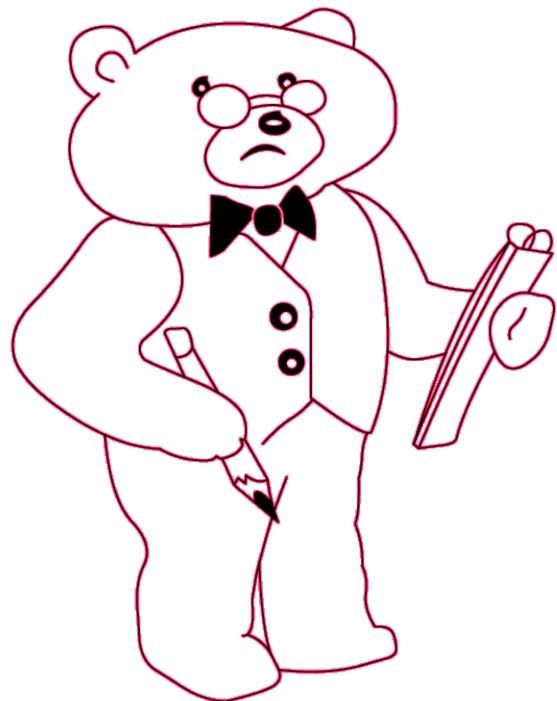
- Cards with messages (attached)

Directions:

- Divide the group into two or more teams.
- A team member will draw a card with a word or activity.
- The person will communicate, without words, the message on their cards (i.e., stressed out, need a vacation, feeling calm) to all teams.
- This may be done as one group.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
| <ul style="list-style-type: none">• Good self-esteem• Sense of connectedness• Personal growth• Recognition for achievement• Greater sense of well-being & improved health | <ul style="list-style-type: none">• A positive mood and stress relief• Build relationships & supports• Good social, coping and problem solving skills• Enhance empathy & understanding• Increased happiness |
|---|---|



Stressed out	Need a vacation	Feeling calm
8 hours of sleep	Laughter is the best medicine	Avoid alcohol and drugs
Row, row, row your boat	Bubble Bath	Day at the spa
Cross-country skiing	Getting ready for the holidays	Talk to a friend
Art therapy	Ice fishing	Work-life balance
Juggling act	Break-up	Self-care
Hiking	Deep Breathing	Quit smoking

Make up your own!

Let's Get Creative!

Sigmund's Winter Quilt / Snuggy

Group Activity

Materials:

- Myths and facts about mental illness (attached)
- Paper and / or construction paper
- Markers or crayons
- Scissors
- Glue

Directions:

- Talk over the various myths and facts of mental illness with the group before making the quilt.
- Have each person trace their hands and draw a mental illness myth or fact. Encourage the group to make their hand prints very colorful and decorative.
- After everyone has finished and cut out their hands, glue them all together and make a quilt full of mental illness myths and facts.

Recreation for Mental Health *How does this activity help improve mental health?*

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|---|---|
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|---|---|

The Myths of Mental Illness

1. Only adults can have a mental illness. **Myth or Fact**
2. You can tell by looking at someone if they have a mental illness. **Myth or Fact**
3. Only people who live in big cities can have a mental illness. **Myth or Fact**
4. Only weak people have mental illnesses. **Myth or Fact**
5. People with mental illnesses are violent. **Myth or Fact**
6. Mental illnesses can take many forms just like physical illnesses. **Myth or Fact**
7. One in five Canadians will experience a mental illness in their lifetime. **Myth or Fact**
8. Rich people cannot get a mental illness. **Myth or Fact**
9. People with a mental illness are lazy. **Myth or Fact**
10. People can choose NOT to have a mental illness. **Myth or Fact**
11. People living with mental illness cannot recover. **Myth or Fact**
12. You should never mention suicide to someone who has a mental illness. **Myth or Fact**
13. People with a mental illness are often the victims of violence. **Myth or Fact**
14. Post-Traumatic Stress Disorder only occurs in military service members such as Vietnam Veterans. **Myth or Fact**
15. Mental illness stigma is a group of negative attitudes and beliefs that often lead the general public to fear, reject, avoid and discriminate against persons with mental illnesses and developmental disabilities. **Myth or Fact**
16. People can recover from a mental illness. **Myth or Fact**
17. Mental illness means a loss of self-control. **Myth or Fact**
18. Bad parenting does not cause a mental illness. **Myth or Fact**
19. Mental illness can strike anyone regardless of intelligence. **Myth or Fact**
20. Schizophrenia and multiple personality disorder are not the same thing. **Myth or Fact**
21. Depression is a natural part of aging. **Myth or Fact**
22. Depression is feeling sad only when bad things happen in your life (I.e., break-up, fail a test, someone dies, etc.) **Myth or Fact**
23. Suicide notes are always left at time of suicide. **Myth or Fact**
24. People who talk about suicide should be taken seriously. **Myth or Fact**
25. Children do not die by suicide. **Myth or Fact**
26. Talking to youth about suicide will influence suicidal behaviour. **Myth or Fact**
27. People with Depression can just "snap out of it". **Myth or Fact**
28. A person who has had a mental illness can never be "normal." **Myth or Fact**
29. Young people and children don't suffer from mental illness. **Myth or Fact**
30. People with mental illness can work low-level jobs but aren't suited for really important or responsible positions. **Myth or Fact**

Source: *Suicide Prevention Resource Toolkit*, Center for Suicide Prevention 2013

Let's Get Creative!

Draw Your Own Conclusions

Individual activity

Materials:

- Worksheets (photocopy the attached)
- Art materials – oil pastels, soft pastels, crayons, markers, coloured pencils, other collage materials, found objects, stickers . . .
- Paper

Directions:

- Hand out a worksheet to each participant.
- Stand back and look at it for a few minutes. What does it remind you of? Complete the image by drawing what the shapes and lines suggest. Don't try to censor yourself - draw the first thing that you think of.
- Once the picture is complete, you can give it a background, answering questions like: who is in the picture OR who might be in the picture? What is (s)he doing? How does (s) he feel? Does (s) he have a message for you? What just happened? What do you think is going to happen? How can this be resolved? You can also give the picture a name, or write a story or a poem about it.

Adaptations:

- Make your own Draw Your Own Conclusions paper by selecting clip art and cropping it using a paint program.
- Free to download from <http://paint.net.amihotornot.com.au/>

Recreation for Mental Health *How does this activity help improve mental health?*

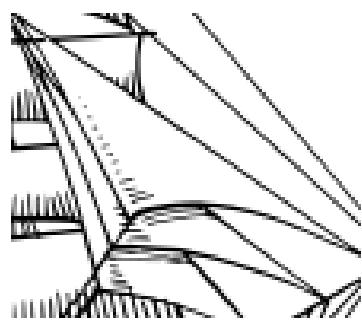
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| <ul style="list-style-type: none">• Good self-esteem• Sense of connectedness• Personal growth• Recognition for achievement• Greater sense of well-being & improved health | <ul style="list-style-type: none">• A positive mood and stress relief• Build relationships & supports• Good social, coping and problem solving skills• Enhance empathy & understanding• Increased happiness |
|---|---|



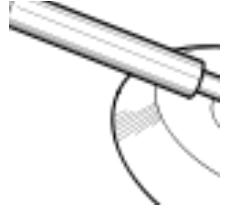


















Let's Get Creative!

Scribble Conversation

Pair activity

Materials:

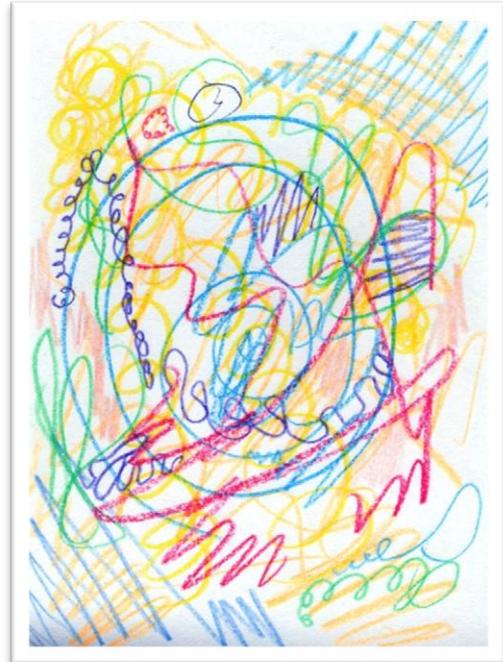
- Sheet of paper (any size)
- Art materials: markers, crayons, pastels, coloured pencils

Directions:

- One person is chosen to start drawing a scribble, a line or a doodle. Then the other person “responds” by drawing his own scribble – either in response to the first drawing or off on its own. This “conversation” continues until the paper is filled.

Adaptations:

- Can be used with words and phrases instead of colours and shapes in a free association exercise



Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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|---|---|

Let's Get Creative!

Pictograms

Individual activity - Anyone who likes doing crossword puzzles should like this activity!

Materials:

- Pictogram page (attached)
- Pencil
- Eraser

Directions:

- Photocopy the attached pictograms.
- Hand one out to each participant.
- Each square in the grid is identified by a number (across the top) and a letter (down the side). Each grid square corresponds to a square at the bottom of the page. Look at each square and the carefully draw the lines and shapes in the corresponding grid square. You'll discover your inner artist as you see a picture appear!
- See Appendix A for solutions.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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|---|---|



Beginner Pictogram #1

1

2

3

4

A			
B			
C			
D			



A1



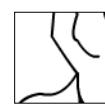
A2



A3



A4



B1



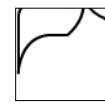
B2



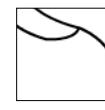
B3



B4



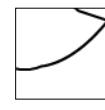
C1



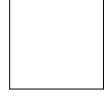
C2



C3



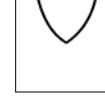
C4



D1



D2



D3

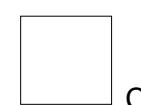
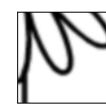
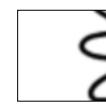
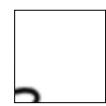
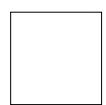
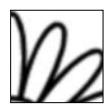
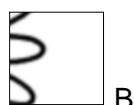
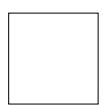
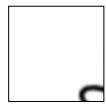


D4

Beginner Pictogram #2

1 2 3 4

A				
B				
C				
D				



Beginner Pictogram #3

1 2 3 4

A				
B				
C				
D				



A1



A2



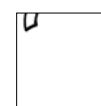
A3



A4



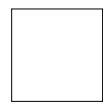
B1



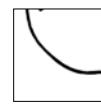
B2



B3



B4



C1



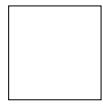
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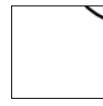
C3



C4



D1



D2



D4

Beginner Pictogram #4

1

2

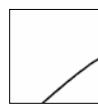
3

4

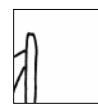
A				
B				
C				
D				



A1



A2



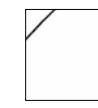
A3



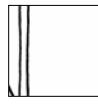
A4



B1



B2



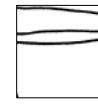
B3



B4



C1



C2



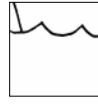
C3



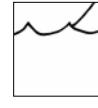
C4



D1



D2



D3



D4

Beginner Pictogram #5

1

2

3

4

A				
B				
C				
D				



A1



A2



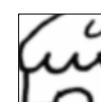
A3



A4



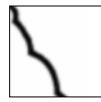
B1



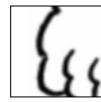
B2



B3



B4



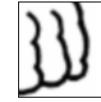
C1



C2



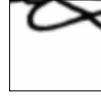
C3



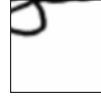
C4



D1



D2



D3

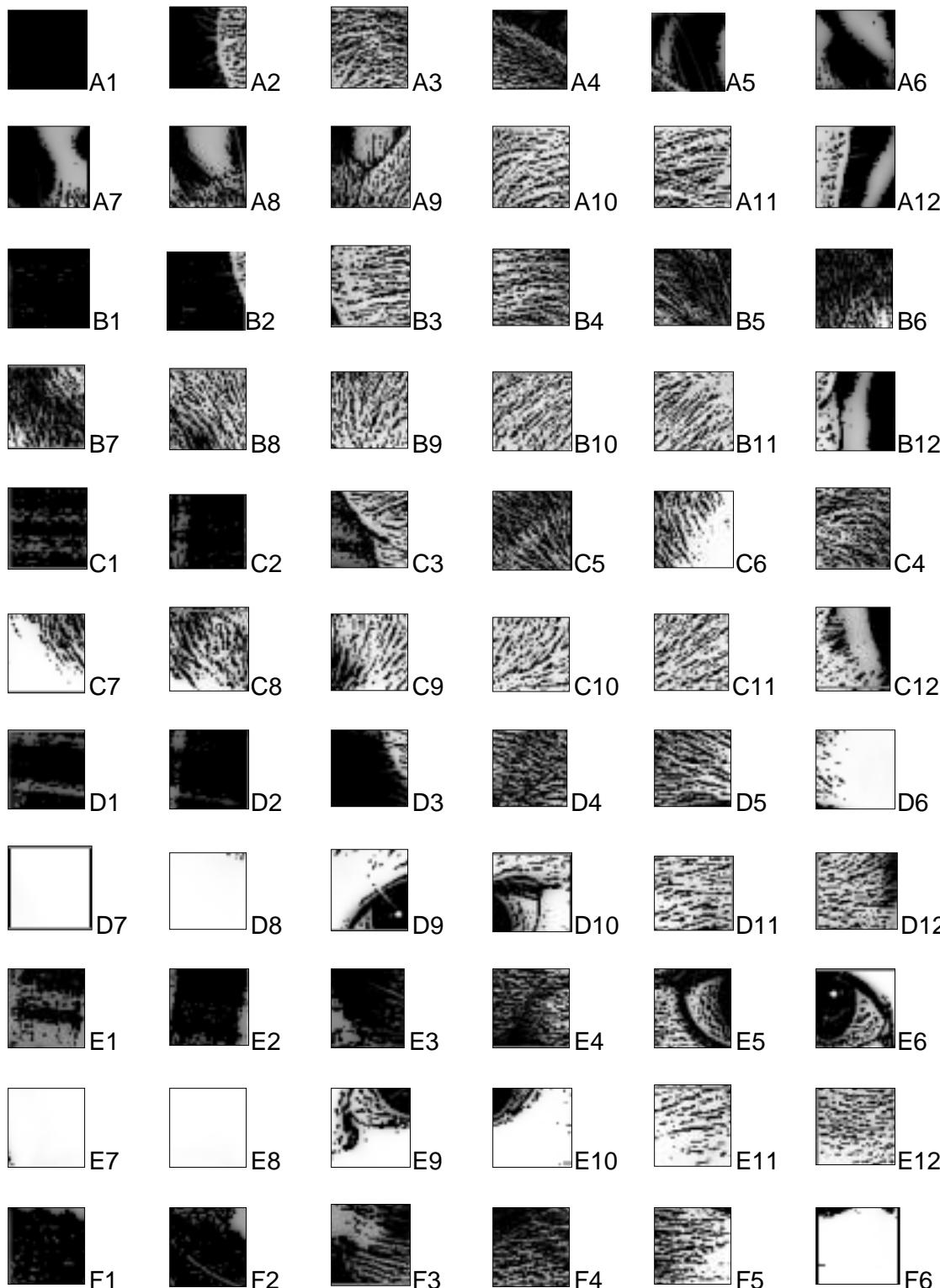


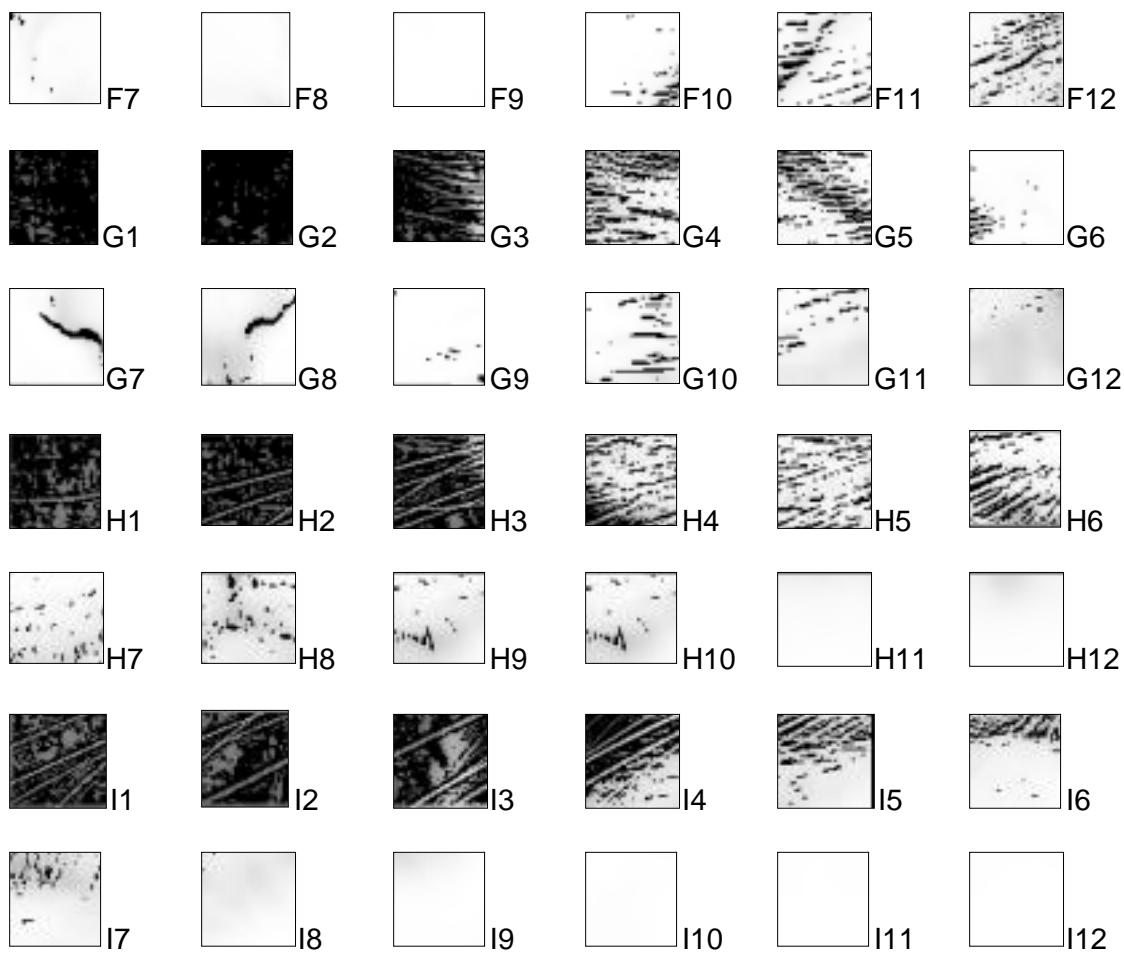
D4

Advanced

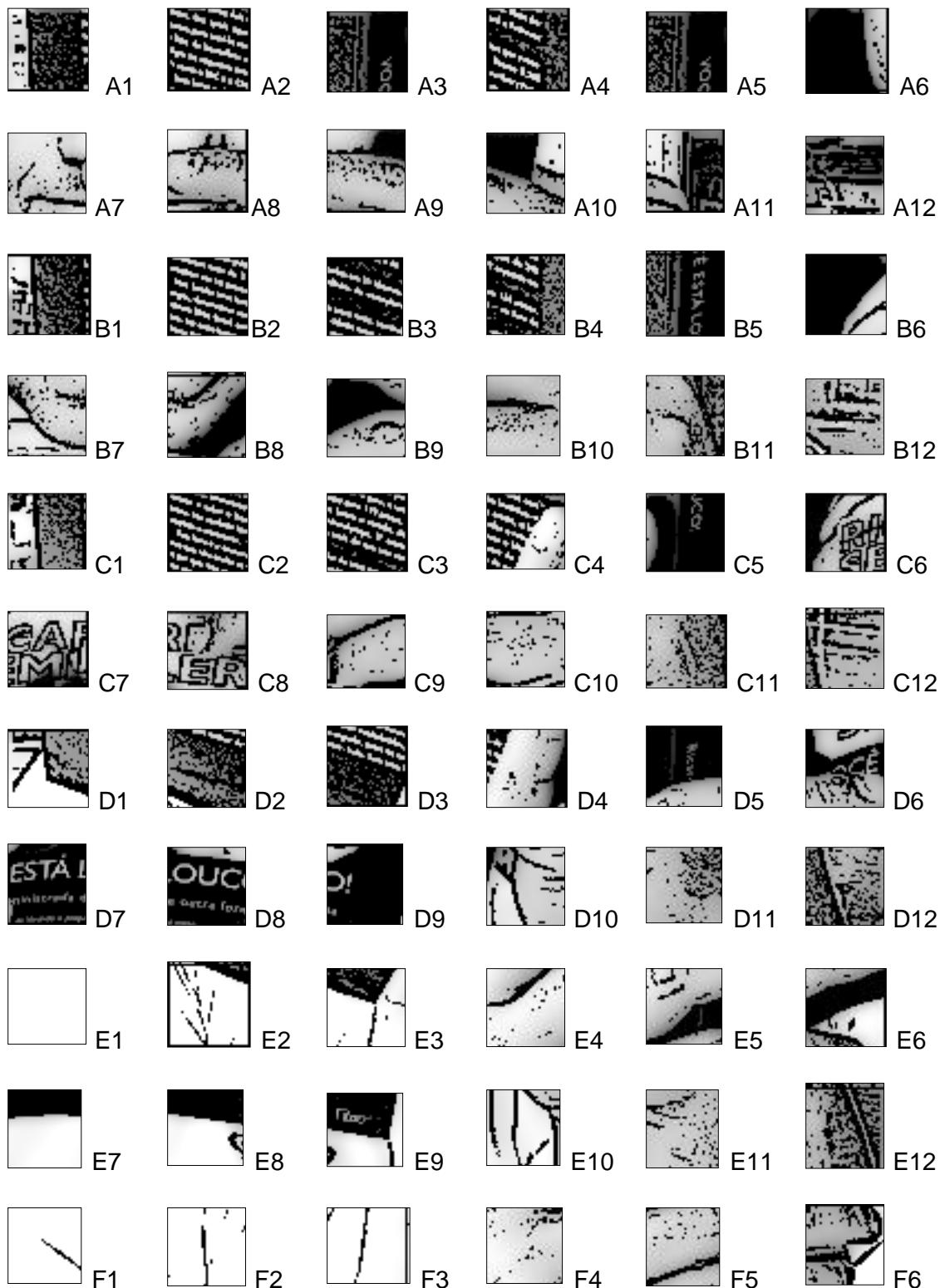
	1	2	3	4	5	6	7	8	9	10	11	12
A												
B												
C												
D												
E												
F												
G												

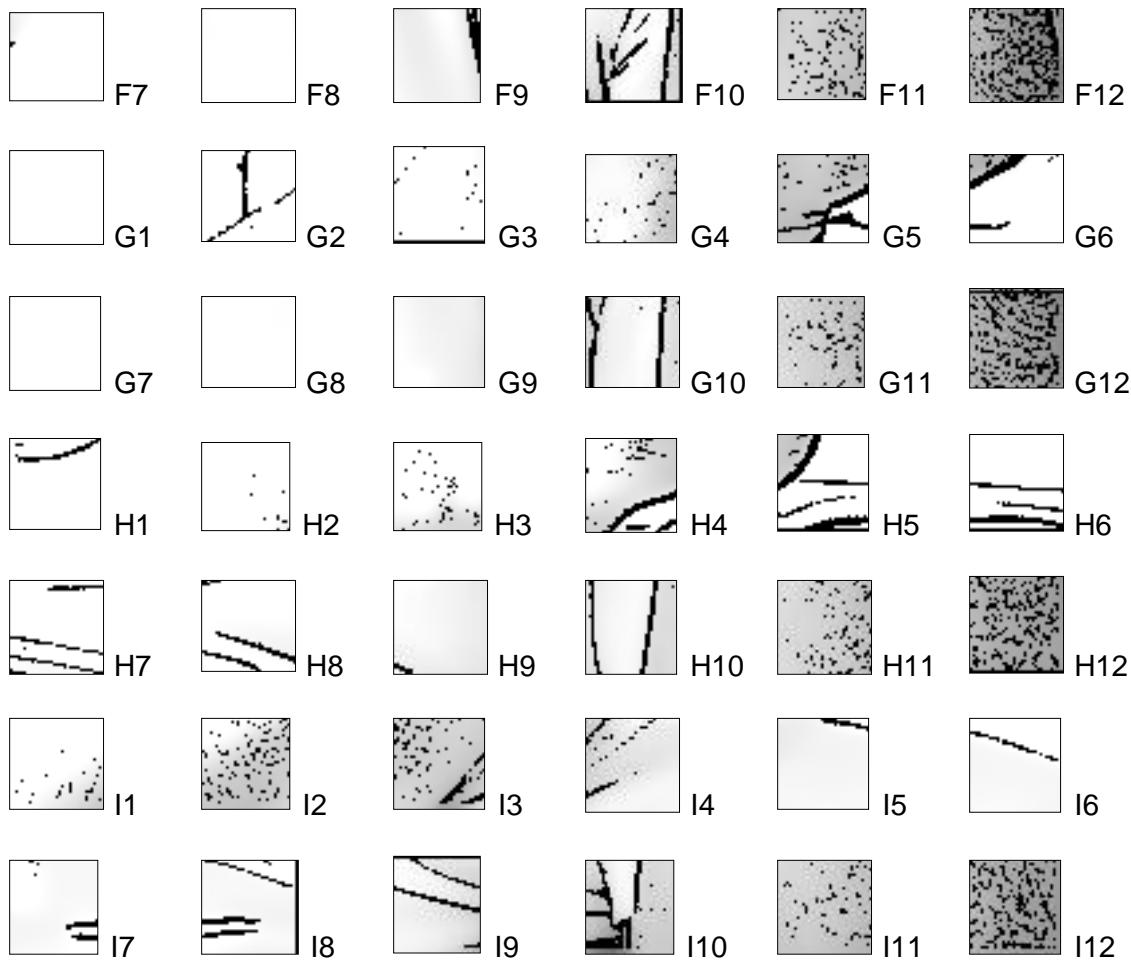
Pictogram #1



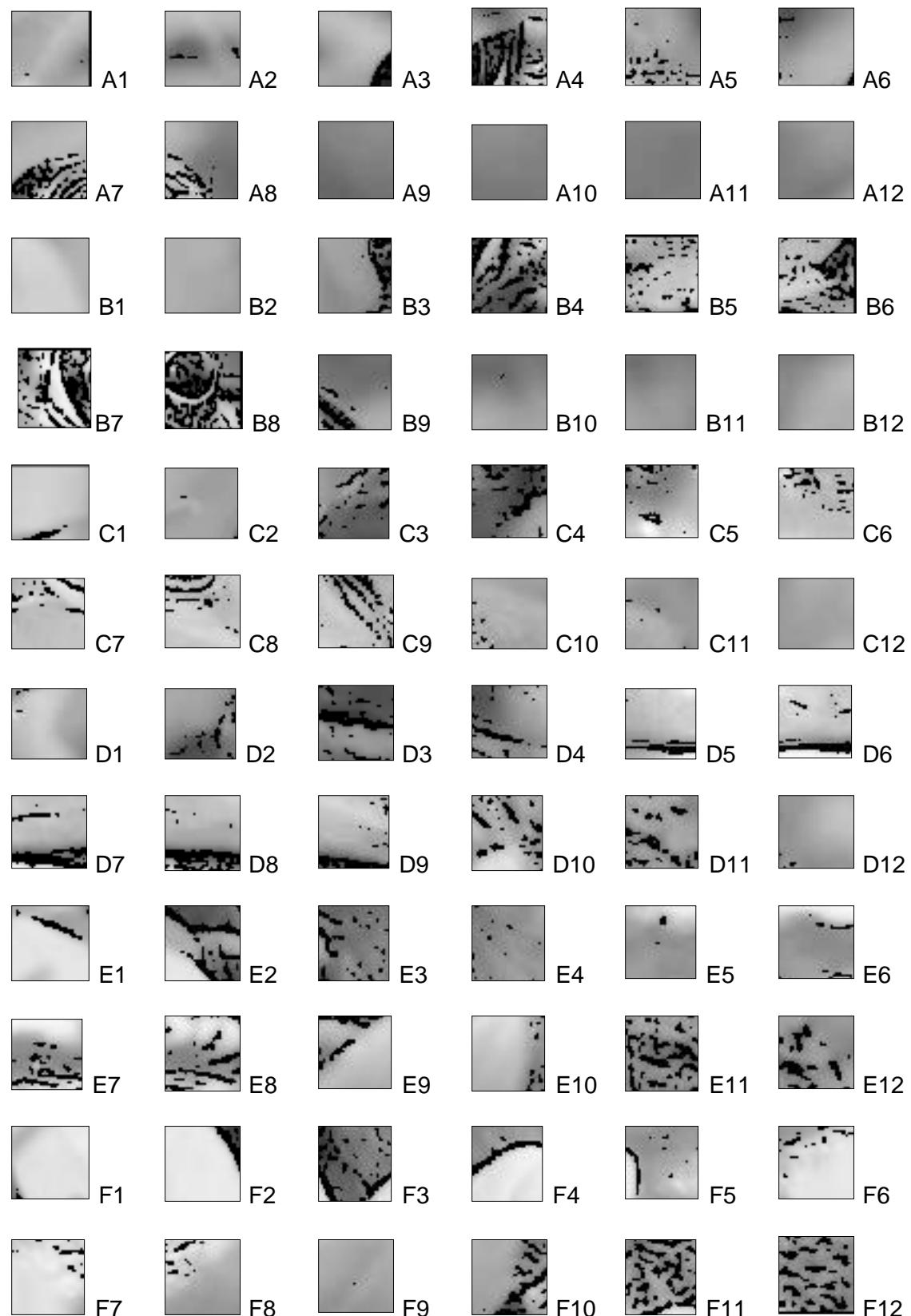


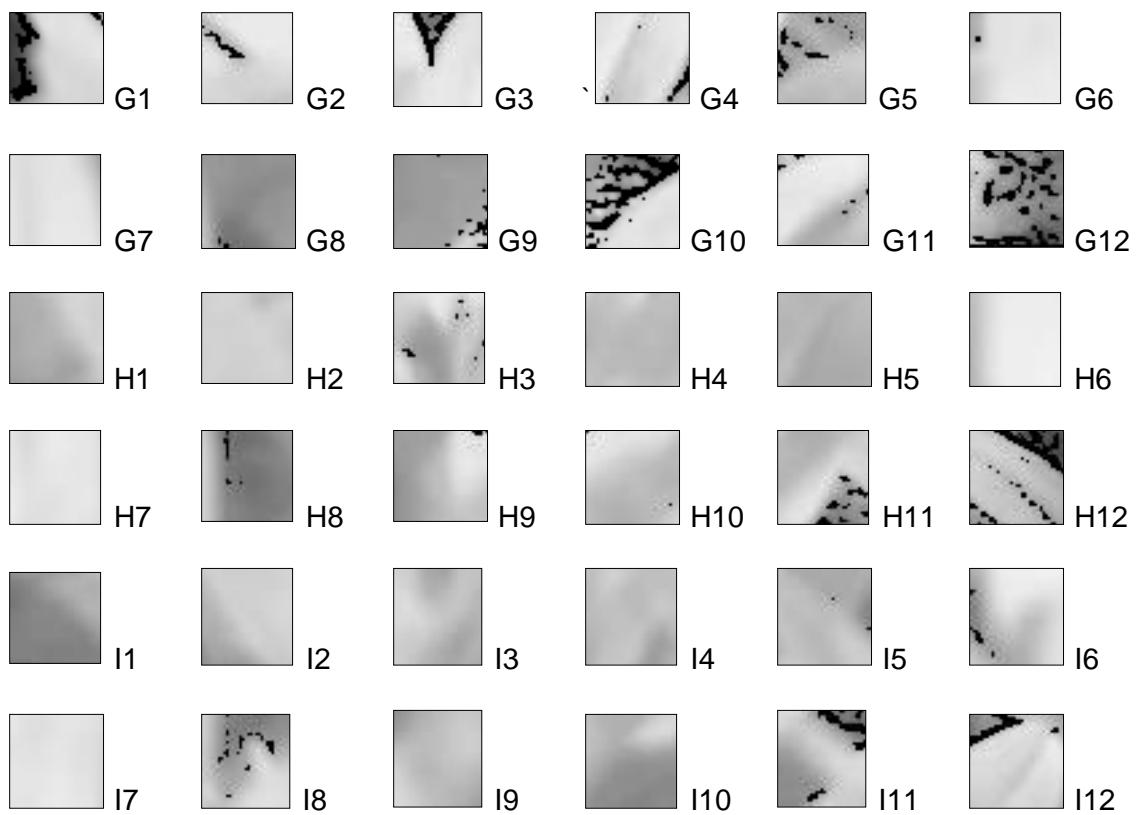
PICTOGRAM #2



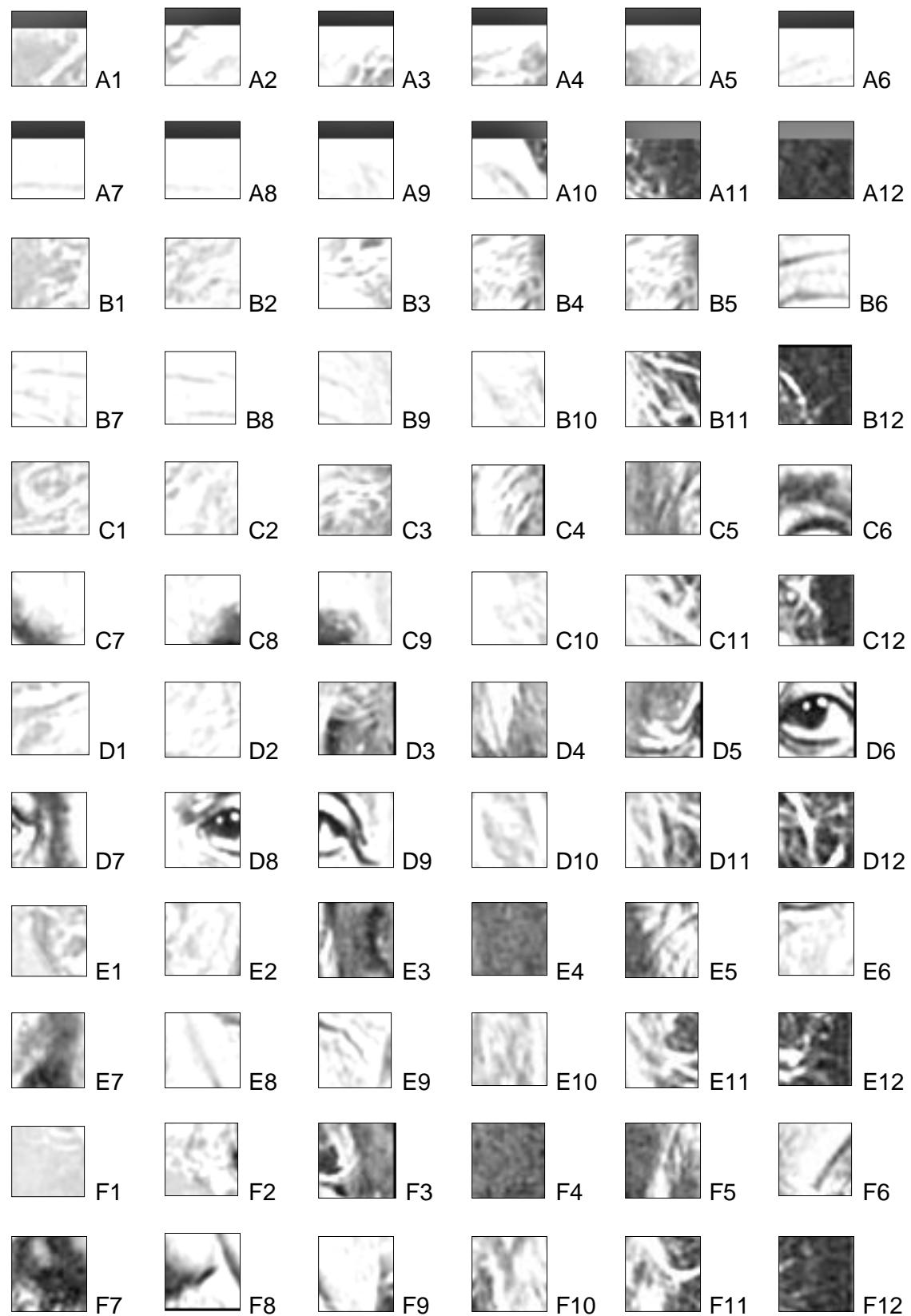


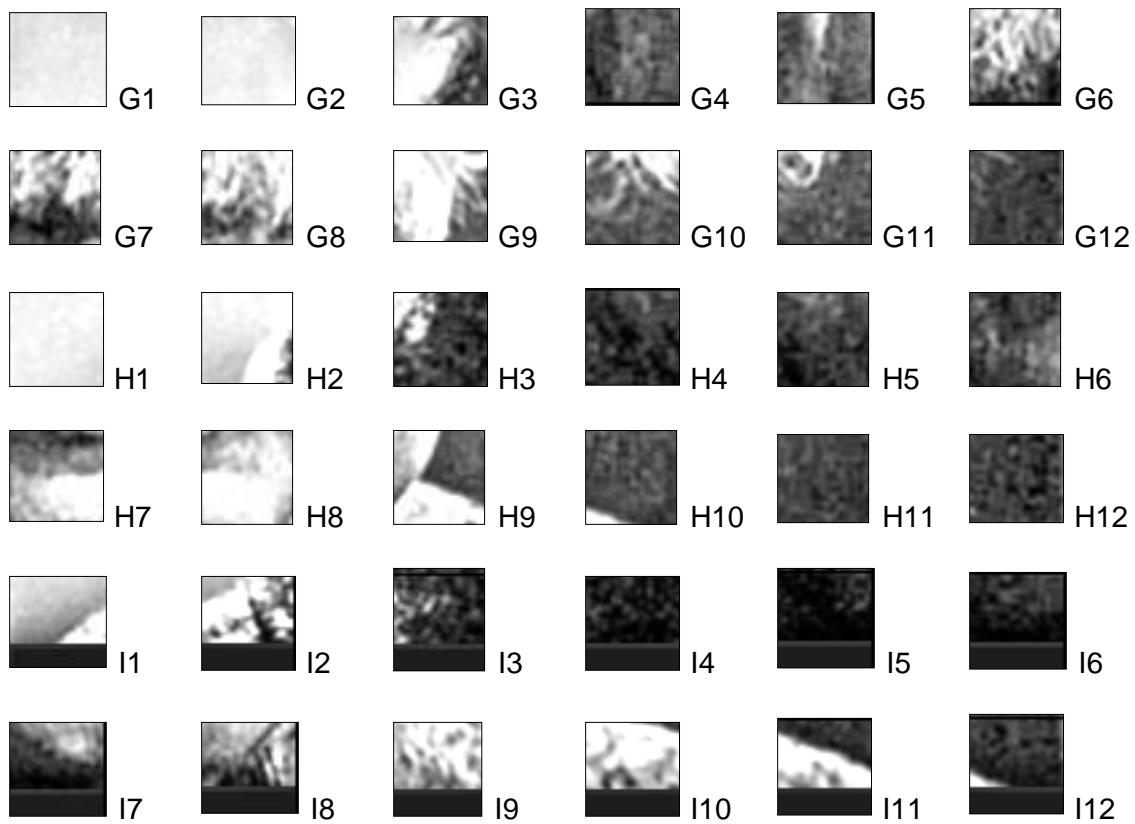
PICTOGRAM #3



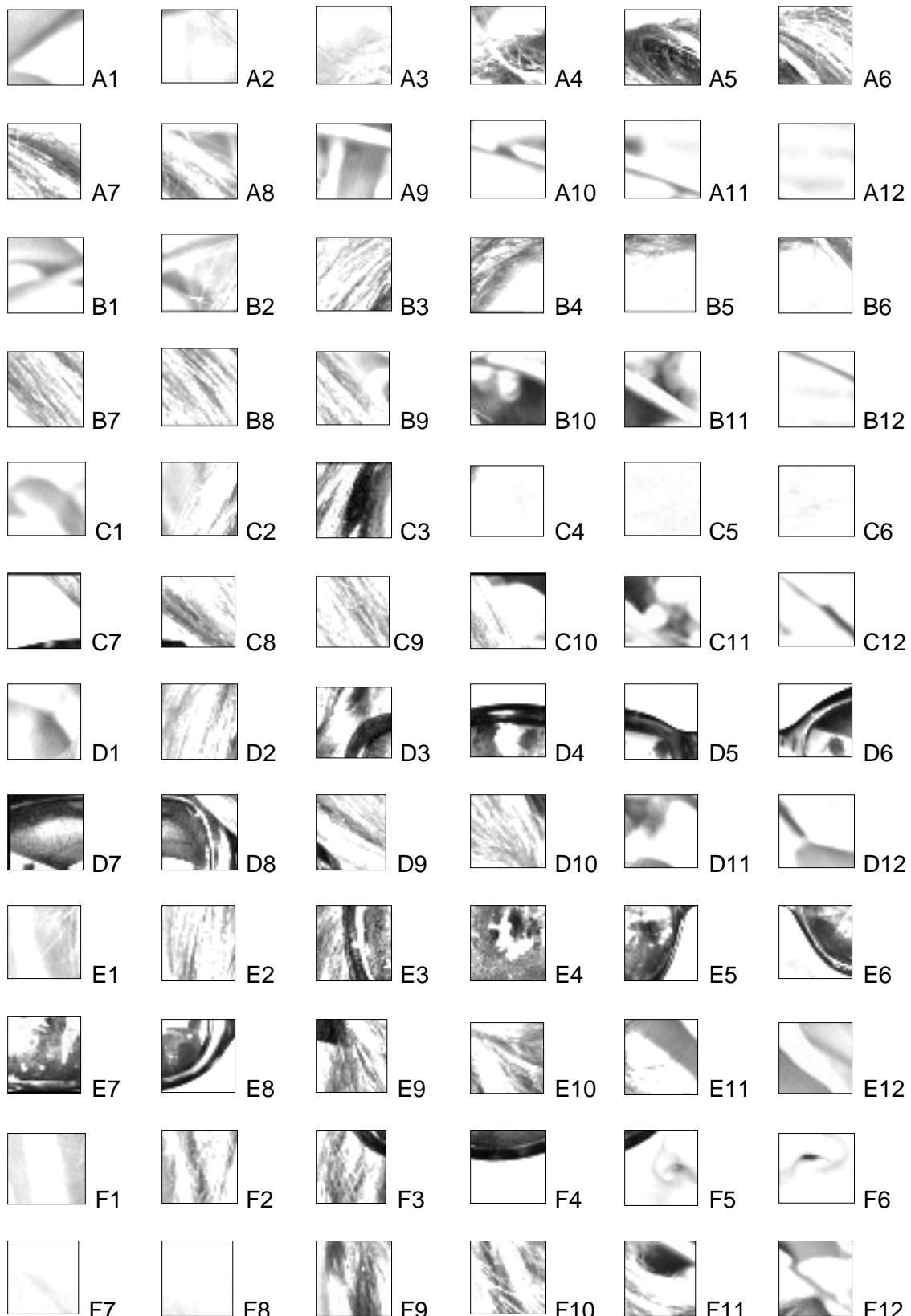


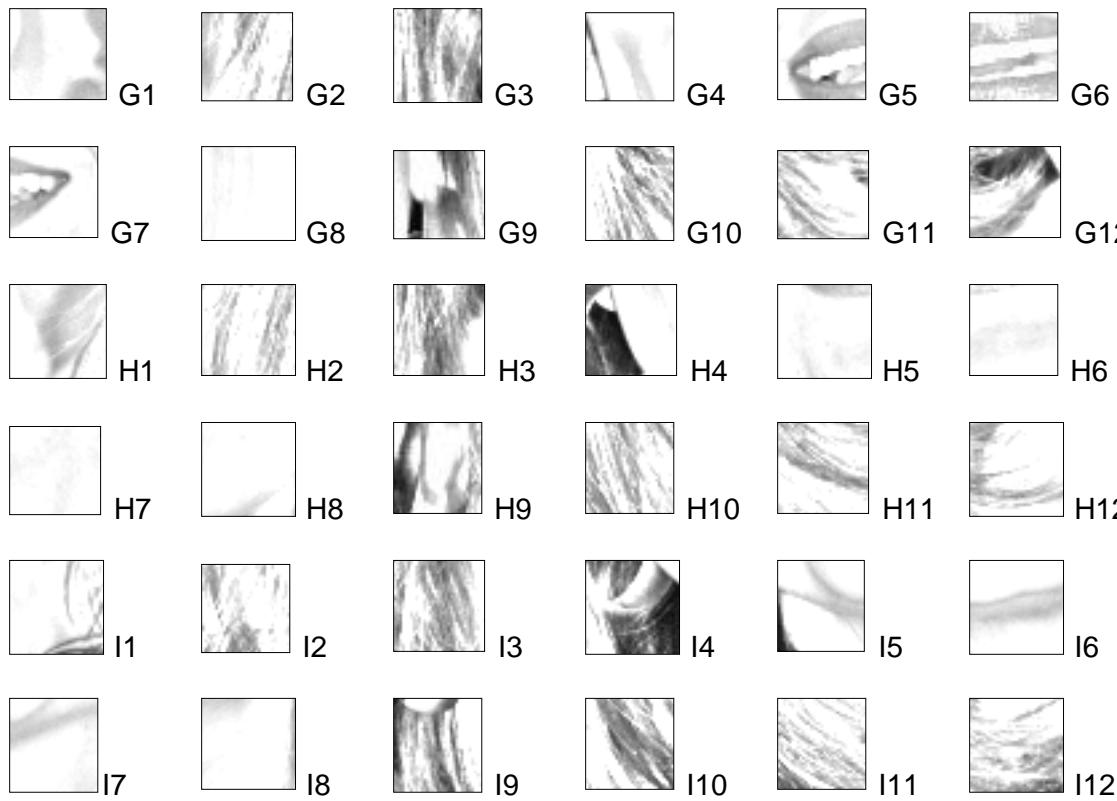
PICTOGRAM #4





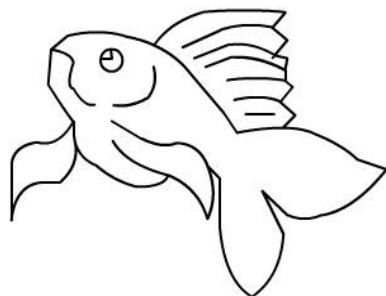
PICTOGRAM #5



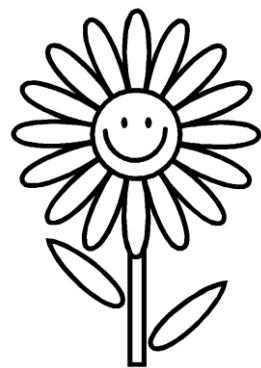


Solutions to Pictograms

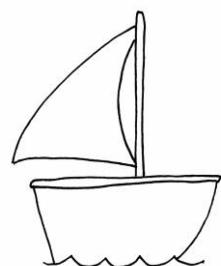
Beginner Pictogram #1



Beginner Pictogram #2



Beginner Pictogram #3



Beginner Pictogram #4



Advanced Pictogram #1



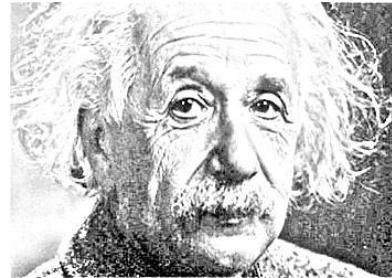
Advanced Pictogram #2



Advanced pictogram #3



Advanced Pictogram #4



Advanced Pictogram #5



Let's Get Creative!

Carousel Animal

Pair / Group activity

Materials:

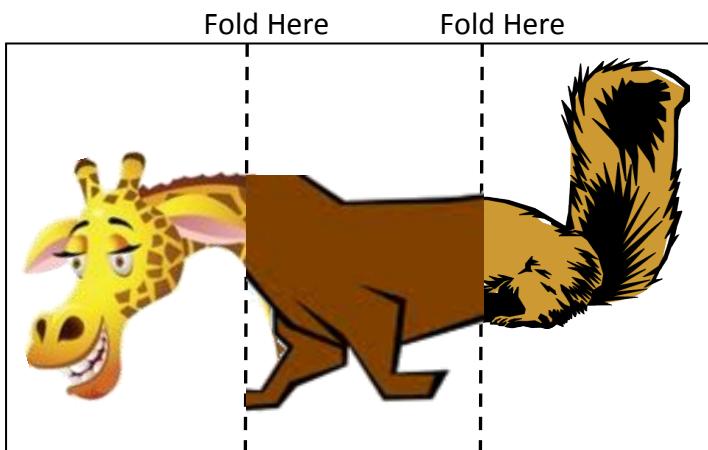
- Paper (11" x 14", 12" x 18", 18" x 24" preferred)
- Art materials: markers, crayons, pastels, coloured pencils

Directions:

- Fold the paper into thirds so that the three parts are clear to everyone.
- Each person draws a different part of the animal – head on the top section, body in the middle section and legs in the bottom section. Each person is given a set amount of time for his / her “body part”.

Adaptations:

- Fold banner paper (i.e. more folds) for a bigger group
- Can also be done as a picture carousel – start with one person drawing for a set amount of time, and then every other person in the group adds to it.
- Person can also draw on his/her “fold” without seeing what was drawn before, until at the very end when the whole artwork is revealed!



Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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|---|---|

Let's Get Creative!

Finish the Picture

Individual Activity

Materials:

- Photocopy the attached worksheets
- Art materials: markers, crayons, pastels, coloured pencils

Directions:

- Hand out a worksheet to each participant.
- Complete each picture as you think it should look.
- Then make up a story about the resulting picture. Who is in the picture? What is happening? What do you think is going to happen? How do people feel about what's going on? How can this be resolved? You can write a story, poem, or even an imaginary interview with the people in the picture.

Adaptations:

- Can be used with children from 5 – 7 years of age by providing them with simpler, age appropriate pictures, OR by showing them a whole picture and asking them what they think is happening. Can be used with older people (suggested age ranges 13 – 19, 20 – 34, 35 – 49, 50+) by showing them complex drawings or photos of age-appropriate situations (i.e. – pictured people of similar ages, etc.)

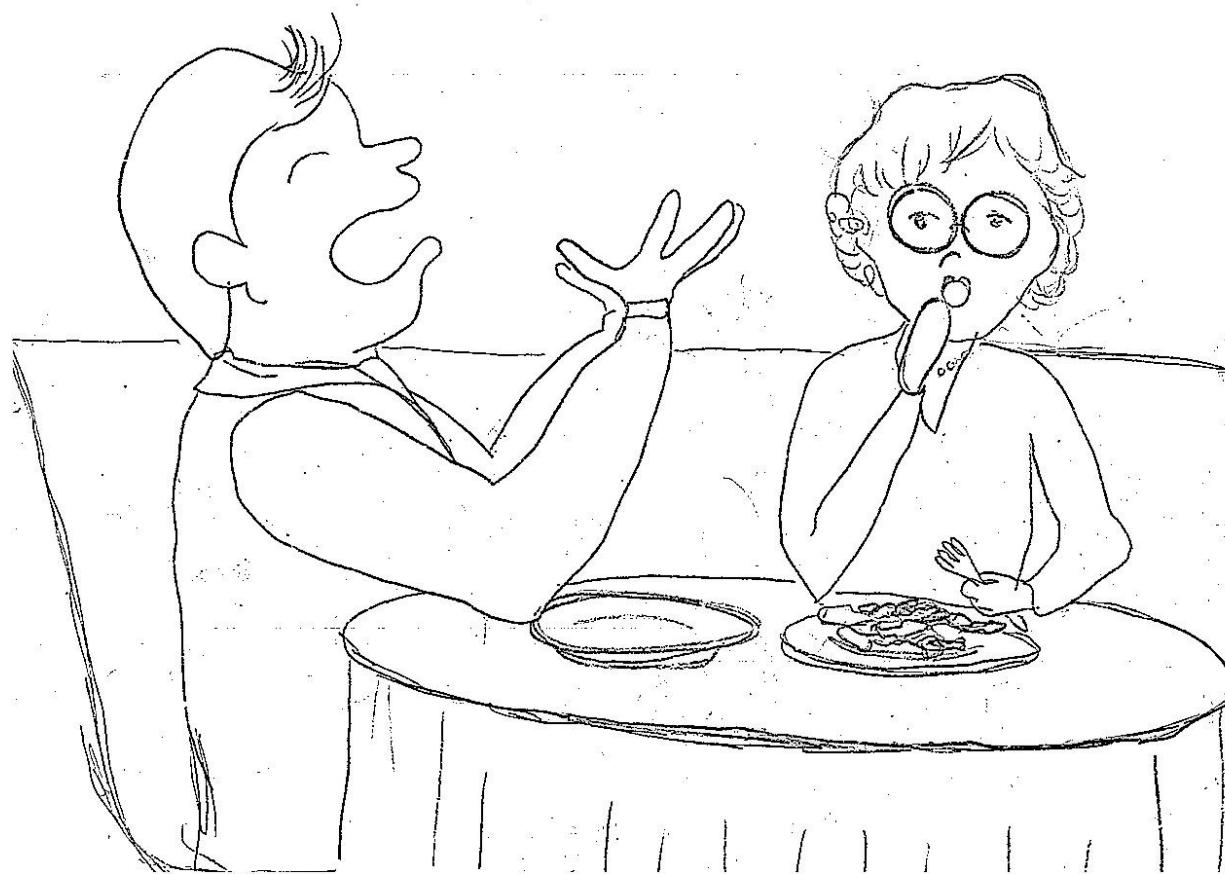
Recreation for Mental Health *How does this activity help improve mental health?*

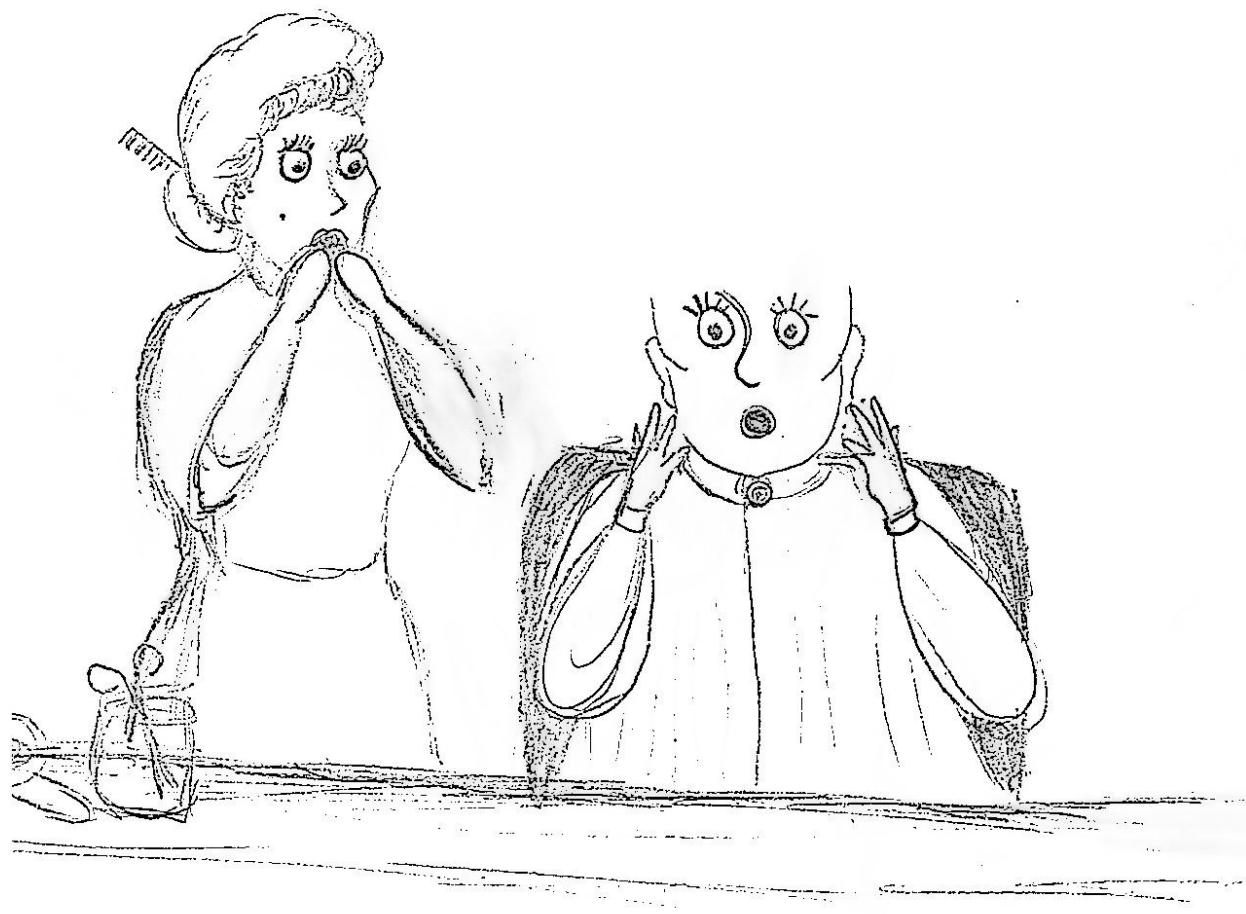
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|---|---|



What's all the excitement about?

What is he eating?





How does her hair look?

What's on his tie?



Let's Get Creative!

Emotions: Colour & Line

Individual activity

Materials:

- Paper
- Art materials: pencils, markers, crayons, pastels, coloured pencils, paint
- Emotions Color Wheel

Directions:

- There are many different emotions, and some of them are hard to express in words. For this exercise, use the color wheel to choose a colour (there can be more than one) and a line or shape that would best suit an emotion. There is no right or wrong answer to this – everyone has their own idea of visual images that are associated with a particular feeling.
- Some emotions to consider are:

HAPPINESS	ANGER
SADNESS	DEFENSIVENESS
PRIDE	JEALOUSY
SATISFACTION	LONELINESS
STRESS	FEAR
CONFUSION	FRUSTRATION
IRRITATION	EXCITEMENT
DISBELIEF	HURT
OBSSESSION	DISTRACTION
GUILT	

- As you make the images associated with the feeling, write a definition of what that feeling means to you (it may not be the same thing for everyone). Have you ever felt like this in the past? If so, when? When do you think another person might feel this way?

Cautions:

- Some people may have very strong reactions to the emotions listed. If in a group setting, do NOT force them to do this activity with every emotion suggested, or share their thoughts behind their images.
- Do not make inferences on “right” responses (i.e. – red is supposed to represent anger, etc.) – let students decide on the meanings that emotions signify to them personally.

Adaptations:

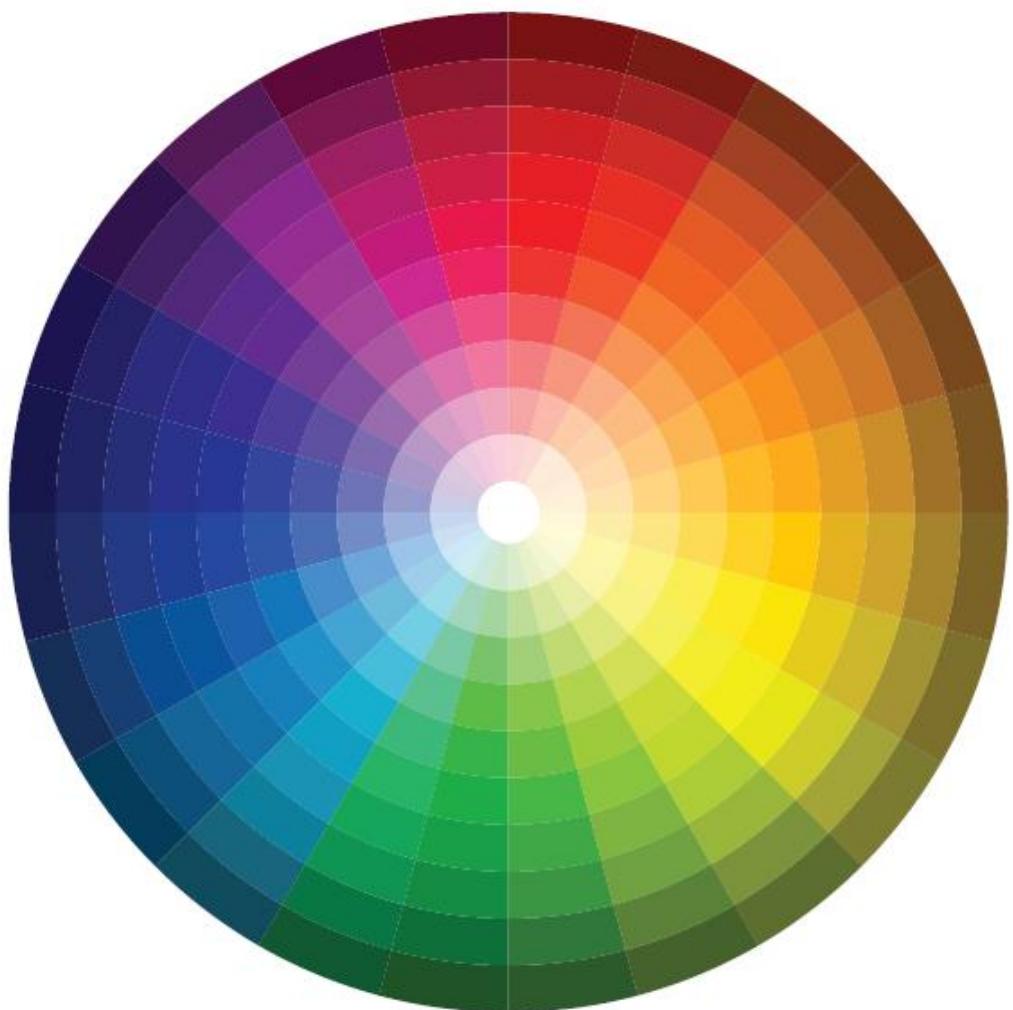
- Emotions Colour Wheel – use the colour wheel enclosed to identify feelings associated with a particular colour
- Word colour and line – may be less reactive than using emotions



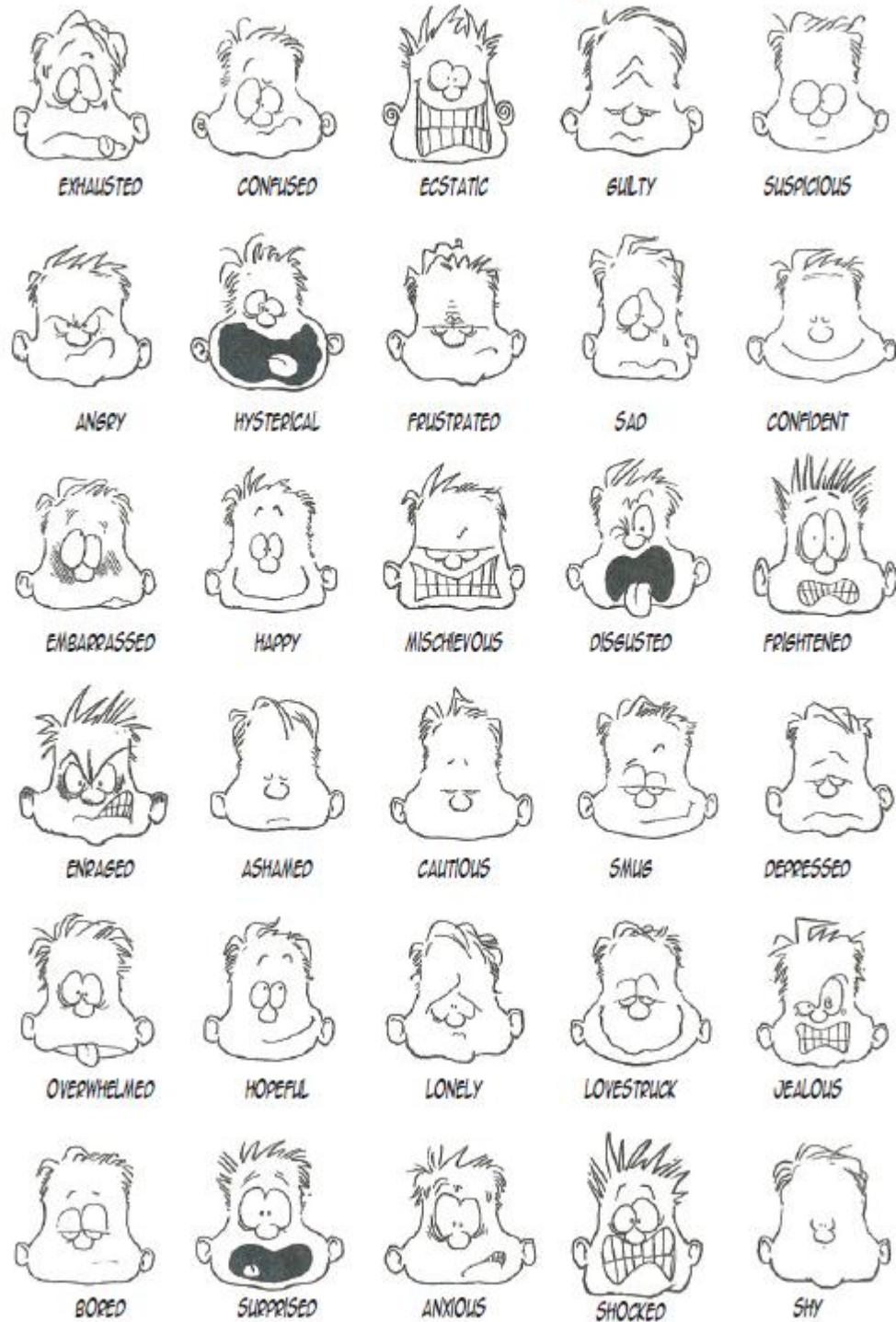
Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
| <ul style="list-style-type: none">• Good self-esteem• Sense of connectedness• Personal growth• Recognition for achievement• Greater sense of well-being & improved health | <ul style="list-style-type: none">• A positive mood and stress relief• Build relationships & supports• Good social, coping and problem solving skills• Enhance empathy & understanding• Increased happiness |
|---|---|

Emotions Color Wheel



Emotions Vocabulary Chart



Let's Get Creative!

Mandalas

Individual activity

Materials:

- Paper plates OR paper with a circle in the middle
- Art materials: pencils, markers, crayons, pastels, coloured pencils, paint, collage materials



Directions:

- The word “mandala” is Sanskrit for “circle”. Some people believe that it represents who you are as a person. Mandalas have been used for hundreds of years by a wide variety of cultures for healing and for finding your “center”.
- Create a mandala by choosing colours, shapes and images that are meaningful to you. You can choose to arrange them in a pattern, a picture, or it can be totally random.

Adaptations:

- Can be done with children younger than 13 by letting them create an “All about me” circle
- A “heart map” is very similar – draw an outline of a heart, then put words and images of meaningful things inside the outline

Recreation for Mental Health *How does this activity help improve mental health?*

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|---|---|
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|---|---|

Let's Get Creative!

“Road of Life” Racetrack

Individual activity

Materials:

- Photocopy the racetrack attached
- Create your own 3D racetrack using:
 - Cardstock or cardboard (cereal box cardboard works great!)
 - Scissors
 - Glue
 - Cardboard tubes
 - Bristol board (for the base)
 - Natural / Found objects, recycled materials, craft supplies (rocks, shells, bottle caps, popsicle sticks, etc.)
 - Art materials: pencils, markers, crayons, pastels, coloured pencils, paint, collage materials

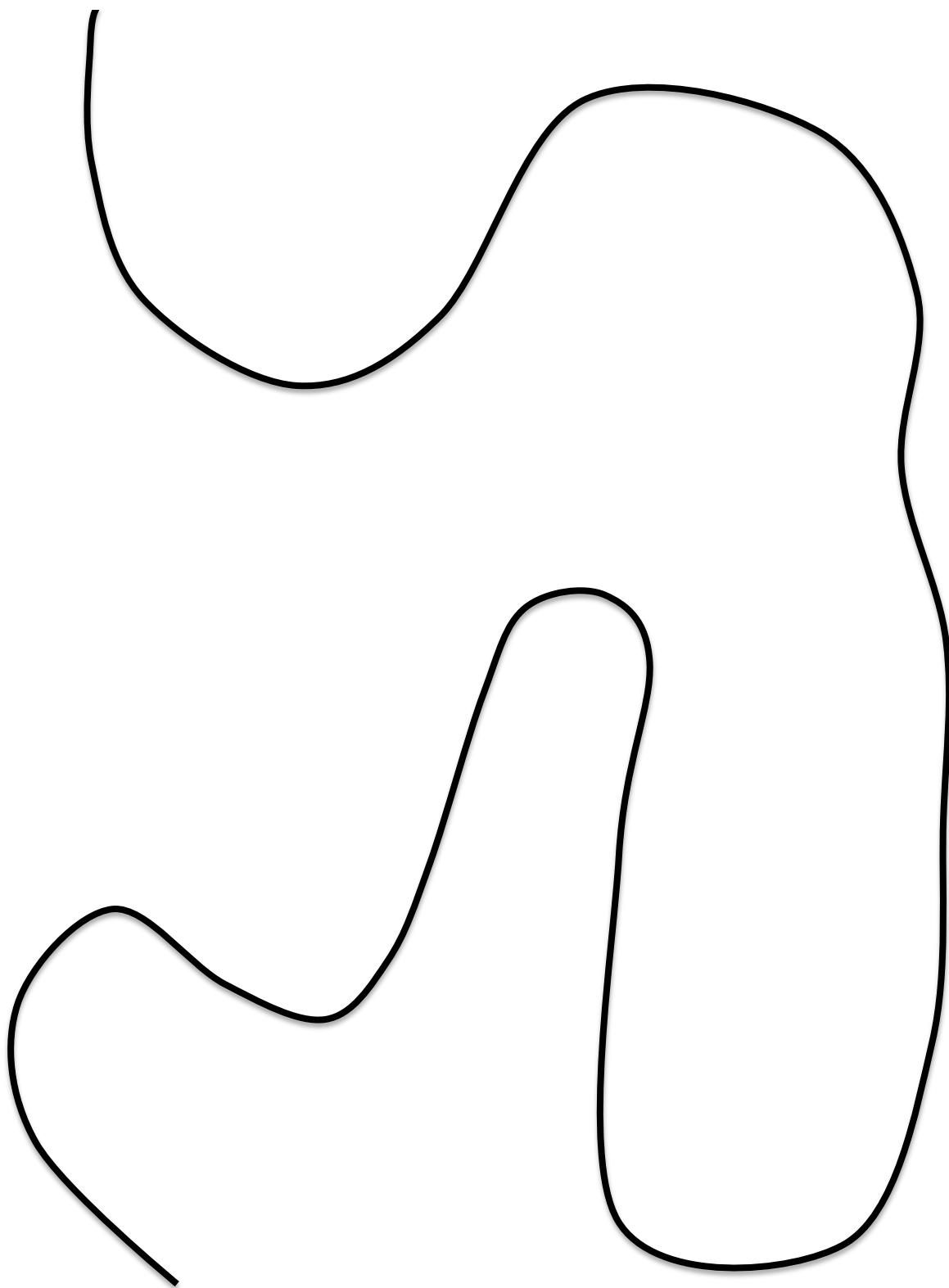
Directions:

- Create a visual map of your life as you see it by building a “road of life” racetrack! Cut strips of cardboard / cardstock (straight or curved) and glue them to a Bristol board base.
- Create something to represent when you were born at the starting line. Think back about your life so far. What did the good times look like? Were there any stressful experiences in your past? Use your imagination and create milestones for each event that you want to show others, and then place them along your roadway. Past experiences should take up about half of your roadway. The other half is the future. Where are you going? What do you want to be when you get older? Create a milestone for each of these events too, until you reach the finish line!

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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|---|---|

START



FINISH

Let's Get Creative!

Worry Warriors

Individual activity

Materials:

- Popsicle sticks/toothpicks
- Pipe cleaners / plastic beads
- Wool / embroidery thread
- Glue
- Scissors / utility knife



Directions:

Keep the bogeyman at bay by making a worry doll to take your troubles away! Worry people are very popular in the Guatemalan culture.

- To make your own worry doll, take two popsicle sticks (or toothpicks). Cut one in half lengthwise, and then cut each half across the width.
- Glue two $\frac{1}{4}$ stick lengths to the bottom for legs and the other two $\frac{1}{4}$ sticks for arms. Leave it to dry for a few minutes.
- Put some glue on the bottom of the stick, making sure that the "legs" and part of the body are covered.
- Wind one colour of thread / wool / pipe cleaner around the bottom half of the stick, making sure that there is no bare wood showing through.
- Now cover the top half in glue, but keep the very top (2 – 3 cm.) glue free.
- Take another colour of thread / wool / pipe cleaner and wind it around the top.
- If using a toothpick for the worry doll, fill the hole in a plastic bead with glue and slide it over the top of the toothpick.
- You can add hair and other little fancy decorations by gluing them on.
- The next time you feel scared, tell the worry doll your troubles, place it under your pillow until morning. Legend has it that the worry doll will take away your worries!

Recreation for Mental Health *How does this activity help improve mental health?*

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|---|---|
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Let's Get Creative!

Hope Bowls

Individual activity

Materials:

- Balloons (round)
- Paper towels, tissue paper
- White glue or papier mache paste OR plaster bandages

Directions:

- Blow up a balloon and tie it.
- Cover the upper half (i.e. not the tied part) in glue / papier mache paste.
- Rip up bits of paper towel or tissue and stick into the glue, making sure the balloon end is completely covered and nothing shows through. Let it dry.
- You will probably need additional layers of glue / tissue, depending on how strong you want your bowl. Alternatively, you can use plaster bandages.
- The last layer can be coloured tissue, bits of construction or other decorative papers.
- Once the layering has dried completely, you can pop the balloon and carefully remove it from your “bowl”. Now that your bowl is complete, it’s time to fill it.
- Think of your positive qualities or the nice things that people have said about you. Think about what you’re grateful for, or any quotes that you can identify with. Write each one of these positive thoughts on a separate slip of paper, and put it into the bowl. You can keep adding to the bowl over time. Now whenever you’ve had a hard day or are stressed, just reach into the bowl for an instant pick me up!

Adaptations:

- May be better to make the theme “All about me” for children 12 and younger.
- Wool or thread can also be used in place of tissue.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|--|
| • Good self-esteem | • A positive mood and stress relief |
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Let's Get Creative!

Stained “Glass”

Individual activity (assistance may be required)

Materials:

- Crayons
- Utility knife / scissors
- Iron
- Wax Paper
- Black Construction paper
- Glue



Directions:

- Shave crayons down in individual colours before the activity.
- Lay a sheet of wax paper on the table and ask the participant to “decorate” it by laying the crayon shavings on top.
- When s/he is finished, put another piece of wax paper on the top.
- Iron the layers on a low setting so that the colours melt.
- Make a frame out of black construction paper and frame the art piece, then hang it in a window!

Adaptations:

- A stained glass look can also be achieved through using tissue paper and glue. Glue it onto the wax paper and leave to dry. Cut out two outlines of the same design (it can also be two frames as in the crayon version) in black construction paper. Align and glue on the outside of the wax paper. Cut off any excess paper.
- Instead of wax paper, the tissue can be glued onto a plastic page protector. When dry, peel it off. Frame it in black construction paper and cut off any excess tissue.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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|---|---|

Let's Get Creative!

Resist Painting

Individual activity

Materials:

- 90 lb. Bristol / cardstock / any kind of thick paper
- White crayon
- Watercolour / acrylic paints, brushes

Directions:

- Draw your design on the paper with the white crayon. Then start painting in the background with watercolour or acrylic. The wax crayon will act as a resist to the paint – in other words, the paint won't stick to the wax like it absorbs into the paper!

Adaptations:

- Tinted paper may be used for those who get frustrated because they can't see the white lines
- May be used as a "secret message" activity for a group
- Different colours of crayons may be used for different effects
- May be adapted using oil pastels and a watercolour wash technique



Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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Let's Get Creative!

Flower Pot Wind Chimes

Individual activity (assistance may be required)

Materials:

- 3 small terra cotta flower pots
- String
- Masking Tape
- Beads
- Small metal findings (washers, old keys, nuts, bolts, screws)
- Paints, other art materials/papers/collage materials (glue gun may be required)



Directions:

- Decorate the three flower pots as you would like.
- When dry, thread the string through one of the pots. This will be the top part of the wind chime, and it should be upside down. Tie a knot just inside the pot, OR wind masking tape around the string so that the string won't fall out. You can also tie a loop in the top of the string for hanging at this point.
- Add your metal findings to the string just inside the pot – not too close to the top.
- Decide on a pattern for the beads and thread a few where the string falls outside the pot.
- Repeat the process with the second and the third pots.
- Tie a knot in the bottom so the beads won't fall off.

Recreation for Mental Health *How does this activity help improve mental health?*

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|---|---|
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|---|---|

Let's Get Creative!

Zentangles

Individual activity

Materials:

- Paper (traditionally, rectangular paper – 8x10”, 9x12”, 11x14”, etc.)
- Black / blue pen
- Art materials: markers, crayons, pastels, coloured pencils

Directions:

- Zentangles are fun and relaxing ways to unwind when you're stressed! First, take a moment to clear your mind. Sit back, get comfortable and close your eyes, if you wish. Listen to your breathing; concentrate on deep, even breaths from the belly.
- Place your hand on the paper and start anywhere you like. Make loops, zig zags and doodles with the pen. Don't think too much about doing it. Fill out the entire page in your own kind of design. You can also take markers or pastels and colour in the individual sections in between the pen lines.

Adaptations:

- May be adapted by providing smaller pieces of paper, or having pen lines pre-drawn.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|--|
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Let's Get Creative!

Draw Yourself as a Superhero

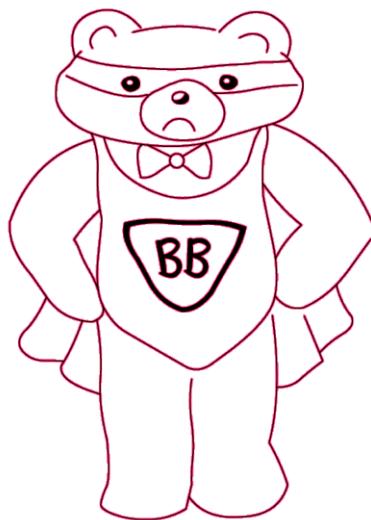
Individual Activity

Materials:

- Paper for drawing and writing (3- 4 sheets per person)
- Storyboard paper (optional)
- Art materials: pencils, markers, crayons, pastels, coloured pencils, paint

Directions:

- What would life be like if you were a superhero? Now's your chance to explore that possibility! Would you be a boy or a girl? Would you be from this planet? Would you be strong with big muscles or be small and swift? Would you look like yourself or someone totally different?
- When you're done designing, try to imagine a superpower for yourself. All superheroes have weaknesses – what's yours? You can write a background for yourself as well.
- Now think about a sidekick. What does he / she look like? What is his / her special power? What is his / her weakness?
- Finally, every hero has got to have a villain. Repeat the process by thinking about what the villain would look like, what his / her special power and weakness are.
- Now that you have all the major characters, you can put them into a story by using storyboard paper, or dividing a new sheet of paper into at least three sections. What you now need to think about are: what just happened in the story? What do you think is going to happen? How can this be resolved?



Cautions:

- May need several sessions to complete this activity.

Adaptations:

- This activity may be shortened and adapted to drawing the person as an animal, as a pet, as a flower, as a tree, etc.

**Recreation for Mental Health** *How does this activity help improve mental health?*

- | | |
|---|---|
| <ul style="list-style-type: none">• Good self-esteem• Sense of connectedness• Personal growth• Recognition for achievement• Greater sense of well-being & improved health | <ul style="list-style-type: none">• A positive mood and stress relief• Build relationships & supports• Good social, coping and problem solving skills• Enhance empathy & understanding• Increased happiness |
|---|---|

Let's Get Creative!

Design a Warrior Shield / Coat of Arms

Individual activity

Materials:

- Cardboard / Bristol board, cut into a circle or shield shape
- Art materials: pencils, markers, crayons, pastels, coloured pencils, paint
- Construction paper / foil / felt
- Glue, rubber cement, glue sticks / gun
- Scissors
- Buttons, rocks, beads



Directions:

- Begin by adding colour to your shield by covering the cardboard in construction paper, foil or felt.
- Different cultures have different meanings associated with colours and animals – you can check them out on the web, or you can associate a colour with a personal trait that is important to you.
- Draw or glue images that give you strength on your shield. You can also think of an animal that you identify with (real or imaginary), and you can draw this on the middle of your shield. If you'd like, further decorate your shield by applying buttons, beads or stones around the outside.

Adaptations:

- Draw a fortress outline, and then make images of things that give you strength inside

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
| <ul style="list-style-type: none">• Good self-esteem• Sense of connectedness• Personal growth• Recognition for achievement• Greater sense of well-being & improved health | <ul style="list-style-type: none">• A positive mood and stress relief• Build relationships & supports• Good social, coping and problem solving skills• Enhance empathy & understanding• Increased happiness |
|---|---|

Let's Get Creative!

Affirmation Bracelet

Individual activity

Materials:

- Bristol board / cardstock
- Paints
- White paint
- Glue
- Masking Tape
- Collage materials
- Acrylic Varnish (optional)

Directions:

- Cut a strip of board (1/2" to 2" wide – your preference). Make sure your bracelet is going to fit you comfortably by measuring it around your wrist. It should be loose, but not loose enough to slip off unintentionally. Cut off any extra board length.
- Tape the two ends together so that you have made a “base” bracelet.
- Completely wrap the cardboard in tape for added strength.
- Paint the bracelet white and let dry. You may need several coats of the white paint to prevent the tape from showing.
- When this base coat is dry, you can paint your bracelet any way you want. Leave that to dry as well.
- While this second coat is drying, look at magazines for images, words, or phrases that you like on your bracelet. Cut them out and glue them onto your bracelet. When you're finished, cover it in a final coat of acrylic varnish or white glue.

Cautions:

- Participants may get distracted with reading the magazines – to avoid this, have phrases and quotes pre-cut

Adaptations:

- May be changed into a small group activity by having bracelets passed around the group and each member writing on it a positive characteristic of the bracelet owner.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|--|
| • Good self-esteem | • A positive mood and stress relief |
| • Sense of connectedness | • Build relationships & supports |
| • Personal growth | • Good social, coping and problem solving skills |
| • Recognition for achievement | • Enhance empathy & understanding |
| • Greater sense of well-being & improved health | • Increased happiness |

Let's Get Creative!

Private Postcards

Individual activity

Materials:

- Paper (postcard sized recommended, but any size will do)
- Art supplies: pencils/coloured pencils, markers, crayons, pastels, paint, collage supplies

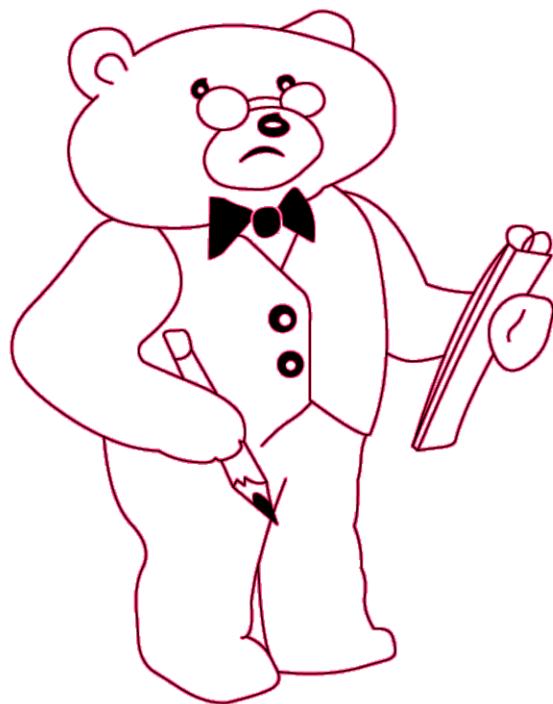
Directions:

Part 1: Visualization and relaxation:

- Sit back and try to relax your body. Concentrate on taking deep breaths from your belly.
- Close your eyes and think about the word “safe”. What does “safe” mean to you? What are some things, and where are some of the places that make you feel safe?
- Try to include all your senses in this exercise – sight, touch and sound may be very important to your feeling of safeness.

Part 2: Postcard drawing:

- When you have a clear idea in mind about what “safe” means to you, you can start drawing images on your postcard to represent the feeling. It can be of one particular place (real or imagined), or many different things.



Part 3:

- Take a look at your drawing and imagine yourself in the picture, or surrounded by your safe images. Because you have externalized these particular pictures, this is YOUR safe place. This is a good place to start from for the last part of the exercise. If you could write to just one person while you were in your safe place, who would that person be? What would you say? Remember, you can say anything to whomever you like – these postcards will never be mailed!

Caution:

- Depending on the individual, there may be some very strong reactions to parts of this exercise. Do not force individuals to complete any part of the exercise unless he/she feels comfortable with it.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
| <ul style="list-style-type: none">• Good self-esteem• Sense of connectedness• Personal growth• Recognition for achievement• Greater sense of well-being & improved health | <ul style="list-style-type: none">• A positive mood and stress relief• Build relationships & supports• Good social, coping and problem solving skills• Enhance empathy & understanding• Increased happiness |
|---|---|

Let's Get Creative!

Drawing Out the Stigma

Group activity

Materials:

- Paper (any size, you will need 2 sheets of paper per person)
- Art materials: pencils, markers, crayons, pastels, coloured pencils, paint, collage materials

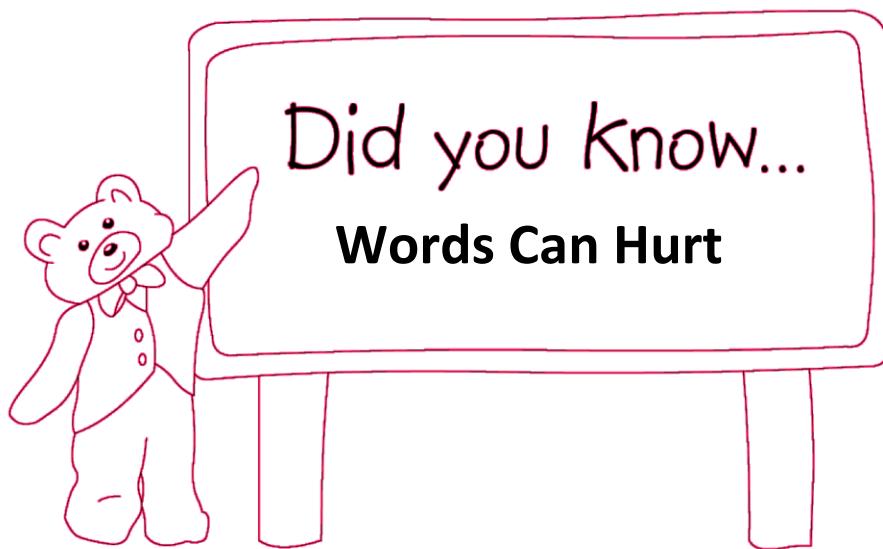
Directions:

- Explore the topic of mental illness and stigma. Ask participants “What are some words used to describe people with a mental illness?” or what are some words associated with mental illness?” Some responses may include words such as ‘crazy’ or ‘nuts’. Even though these words are not appropriate, they are words that people sometimes use. There will be an opportunity at the end of the exercise to discuss how these words are not appropriate and how we need to treat people with mental illness just like people with any other physical illness.
- Give participants two sheets of paper (1 sheet for the drawing and one sheet to write a description of their creation). Invite participants to draw a representation of what mental illness means to them. What does a person with a mental illness look like? What is he or she wearing? What is he or she doing?
- After drawing the person, encourage students to describe their creation on a second sheet of paper, using words and phrases that they think of themselves or have heard other people use. Remind participants that they do not have to agree with the words they use – they are only providing a basis for further discussion.
- Get the participants to post their creations to the wall. Continue the discussion about the words and phrases associated with people with mental illness. These comments and beliefs should be separated into “facts” and “misconceptions”. Participants should also explore the origins of these ideas. Discuss what words are and are not appropriate and how we need to treat people with mental illness just like people with any other physical illness.
- Demonstrate the number of people that will be affected by a mental health problem at some point in their life using the 1 in 5 activity.
 - Place a mark on one in every five pieces of paper and then hand each participant a piece of paper. The group must have at least 5 participants for this activity to work.
 - Ask the participants with the marking on their sheet to stand up because people with a mark represent a person with a mental illness. This is an opportunity

to discuss the statistic that one in five people will have a mental health problem at some point in their life. It also shows how mental illness can affect anyone just as it was randomly demonstrated in this activity and that the number is high

Caution:

- Be aware that there may be some participants with personal or family experience of mental illness.
- Be cautious of using the word “stigma” until participants have posted their creations – some may be more concerned with presenting themselves as politically correct, less about their own true misconceptions.
- Ensure that you are able to dispel any myths or misconceptions that participants may have. This is an exercise to help identify how words can hurt and to ‘draw out’ some of the misconceptions that create the stigma surrounding mental illness. If demonstrated properly, this is a powerful tool for helping people understand how their words can contribute to stigma and teach important facts about mental illness.



Recreation for Mental Health *How does this activity help improve mental health?*

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|---|---|
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|---|---|

Let's Get Creative!

Proud as a Peacock

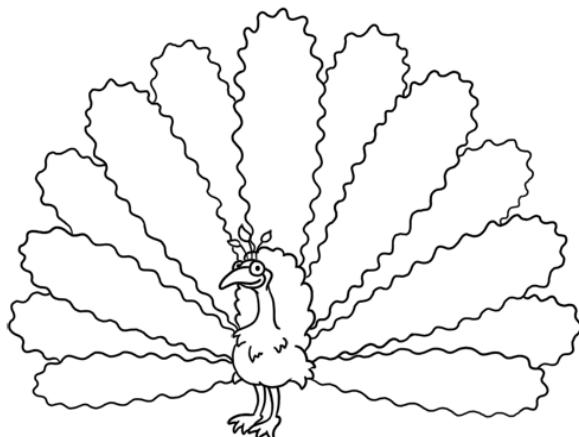
Group activity

Materials:

- Template of Peacock
- Peacock feather cut out (photocopy attached)

Directions:

- Post up the template of the peacock on a wall and have participants create a “Proud as a Peacock” poster.
- Give each participant a peacock feather and ask them to colour it in any colour they choose.
- Ask participants to also write or draw on the feather something that they done that they are proud of.
- Ask participants to stick their completed feather on the template of the peacock.

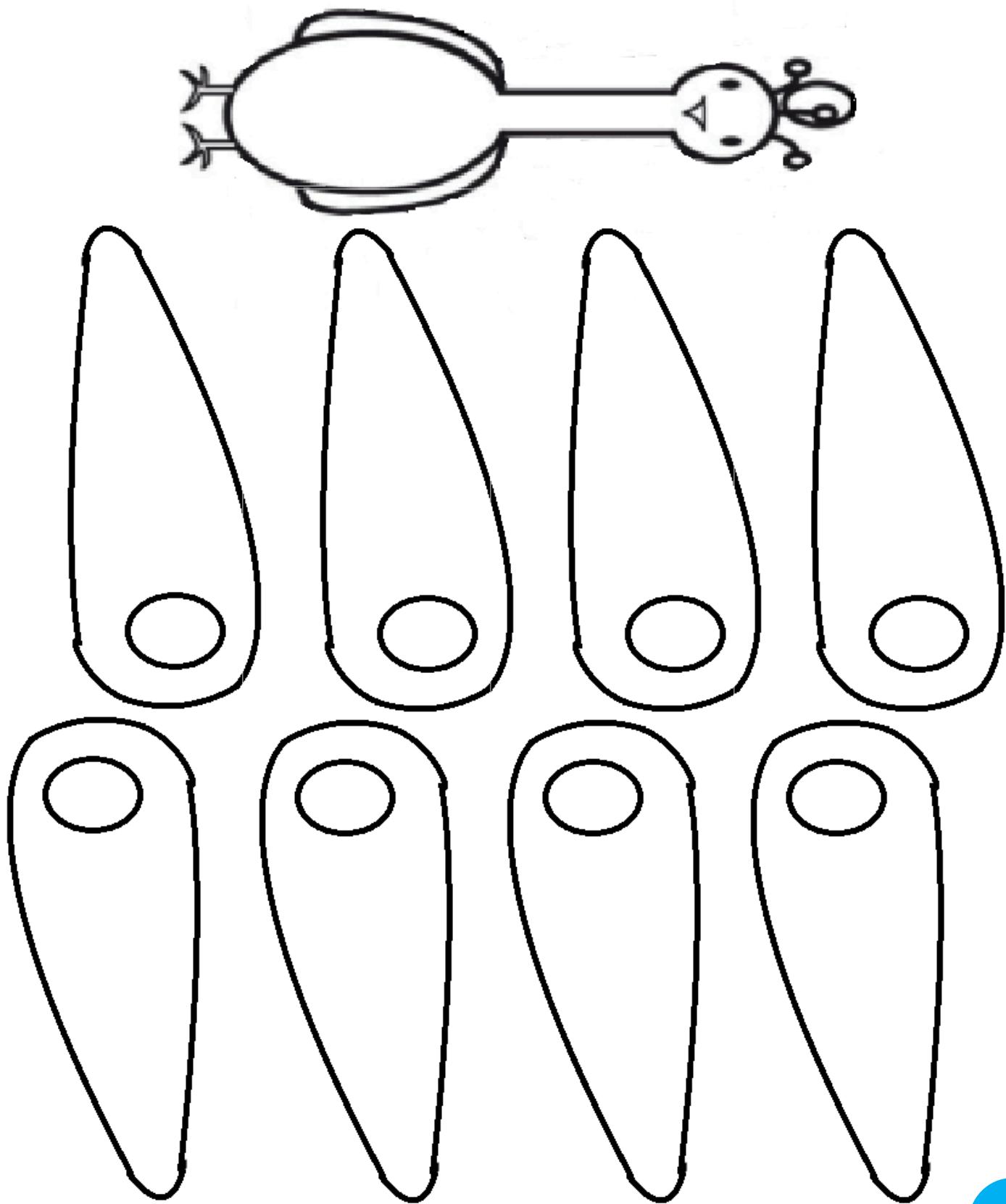


Source: Adapted from At My Best – Character Education Supplement

Recreation for Mental Health *How does this activity help improve mental health?*

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|---|---|
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|---|---|

Peacock Template



Let's Get Creative!

Stress Free Confetti

Group Activity

Material:

- Hole Punch (decorative, 1 or 3 hole punch)
- Coloured Construction Paper
- Decorative Wrapping Paper
- Scissors
- Glitter
- Assorted Colored Tissue Paper
- (Optional) Flower Petals



Directions:

- Using the hole punch and assorted colored paper, punch out different shapes.
- Cut up several small pieces of the colored paper. Add to the different shapes from the hole punch.
- Take the tissue paper and tear off tiny bits. Add to the items above. Put in a plastic bag.
- Once you have combined and shaken the above items in the bag add the glitter and flower petals. The flower petals will dry naturally in the bag.
- Give your participants some extra paper to take home to cut or tear. When they get stressed out they can make more "Stress Free Confetti" and learn some valuable stress reduction skills.

Rationale: It is often helpful to get participants to do something productive with their hands such as knitting, sewing, or building something. When we work with our hands we calm down and go into an almost meditative state of mind and immediately reduce stress. All the stress is released with this exciting exercise.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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|---|---|

Let's Get Creative!

Make Your Own Stress Ball

Individual activity

Materials:

- balloons
- flour
- funnel
- scissors

Directions:

Step 1: Stretch the balloon by blowing it up and then letting the air out.

Step 2: Using the funnel, fill the balloon with flour. Leave enough room below the neck for you to tie a knot.

Step 3: Use another balloon, cut the neck off.

Step 4: Stretch the second balloon over the first one as a second layer.

Step 5: ENJOY!



Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
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|---|---|

Let's Get Creative!

At-Home Spa Recipes

Individual activity

Sugar Scrub

1/2 Cup of Sugar

3 - 4 Tbsp. of Olive Oil

Let the oil completely saturate the sugar. To use, rub small amount on your hand (or body), then rinse and pat dry for soft, supple skin! You can add a small amount of skin safe fragrance oil to scrub if you like. Store with a lid at room temperature. Use caution exciting tub as oils can make it slippery. This should be used with a week or two.

Facial Cleanser

Banana Facial

Skin Type: Dry Skin

Grab a banana for this moisturizing facial. Mash a peeled banana until it turns into a paste, then mix in 2 tablespoons of honey for an extra skin cleanser.

If the mixture is too thick, add a bit of water. Apply the paste to clean and dry skin, letting it sit for 10 to 20 minutes, then wash the mask off with warm water. Your skin will feel soft and refreshed!

Nail Cleanser: To eliminate the yellow stains from nails, soak them in water with lemon for 5 minutes and then soak them in a little bit of milk for an additional 5 minutes.

Dry Hair Treatment: Massage mashed avocado into wet hair for 15 minutes before rinsing

Natural Hairspray: Combine 2 cups of water with the juice of one lemon, one orange, or two limes in a saucepan. Simmer until it comes to a boil. Cool and strain the mixture. Pour into a spray bottle. It can be used on wet hair to add body, or applied to dry hair!



Recreation for Mental Health *How does this activity help improve mental health?*

- Good self-esteem
- Sense of connectedness
- Personal growth
- Recognition for achievement
- Greater sense of well-being & improved health
- A positive mood and stress relief
- Build relationships & supports
- Good social, coping and problem solving skills
- Enhance empathy & understanding
- Increased happiness

Let's Get Creative!

Make your own Sand Box or Zen Garden

Individual activity

Material:

- Tupperware container with lid or glass bowel or flower pot
- various colored sand
- pencil
- markers/sharpie
- smooth rocks
- optional: toy figurines/cactus/sand toys or trinkets

Directions:

- Individuals are asked to pick out their sand and materials
- Each participant will pour the sand into their container
- Participants will be asked to write positive emotional or goals on the rocks with sharpie or markers
- Participants are then asked to decorate their garden with the optional materials and smooth rocks
- Participants can play with their garden and use a pencil to draw designs and images



Rationale: using a Zen garden or sand box

allows individuals of all ages to use creativity and to build focus through the activity.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|---|---|
| <ul style="list-style-type: none">• Good self-esteem• Sense of connectedness• Personal growth• Recognition for achievement• Greater sense of well-being & improved health | <ul style="list-style-type: none">• A positive mood and stress relief• Build relationships & supports• Good social, coping and problem solving skills• Enhance empathy & understanding• Increased happiness |
|---|---|

Let's Get Musical!



Faster beats bring sharper concentration and more alert thinking and a slower beats promote a calm, meditative state. Breathing and heart rate can be altered by music. Slower breathing and slower heart rate activates the relaxation response. Music has been found to lower blood pressure, boost immunity, ease muscle tension, and more. It can also be used to help reduce symptoms of depression and anxiety, help prevent the negative impact of stress and can boost creativity and optimism levels.

Let's Get Musical!

Sigmund's Seasonal Songs

Group activity

Materials:

- Cd player
- Music that represents each of the four seasons
- Magazines
- Scissors



Directions:

- Decide which season you want to focus on.
- Ask participants to get really comfortable, close their eyes and relax.
- Play a few songs from the chosen season.
- Ask participants to cut out pictures from the magazines that remind them of the chosen season.
- After, play one or two more songs from the chosen season.
- Discuss with the group:
 - Sensory cues
 - What are the sounds of the season?
 - What foods and tastes are associated with the season?
 - What do you smell during that season?
 - Reminisce about:
 - What the group likes and dislikes about the season?
 - Favorite activities during that season.
 - How to prepare for that season?
- End the session with a snack from that season (I.e., lemonade for summer, hot chocolate for winter etc.).

Source: Adapted by EMBE Music Therapy: <http://embemusic.wordpress.com/tag/music-therapy-activity-ideas/>

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|--|
| <ul style="list-style-type: none">• Sharper concentration• Promotes a calm meditative state• Decreases heart rate• Increased relaxation• Lowers blood pressure• Boosts immunity | <ul style="list-style-type: none">• Ease muscle tension• Reduce symptoms of depression & anxiety• Prevents the negative impact of stress• Music has a powerful effect on the mind, affecting mood, memory & energy. |
|--|--|

Let's Get Musical!

Sigmund's Senses Grab Bag

Group activity

Materials:

- Reusable shopping bag
- Music
- Items to match the chosen songs. Choose songs first then collect items to match

Directions:

- Create a playlist of songs you wish to use in the session.
- Identify objects to place in the shopping bag to match songs on the playlist. (see list)
- Fill the shopping bag with the chosen items.
- Ask participants to get really comfortable and take a deep breath and relax while you pass the bag around and ask each individual to pick an item.
- As each item is pulled out of the bag, the facilitator will play the song to match.
- Each participant is then asked to talk about what the song and item using their senses as a guide. For Example: Song: New York, New York Item: Apple
 - Memory - a recent vacation
 - Smell - chestnuts roasting in the cart
 - Taste - cheesecake
 - Feeling – holiday spirit and cold
 - Sight – busy streets, and central park
- This continues until everyone has had a turn.

Rational: This activity can have benefits for all ages and abilities, and is great for a rainy day. It has specific benefits for seniors, particularly for individuals who have experienced memory loss or are in the early stages of dementia. It intends to stimulate participants' senses, memories and allows individuals to intentionally and mindfully tap into experiences they may have not experienced in a long time.

Adapted by EMBE Music Therapy: <http://embemusic.wordpress.com/tag/music-therapy-activity-ideas/>

Recreation for Mental Health *How does this activity help improve mental health?*

- Sharper concentration
 - Promotes a calm meditative state
 - Decreases heart rate
 - Increased relaxation
 - Lowers blood pressure
 - Boosts immunity
 - Ease muscle tension
 - Reduce symptoms of depression & anxiety
 - Prevents the negative impact of stress
- Music has a powerful effect on the mind, affecting mood

Sigmund's Senses Grab Bag Sample Songs and Item List

ITEMS FOR GRAB BAG	SONG TITLE	ARTIST
Mini umbrella, rubber boot	Umbrella	Rihanna featuring Jay-Z
Postcard of a sunny day	Beautiful Day	U2
YMCA brochure	YMCA	Village People
Day old newspaper	Yesterday	Beatles
Deck of cards	Queen of Hearts	Juice Newton
Rainbow key chain	Over the Rainbow	Judy Garland
Stuffed toy dog	Hound Dog	Elvis
Birthday candles	Happy Birthday	Various Artists
Glow in the dark stars/ cut out stars/ picture of night sky	Twinkle Twinkle Little Star	Various Artists
Can of alphabet pasta/soup	ABC's	Various Artists
Set of bells/picture of winter	Jingle Bells	Various Artists
Rubber chicken	The Chicken Dance	Werner Thomas
Mini umbrella, rubber boot	I'm Singing In The Rain	Gene Kelly
Savory in a little bag	It's Christmas Day	Various Artists
Stick of nutmeg	Autumn Leaves	Nat King Cole
School book	Schools Out For Summer	Alice Cooper

Let's Get Musical!

Sigmund's Beats

Group activity

Materials:

- Comfortable places to sit

Tip: "drumming" sequence is:

Slap Knees, Slap Knees, Clap

Directions:

- Ask the group to sit in a circle.
- Practice the drumming sequence with the group and review the rules.
- Choose a participant to start.
- The group will start the "drumming sequence" and the first person will name something that relaxes them which starts with the letter A, for example "A is for acupuncture".
- The person to his/her right will say something that starts with the letter B; and so on and so forth until each letter of the alphabet is used.
- If someone is stuck the group can help out with an answer
- Try to stick to the beat of the drum

Rationale: This activity can have benefits for all ages and abilities, and is great for a rainy day. The drumming can help relieve stress and provide a venue to open a discussion about how to maintain mental fitness and give others ideas of things that work for individuals to relieve stress. It also serves to encourage and empower individuals through music.

Source: Adapted by EMBE Music Therapy: <http://embemusic.wordpress.com/tag/music-therapy-activity-ideas/>

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|--|
| <ul style="list-style-type: none">• Sharper concentration• Promotes a calm meditative state• Decreases heart rate• Increased relaxation• Lowers blood pressure• Boosts immunity | <ul style="list-style-type: none">• Ease muscle tension• Reduce symptoms of depression & anxiety• Prevents the negative impact of stress
Music has a powerful effect on the mind, affecting mood |
|--|--|



Let's Look at Leisure!



Leisure activities can include things such as gardening, bird watching, photography, reading, hiking, scrapbooking, board games and much more. Leisure activities can be enjoyed alone or with others in a social setting.

What do you like to do in your spare time?

Let's Look at Leisure!

Sigmund's Scavenger Hunt

Group activity

Materials:

- Scavenger Hunt List (photocopy attached) or have displayed on flipchart paper or whiteboard

Directions:

- Divide participants into two or more teams
- Give each team a scavenger hunt list
- Team with the most items on the list win

Adaptation: Create your own scavenger hunt list

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|---|
| <ul style="list-style-type: none">• Improve self-esteem• Refresh the mind and body• Enhance the immune system• Improve flexibility• Improve memory | <ul style="list-style-type: none">• Increase positive mood and reduce stress• Better quality of sleep• Assist in longevity• Good social, coping and problem solving skills |
|--|---|



Scavenger Hunt List:

- Grocery List
- Mint
- Cloth handkerchief
- Business Card
- Hair Pin
- Black Comb
- Reward/points card
- Picture of a close relative
- Hair scrunchie
- Contact lens case
- Coupon
- Safety Pin
- Penny
- Tissues
- Lipstick
- Lottery Ticket
- Driver's License
- Red pen
- Restaurant receipt
- Planner

/20 Total

Scavenger Hunt List:

- Grocery List
- Mint
- Cloth handkerchief
- Business Card
- Hair Pin
- Black Comb
- Reward/points card
- Picture of a close relative
- Hair scrunchie
- Contact lens case
- Coupon
- Safety Pin
- Penny
- Tissues
- Lipstick
- Lottery Ticket
- Driver's License
- Red pen
- Restaurant receipt
- Planner

/20 Total

Let's Look at Leisure!

Who Wants to be a Millionaire?

Individual or Group activity

Materials:

- Computer with Microsoft Power Point
- Projector
- Screen or white board
- Who Wants to be a Millionaire? game and answer key (on CD)
- Lifeline cards

Directions:

- Before you begin, test out the game on your computer:
 - Choose Game 1
 - Under "Slideshow", click on "from beginning slide".
 - Using the "Enter" key to change slides.
 - When the value is highlighted (i.e., \$100), press the "enter" key **once** to start the question. The question and four possible answers will appear. **Do not** press the "enter" key again until the team has made their Final Answer.
 - Once an answer is chosen, press the "Enter" key and the computer will highlight the correct answer.
 - Now you're ready to play!
- Divide participants into two teams (A and B)
- Give each team three lifelines (phone a friend, ask the group, and 50/50)
 - Phone a friend: the facilitator will give the team the correct answer.
 - Ask the audience: everyone in the room is asked the question, including the opposing team.
 - 50/50: using the answer key, the facilitator will rule out two incorrect answers.
- Team A begins Game 1. They continue to play Game 1 until they answer incorrectly.
- Team B will begin Game 2. They continue to play until they answer incorrectly.
- The team with the highest earnings win.
- If there is enough time, Team A can play Game 3 and Team B can play Game 4.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|---|
| <ul style="list-style-type: none">• Improve self-esteem• Refresh the mind and body• Enhance the immune system• Improve flexibility• Improve memory | <ul style="list-style-type: none">• Increase positive mood and reduce stress• Better quality of sleep• Assist in longevity• Good social, coping and problem solving skills |
|--|---|

Let's Look at Leisure!

Mental Health Jeopardy

Group activity

Materials:

- Computer with Microsoft Power Point
- Projector
- Screen or white board
- Mental Health Jeopardy game and answer key (on CD)
- Paper and pen

Directions:

- Divide participants into three teams
- Explain the following rules:
 - All responses must be in the form of a QUESTION (What is...?).
 - Amounts are added for correct responses and deducted for incorrect responses.
 - No response is considered an incorrect response.
 - There are NO Buzzers! ONLY the group that chose the category can respond.
 - Each group will continue to choose categories and amounts until an incorrect response is given.
 - Round 1 will end after 20 minutes whether or not all categories are completed.

Final Jeopardy:

- Teams with a minus score are not permitted to play the final jeopardy round.
- Each team will be asked to make a wager prior to seeing the final jeopardy question.
- The wagered amount will be added to the final score for correct responses and deducted from the final score for incorrect responses.
- Each team will be given 30 seconds to respond to the final jeopardy question.
- Final Jeopardy Responses are to be written on the Cards provided.

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|---|
| <ul style="list-style-type: none">● Improve self-esteem● Refresh the mind and body● Enhance the immune system● Improve flexibility● Improve memory | <ul style="list-style-type: none">● Increase positive mood and reduce stress● Better quality of sleep● Assist in longevity● Good social, coping and problem solving skills |
|--|---|

Let's Look at Leisure!

Family Feud Health Edition

Adolescents and Adults - Group activity

Materials:

- Computer with Microsoft Power Point
- Projector
- Screen or white board
- Family Feud Health Edition game (on CD)
- Family Feud Health Edition answer key (attached)
- Score card (attached)

Directions:

- Slideshow begins and host welcomes everybody.
- Slideshow stops at "Rules" where Host explains rules to participants.
- Hit arrow button or left click mouse to move to the next question. Hit/Click again for question to appear.
- **Face off:** one participant from each team will write down their best answer to the question. Read answers and open them on the question board by clicking on the number.
- **Opening an answer:** Look at the host's card. If the answer is there, click ON the corresponding number. The number will vanish, leaving the answer and point value
- The participant who guesses the highest valued answer wins the right to "**play**" or "**pass**" the question for their team. If one participant gives an answer not on the board, their team does not receive an X; the other team automatically wins the right to pass or play with their correct answer. If neither player provides an answer on the board, move to two new players.
- Once face off is complete, the winning team can now "**play**" the question.
- **NOTE:** only one team member can answer at a time. Ask in order so that everybody has a turn. For a steal, participants may huddle together, but only one member can answer!
- **If answer is not on board:** Click the FIRST X. An X will appear and disappear on its own. After three X's, the OTHER team can steal ALL question points by guessing one answer on the board. Each question is worth 100 points.
- First team to 500pts (or however many host sees fit) wins!

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|---|
| <ul style="list-style-type: none">• Improve self-esteem• Refresh the mind and body• Enhance the immune system• Improve flexibility• Improve memory | <ul style="list-style-type: none">• Increase positive mood and reduce stress• Better quality of sleep• Assist in longevity• Good social, coping and problem solving skills |
|--|---|



Score Card

Round	Team #1	Team #2
1		
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Thank you for playing! The winning team is _____

Family Feud: Health Edition (adolescents/adults)

Note: If an answer is not here, it is not necessarily wrong.

A. Name a healthy way to deal with stress

1. Mindfulness/Meditation → 25
2. Exercise/Yoga → 20
3. Talk to Someone → 19
4. Do something you love → 12
5. Watch a funny movie → 11
6. Listen to music → 8
7. Identify/Solve the problem → 5

B. Name a way to uphold good mental health

1. Exercise/eat well → 20
2. Enjoyable hobby → 17
3. Manage stress → 15
4. Healthy relationships → 13
5. Coping skills → 12
6. Budget time and money → 10
7. Optimism → 9
8. Good night's sleep → 4

C. Name a way someone can increase their time management

1. Make a list/schedule → 35
2. Don't waste time → 20
3. Prioritize → 19
4. Be realistic/Not perfect → 14
5. Ask for help → 12

D. Name a way to get a good night's sleep

1. Avoid alcohol/caffeine → 20
2. Avoid big meals → 15
3. Exercise → 14
4. Avoid napping → 12
5. Ritual/bath → 11
6. Sleep schedule → 10
7. Don't force sleep → 9
8. Control temp/noise → 9

E. Name a common myth about mental illness in Canada

1. It affects one population (i.e. low socioeconomic status) → 18
 - 1/5 Canadians under 65 have a mental illness. Also explain that mental illnesses are more than the big names Hollywood describes. There are many mental illnesses and they include Anxiety disorders, Body Dysmorphic Disorder, Mood Disorders and PTSD (Post Traumatic Stress Disorder).
2. People with mental illness are violent/dangerous → 17
 - Individuals with mental illness are more often the victim of violence
3. “Are lazy”/Cannot lead normal lives → 17
 - Individuals with mental illnesses can lead very normal lives, including working, raising a family and going to school. You have likely worked/been educated alongside someone with a mental illness. Having a mental illness is not a sign of weakness. Alanis Morissette, Drew Carey, Jim Carey, Howie Mandell, Marlon Brando, Marilyn Monroe have/had mental illnesses and were successful!
4. Cannot be treated/helped → 17
 - Explain that there are many forms of treatment, including counseling and medication.
5. Caused by stress → 16
 - There are many factors that can contribute to the onset of a mental illness. This may include genetics, predisposition, resilience, life circumstances, stressful/traumatic life event, etc.
6. Only adults can have a mental illness → 15
 - Mental health issues affect children and adolescents as well. Think of the important transition periods they go through, and how this may influence their overall mental health.

F. Name a way Canada’s food guide benefits us

1. Reduces risk of disease → 26
2. Proper serving size → 22
3. Food variety → 18
4. Meets nutritional needs → 17
5. Boosts overall health → 17

G. Name a way that we can be “safe”

1. Practice safe sex → 15
2. Responsible drinking → 15
3. Don’t text/talk & drive → 14
4. Read medicine instructions → 13
5. Avoid strangers → 12
6. Always tell someone where you’re going → 11
7. Protect internet privacy → 10
8. Wear safety gear → 10

H. Name a number/hotline to call in mental health crisis (or if you need help)

1. 911 → 20
2. Kids help phone → 18
3. Mental health crisis line (NL) → 17
4. National Suicide Prevention Hotline → 17
5. Doctor/Counselor → 15
6. Friend/family → 15

I. Name a way to spend more time with family

1. Family supper → 20
2. Family vacation → 17
3. Movie/game night → 17
4. Cooking/baking → 16
5. Volunteering → 15
6. Sports/activities → 15

J. Name something that can cause stress

1. Bills/Finances → 19
2. Kids/Family → 16
3. Health → 15
4. Being late/time → 14
5. School/tests → 13
6. Relationships → 13
7. Jobs/Work → 10

K. Name a way to boost your self-esteem

1. Try your best → 30
2. Try new things → 25
3. Be optimistic → 20
4. Positive self-talk → 15
5. Spoil yourself → 10

L. Name a way that laughter is healthy for you

1. Reduces stress → 30
2. Lowers blood pressure → 23
3. Boosts immune system → 17
4. Exercises body → 15
5. Clears respiratory track → 15

M. Name a way to manage/handle anxiety

1. Deep breathing/meditation → 25
2. Talk to someone → 20
3. Visualize (a successful situation or a relaxing scene) → 15
4. Positive self-talk → 15
5. Face the anxiety → 15
6. Exercise → 10

N. Name a sign of stress

1. Increased heart rate → 20
2. Sweating → 17
3. Increased blood pressure → 15
4. Irregular sleep → 14
5. Irregular appetite → 13
6. Short temper → 12
7. Cannot focus → 9

O. Name a benefit the sun can have (in moderation)

1. Healthy/glowing skin → 15
2. Regulates digestion → 15
3. Boosts immune system → 14
4. Increases energy → 13
5. + sleep quality → 12
6. Healthy circulation → 11
7. Battles surface viruses → 10
8. Lower Joint Pain → 10

Let's Look at Leisure!

Family Feud Healthy Kids Edition

Children
Group activity

Materials:

- Computer with Microsoft Power Point
- Projector
- Screen or white board
- Family Feud Healthy Kids Edition game (on CD)
- Family Feud Healthy Kids Edition answer key (attached)
- Score card (attached)

Directions:

- Slideshow begins and host welcomes everybody.
- Slideshow stops at “Rules” where Host explains rules to participants. Keep the game as easy as possible and fun for the children.
- Hit **arrow button/right click** mouse to move to the next question. **Hit/Click** again for question to appear.
- Teams flip coin to see who has the right to “**play**” or “**pass**” the first question
- **How to open answer:** Look at the host’s card. If the answer is there, see what number it is. Click ON the corresponding number. The number will disappear and the answer with point value will be revealed.
- **NOTE:** only one team member can give an answer at a time. Move down the row of participants so that everybody has a turn. For a steal, participants may huddle together, but only one member can answer!
- **If answer is not on board:** Click the FIRST X. A “Good Try!” will appear and disappear on its own. After three X’s, the OTHER team can steal ALL question points by guessing one answer on the board. Each question is valued at 100pts.
- First team to 500pts (or however many host sees fit) wins!

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|---|
| <ul style="list-style-type: none">• Improve self-esteem• Refresh the mind and body• Enhance the immune system• Improve flexibility• Improve memory | <ul style="list-style-type: none">• Increase positive mood and reduce stress• Better quality of sleep• Assist in longevity• Good social, coping and problem solving skills |
|--|---|



Score Card

Round	Team #1	Team #2
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2		
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Thank you for playing! The winning team is _____

Family Feud: Healthy Kids Edition

Note: If an answer is not on the board, it is not necessarily wrong!

A. Name a positive word to describe yourself

1. Unique/special → 15
2. Smart/Creative → 14
3. Kind/Loving → 13
4. Beautiful/handsome → 12
5. Fun → 12
6. Cheerful → 12
7. Honest → 12
8. Energetic → 10

B. Name a way to handle a bully

1. Tell an adult → 31
2. Ask to stop → 27
3. Ignore → 23
4. Spread Kindness → 19

C. Name a way to say “No” to smoking

1. Just say “no” → 26
2. Be honest/give facts → 24
3. Avoid/walk away → 18
4. Change the subject → 17
5. Make a joke → 15

D. Name a form of bullying

1. Verbal → 28
2. Physical → 25
3. Emotional → 24
4. Cyberbullying → 23

E. Name a way to face a fear

1. Practice → 35
2. Be confident → 27
3. Ask for help → 20
4. Face it → 18

F. Name a benefit of eating healthy

1. More energy → 25
2. Lowers risk of sickness → 22
3. Strong bones/muscles → 20
4. Healthy body weight → 17
5. Look/feel healthy → 16

G. Name something you should share with others

1. Toys/books → 29
2. Food → 25
3. Feelings → 24
4. Friends → 22

H. Name something in the kitchen you shouldn't use without supervision/help

1. Stove → 26
2. Oven → 24
3. Knives → 20
4. Microwave → 17
5. Blender → 13

I. Name a way to stay safe

1. Don't talk to strangers → 16
2. Look both ways before crossing the street → 15
3. Use safety gear (helmet/seatbelt) → 15
4. Know your address/phone number → 14
5. Don't go anywhere alone → 14
6. Always ask for help → 13
7. Emergency plan → 13

J. Name someone you can talk to about bullying

1. Parent → 28
2. Teacher → 23
3. Trusted friend → 20
4. Principal → 16
5. Guidance Counselor → 13 (explanation if needed)

K. Name a reason why you should limit junk food

1. Diabetes/Disease → 32
2. Unhealthy teeth → 26
3. Low in nutrients → 22
4. Decreases energy → 20

L. Name a reason to be honest

1. Builds trust → 30
2. Feels good → 28
3. Healthy relationships → 23
4. Avoids lying → 19

M. Name a type of safety gear that protects you

1. Helmet → 23
2. Seat belt → 22
3. Sunscreen/hat → 20
4. Life jacket → 19
5. Knee/shoulder pads → 16

N. Name some great exercises

1. Jumping Jacks → 15
2. Pushups/situps → 14
3. Swimming → 13
4. Running/walking → 13
5. Biking → 12
6. Dancing → 12
7. Skiing → 11
8. Laughing → 10

Let's Look at Leisure!

Sigmund's Nest

Group activity

Materials:

- Sigmund's Nest game (11 x 17 copy in tool kit)
- Dice
- Coloured tokens

Directions:

- Each participant chooses a different coloured token
- Roll the dice and follow the instructions on the board.
- Refer to Myths of Mental Illness



Recreation for Mental Health *How does this activity help improve mental health?*

- Improve self-esteem
- Refresh the mind and body
- Enhance the immune system
- Improve flexibility
- Improve memory
- Increase positive mood and reduce stress
- Better quality of sleep
- Assist in longevity
- Good social, coping and problem solving skills

The Myths of Mental Illness

31. Only adults can have a mental illness. **Myth or Fact**
32. You can tell by looking at someone if they have a mental illness. **Myth or Fact**
33. Only people who live in big cities can have a mental illness. **Myth or Fact**
34. Only weak people have mental illnesses. **Myth or Fact**
35. People with mental illnesses are violent. **Myth or Fact**
36. Mental illnesses can take many forms just like physical illnesses. **Myth or Fact**
37. One in five Canadians will experience a mental illness in their lifetime. **Myth or Fact**
38. Rich people cannot get a mental illness. **Myth or Fact**
39. People with a mental illness are lazy. **Myth or Fact**
40. People can choose NOT to have a mental illness. **Myth or Fact**
41. People living with mental illness cannot recover. **Myth or Fact**
42. You should never mention suicide to someone who has a mental illness. **Myth or Fact**
43. People with a mental illness are often the victims of violence. **Myth or Fact**
44. Post-Traumatic Stress Disorder only occurs in military service members such as Vietnam Veterans. **Myth or Fact**
45. Mental illness stigma is a group of negative attitudes and beliefs that often lead the general public to fear, reject, avoid and discriminate against persons with mental illnesses and developmental disabilities. **Myth or Fact**
46. People can recover from a mental illness. **Myth or Fact**
47. Mental illness means a loss of self-control. **Myth or Fact**
48. Bad parenting does not cause a mental illness. **Myth or Fact**
49. Mental illness can strike anyone regardless of intelligence. **Myth or Fact**
50. Schizophrenia and multiple personality disorder are not the same thing. **Myth or Fact**
51. Depression is a natural part of aging. **Myth or Fact**
52. Depression is feeling sad only when bad things happen in your life (I.e., break-up, fail a test, someone dies, etc.) **Myth or Fact**
53. Suicide notes are always left at time of suicide. **Myth or Fact**
54. People who talk about suicide should be taken seriously. **Myth or Fact**
55. Children do not die by suicide. **Myth or Fact**
56. Talking to youth about suicide will influence suicidal behaviour. **Myth or Fact**
57. People with Depression can just "snap out of it". **Myth or Fact**
58. A person who has had a mental illness can never be "normal." **Myth or Fact**
59. Young people and children don't suffer from mental illness. **Myth or Fact**
60. People with mental illness can work low-level jobs but aren't suited for really important or responsible positions. **Myth or Fact**

Source: *Suicide Prevention Resource Toolkit*, Center for Suicide Prevention 2013

Let's Look at Leisure!

Stress-Less Scavenger Hunt

Group activity

Materials:

- Notebooks/pad of paper (one for each team)
- Markers/Crayons/Coloured Pencils
- Scavenger Hunt List (one for each team)
- Optional: If playing with participants and they have cell phones with cameras, you can ask the participants to play by taking pictures of them doing the activities on the list instead of drawing them.

Directions:

- Break participants into teams of 3 or 4
- Explain to the teams that they must identify an answer to each of the questions on the scavenger list by drawing a picture of the answer
- Give each team a copy of the scavenger list and give them a time limit to complete the list. The facilitator can decide an appropriate time limit based on the group
- The first group to complete the list in the allotted time will win

Scavenger Hunt List:

- Things You Can Do To Relax
- A Food From Each Of The Food Groups
- An Activity For Each Season
- Healthy Snack
- Things That Are Bad For Your Health
- What To Do Before You Eat
- What To Do After You Eat
- Ways You can Exercise While Watching TV
- Favorite sport

Recreation for Mental Health *How does this activity help improve mental health?*

- | | |
|--|---|
| <ul style="list-style-type: none">• Improve self-esteem• Refresh the mind and body• Enhance the immune system• Improve flexibility• Improve memory | <ul style="list-style-type: none">• Increase positive mood and reduce stress• Better quality of sleep• Assist in longevity• Good social, coping and problem solving skills |
|--|---|

Let's Look at Leisure!

Sigmund's Stress Reliever Alphabet Match

Individual activity

Use the alphabet code to unlock Sigmund's stress relievers:

1. 10-15-21-18-14-1-12
2. 20-1-12-11 23-9-20-8 1 6-18-9-5-14-4.
3. 5-24-5-18-3-9-19-5 18-5-7-21-12-1-18-12-25.
4. 11-5-5-16 1 10-15-21-18-14-1-12 4-5-19-3-18-9-2-9-14-7 25-15-21-18
6-5-5-12-9-14-7-19.
5. 19-3-8-5-4-21-12-5 20-9-13-5 6-15-18 16-12-1-25

Alphabet Code:

A=1	H=8	O=15	V=22
B=2	I=9	P=16	W=23
C=3	J=10	Q=17	X=24
D=4	K=11	R=18	Y=25
E=5	L=12	S=19	Z=26
F=6	M=13	T=20	
G=7	N=14	U=21	

Recreation for Mental Health *How does this activity help improve mental health?*

- Improve self-esteem
- Refresh the mind and body
- Enhance the immune system
- Improve flexibility
- Improve memory
- Increase positive mood and reduce stress
- Better quality of sleep
- Assist in longevity
- Good social, coping and problem solving skills

Let's Get Relaxed!



Relaxation improves physical and mental health. It helps control your response to stress, enhances balance and flexibility, and increases energy, confidence, courage, motivation, creativity and productivity in your life.

What do you do to relax?

Let's Get Relaxed!

Emotional Jumbling Towers

Group Activity

Material:

- Jumbling Towers Game
- Strips of paper for writing down negative thoughts and feelings



Directions:

- The activity leader will make the tower with the words /faces facing down and break the participants into two or three teams
- Each of the participants are invited up to remove a block
- When a block is successfully removed the player must act out the emotion/face written on the block without speaking
- the remainder of the participants on their team will be asked to guess the emotion
- If the team is successful they receive two points, if they are not then the other team(s) will have an opportunity to steal one point for a correct answer
- If a participant topples the tower they will lose 5 team points
- The team with the most points when the tower topples wins.
- The activity leader will take score on a white board

Rationale: Sometimes it can be difficult for individuals to express an emotion or to have a vocabulary to express their feelings. This activity provides a fun way for group members to build such a vocabulary and learn to recognise emotions.

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
- Improves physical and mental health
- Increases coping and problem solving skills
- Refresh the mind and body
- Increases positive mood, energy, motivation, creativity and productivity
- Better quality of sleep

Let's Get Relaxed!

Progressive Muscle Relaxation

Individual or Group activity

Tense muscles are a universal reaction to stress. Few of us get through a normal work day without some tension in the neck and shoulders.

Relaxation in 20 Minutes. Allow yourself 20 minutes to do this exercise. If possible choose a quiet place where you can lie down undisturbed. Eventually you will be able to do all or part of this exercise sitting up at your workplace.

- 1** Relax your entire body as much as possible, allowing it to feel heavy. Take a few slow, deep breaths. Imagine the tension flowing out with each breath.
- 2** Now contract the muscles of your feet as you inhale. Hold the contraction briefly, then relax as you breathe out, still imagining the tension flowing out with the breath. Breathing out and relaxing should take more time than breathing in and contracting. Notice the feel of the muscles as they are contracted or relaxed.
- 3** Move up your body, contacting in turn the muscles of the lower legs, upper legs, buttocks and abdomen, and so on up through the body, including your arms and hands. End with your face, tensing and relaxing the muscles of your mouth, jaw, eyes and scalp. If a muscle seems particularly tense already, repeat the contraction with that muscle group.
- 4** Now lie still for five minutes, just experiencing your relaxed muscles. Continue to breathe slowly and deeply, feeling tension flow out and relaxation get deeper and deeper with each breath.
- 5** When you are ready to get up, count backward from four to one. Though you may be groggy at first, in a few minutes you will feel awake and refreshed.

Make it a Habit

Done regularly, this exercise not only relaxes you, but it also trains your body to recognize and reduce muscle tension. Do it daily if possible, along with other stress-reducing techniques such as meditation and visualization. Or take time for a session whenever you begin to feel stressed out.

Source: Adapted from Stress Management Tools

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
- Improves physical and mental health
- Increases coping and problem solving skills
- Refresh the mind and body
- Increases positive mood, energy, motivation, creativity and productivity
- Better quality of sleep

Let's Get Relaxed!

Visualization

Individual or Group activity

Here is an easy stress management technique that you can use anywhere. Visualization is a kind of “guided daydreaming” to help you relax when stress is getting the better of you. It takes only two or three minutes, though you may want to get ready for it by doing another relaxation exercise, such as deep breathing before you begin.

Create Your Daydream

Picture a scene in which you are perfectly relaxed. Perhaps you are lying on the grass on a warm spring day. Continue to visualize this scene, noticing the warmth of the sun, the breeze in the treetops, the sound of a bird singing. Keep doing this, focusing on the pleasant details of the scene until you feel as relaxed as though you were actually lying in the grass. Naturally, if you don't enjoy lying in the grass you'll visualize a different scene. Here are some sample visualizations:

- 1** It is a warm day. You are lying on your back on your raft, drifting. In the shade of the trees along the shore. You trail your fingers in the cool water, relaxing completely. Just rocking gently on the water and watching tiny fluffy clouds drift across the sky. It is very comfortable. You lie there as long as you want. Just feeling relaxed.....
- 2** You're sitting by the crackling fire, wrapped in soft blankets. Outside a cold rain falls, but here there is only the sound of the fire and the flicker of the flames. You feel the warmth on your face, how it relaxes and soothes all your muscles. A long falls, sending up a shower of sparks. You sigh and stretch, feeling so comfortable, calm and relaxed....

Give Yourself Permission

Sometimes visualization is difficult at first. Perhaps there's an inner voice telling you that daydreaming is unproductive and a waste of time. But some mental time out is important for your health. Many of our most creativeness arise during daydreaming. Give yourself permission to visualize and with practice it will become natural and relaxing.

Now you try one!

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
- Improves physical and mental health
- Increases coping and problem solving skills
- Refresh the mind and body
- Increases positive mood, energy, motivation, creativity and productivity
- Better quality of sleep

Source: Adapted from Stress Management Tools

Let's Get Relaxed!

Stretching

Individual or Group activity

Here are some popular stretches that will help you keep loose and relaxed.

Side Stretch

Stand straight. Keep your feet hip-width apart and your knees slightly bent. Extend your right arm over your head and lean to your left. Hold for 5 – 8 seconds, then repeat on your other side.



Calf Stretch

This is a good warm-up stretch to do before walking or jogging. Stand with your left leg extended behind you. Point your left foot forward and keep it hip-width apart from your right foot. Keep your right knee bent and put your hands on it as you drop the heel of your left foot to the floor. Hold for 5 – 8 seconds, then repeat on the other side.



Lat Stretch

This helps stretch the muscles along your sides and in your upper back and shoulders. Kneel on the floor and extend both arms straight out in front of you touching the floor. As you do this, lower your chest to the floor and your knees. Hold for 15 seconds.



Hamstring Stretch

This stretches the muscles in the backs of your thighs. Stand with one leg straight out in front of you and the other slightly bent beneath you. Plant the heel of your straight leg on the floor, pointing your toes upward. Slowly bend forward from your hips (not your waist) – you can help ensure this by keeping your back as straight as possible. Hold the position for a few seconds, then relax. Repeat on the other side.



Toe Touch

Sit on a flat surface with your legs out in front of you, slightly bent. Extend your arms straight out in front of you. Slowly bend forward at the hips, reaching toward your toes. Keep your back straight as you bend. Hold for a few seconds, then relax.



Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
- Improves physical and mental health
- Increases coping and problem solving skills
- Refresh the mind and body
- Increases positive mood, energy, motivation, creativity and productivity
- Better quality of sleep

Let's Get Relaxed!

Meditation

Individual or Group activity

An ancient technique practiced in many Eastern traditions, meditation is now known to be an effective way of coping with daily stress, the kind we all experience from time to time. There are many ways to meditate. Try this method, which focuses on counting the breath.



- 1** Choose a quiet room that is not too brightly lit. The best times to do meditation are before breakfast and before dinner, but any time will do. Allow yourself five minutes at first and gradually work up to 20 minutes or more at a sitting.
- 2** Sit upright in a straight chair, with your spine erect, your ears above your shoulders and chin tucked in – as if there were a string attached to the top of your head pulling you upright. Feet should be flat on the floor, the hands resting in your lap. Rock back and forth until you feel your posture is centered and balanced. Let your eyes droop nearly closed and directed toward a spot on the floor a few feet in front of you. Keep your body perfectly still unless you need to shift because of pain or discomfort.
- 3** Start with some deep breathing: Inhale normally and exhale deeply, letting all the breath flow out. Pause, then inhale, letting the breath flow in naturally. Use the muscles of your abdomen rather than your chest to breathe.
- 4** Now allow your breathing to become natural and somewhat slow, as though you were settling down to sleep. As you exhale, count “one.” Continue counting, each time you exhale, up to 10. If thoughts enter your mind and you forget to count, simply notice and dismiss the thoughts, then begin again at “one.” Do the same with sounds and bodily sensations: simply notice and dismiss them.
- 5** If you wish to time your meditation, use a non-ticking timer, or do as many Asian practitioners do: keep time by burning a stick of incense. When you’re done, rock gently back & forth before slowly getting up.

Letting Thoughts Pass Through

Many thoughts will enter your mind as you meditate. Don’t try to stop them, but don’t follow them either. Just let them pass through. Some people like to keep a note pad next to them in case a thought arises that needs to be remembered – for instance, a chore that you had forgotten or a solution to a problem that’s been plaguing you.

A Gentle Process

You may not notice any particular effect from meditation at first. The key is just to do it regularly, day after day. Think of drops of water slowly wearing away a mountain of anxiety. Your coworkers may be the first to notice a difference. Gradually you will find yourself getting more centered and more capable of calmly facing the many stresses of your busy life.

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
- Improves physical and mental health
- Increases coping and problem solving skills
- Refreshes the mind and body
- Increases positive mood, energy, motivation, creativity and productivity
- Better quality of sleep

Source: Adapted from Stress Management Tools

Let's Get Relaxed!

Abdominal Breathing Exercise

Individual or Group activity

1. Note the level of tension you are feeling. Then place one hand on your abdomen right below your rib cage.
2. Inhale slowly and deeply through your nose into the “bottom” of your lungs – in other words, send the air as low as you can. If you’re breathing from your abdomen, your hand should actually rise. Your chest should move only slightly, while your abdomen expands (in abdominal breathing, the diaphragm {the muscle that separates the lung cavity from the abdominal cavity} moves downward. In so doing, it causes the muscles surrounding the abdominal cavity to push outward.)
3. When you’ve taken a full breath, pause for a moment and then exhale slowly, through your nose or mouth, depending on your preference. Be sure to exhale fully. As you exhale, just allow your whole body to let go (you might visualize your arms and legs going loose and limp like a rag doll.)
4. Do ten slow, abdominal breaths. Try to keep your breathing smooth and regular, without gulping in a big breath or letting your breath out all at once. Remember to pause briefly at the end of each inhalation. Count to ten, progressing with each exhalation, the process should go like this:

Slow inhale – pause – slow exhale (count one)

Slow inhale – pause – slow exhale (count two)

Slow inhale – pause – slow exhale (count three) and so on up to ten.

If you start to feel light-headed while practicing abdominal breathing, stop for thirty seconds and start again.



5. Extend the exercise if you wish by doing two or three “sets” of abdominal breaths, remembering to count up to ten for each set (each exhalation counts as one number). Five full minutes of abdominal breathing will have a pronounced effect in reducing anxiety or early symptoms of panic. Some people prefer to count backward from ten down to one on each breath. Once you feel you’ve gained some mastery of this technique, apply it when you feel stressed, anxious, or when you experience the onset of panic symptoms.

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
- Improves physical and mental health
- Increases coping and problem solving skills
- Refreshes the mind and body
- Increases positive mood, energy, motivation, creativity and productivity
- Better quality of sleep

Source: Adapted from Stress Management Tools

Let's Get Relaxed!

Mindfulness - Getting the Full Experience

Guided Mindfulness Exercise

Individual or Group activity

At the core of meditation techniques is the concept of mindfulness – being fully aware of a task at hand. Practicing simple mindfulness can help you live in the moment – a key to inner peace and calm.

For example, the next time you reach for a piece of fruit:

- Notice the colour & texture of its skin.
- Breathe in its aroma. Try to describe it in your mind.
- Think about where it came from and how it got to you.
- As you bite into it, think about how it affects your senses.
- How does the bite sound? Feel? Taste?

Materials:

- Individually wrapped chewing gum, chocolate or fruit
- Mindfulness Recording (Electronic files on CD)

Directions:

- Tell participants to hold the gum/chocolate/fruit close to their mouth but **not** to put it in their mouth.
- *What does it smell like? Look like?*
- After a minute, let them put it on their tongue but not chew it.
- Be aware of taste and texture.
- After another minute, let them chew it once or twice but nothing more.
- What does it taste like, feel like?
- What is happening to you?
- Continue to chew slowly.

Recreation for Mental Health *How does this activity help improve mental health?*

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- Increases confidence and courage
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Let's Get Relaxed!

Message In A Balloon

Group activity

Material:

- Balloons (larger ones work best)
- Strips of paper
- Marker

Directions:

- Ask participants to write down something that causes them stress on a small piece of paper.
- Roll the paper and insert it into a deflated balloon.
- Blow up the balloon half way (Do not blow up all the way as this will cause the balloon to pop easily.)
- Encourage participants to give the balloon a title or name. The participants can also draw a face on the balloon that relates to the feeling.
- Ask the participants to pop the balloon.
- After the balloon finally pops discuss with the participants some other activities to use for stress reduction.

Rationale: Sometimes it just feels good to burst a balloon that was filled with negative feelings and release the stress within.



Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
- Improves physical and mental health
- Increases coping and problem solving skills
- Refresh the mind and body
- Increases positive mood, energy, motivation, creativity and productivity
- Better quality of sleep

Let's Get Relaxed!

Water War

Group activity

Material:

- Balloons
- Target
- Skipping rope
- Water

Directions:

- Pre fill balloons and place aside
- Set up a target outside in a safe area in which nothing will break.
- Use the skipping rope to set a boundary to create a no trespass zone. The no trespass zone will ensure no one gets hit by the balloons when thrown.
- Participants take a water balloon and call out anything that is stressing them out or write the identified stressor on the balloon.
- Then they throw the water balloon at the target.

Rationale: Water War is a game that teaches the concept of letting go of stress.

Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
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Let's Get Relaxed

Firefighter, Firefighter

Group activity

Material:

- Hockey stick
- Skipping rope

Directions:

- Firefighter, Firefighter is a game about getting help in stressful times.
- Separate participants into two teams
- One member from each team sits or lies down about 20 to 30 feet from the teams and the finish line (skipping rope).
- These team members then shout "Firefighter, firefighter, I'm stressed out! Firefighter, firefighter, carry me out!"
- When the team members finish saying "out," all the other team members rush to their teammate and try to carry the hockey stick across a finish line.
- Those who are carrying must use only two fingers, which means that everyone has to cooperate and that it's much harder for one person to carry the majority of the weight.
- The team who gets across the finish line first wins. Players may relieve stress further by making siren sounds as loud as they can as they go through the rescue.



Recreation for Mental Health *How does this activity help improve mental health?*

- Reduces stress and helps control your response to stress
- Enhances balance, flexibility and immune system
- Increases confidence and courage
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APPENDICES

Sigmund's Guide to a Healthy Mind, Healthy Body



APPENDIX A

Tracking/Feedback Form

Thank you for your support in using this guide. In an effort to improve this resource, we welcome your feedback. Please complete the following and return the completed form to the address provided below.

1. Overall, did you find *Sigmund's Guide to a Healthy Mind and Healthy Body* a useful resource?

Yes
 No (If no, please explain) _____

2. Who was your target audience when you used the guide?

3. Community/Location of Activity: _____

4. How many activities did you use? _____

5. What did you use

Only Resource Guide
 Only Interactive Resources
 Both Resource Guide and Interactive Resources

6. Did you have everything you needed to deliver the activity?

Yes
 No (If no, please explain) _____

7. Did you find the interactive resources to be appropriate?

Yes
 No (If no, please explain) _____

8. Did you find the Resource Guide user-friendly?

Yes
 No (If no, please explain) _____

9. Will you use this resource again for future activities?

Yes
 No (If no, please explain) _____

10. Do you think that your audience understood the link between recreation and mental health?

Yes

No (If no, please explain) _____

11. What did you like the most about the *Sigmund's Guide to a Health Mind and Healthy Body Tool Kit*?

12. What did you like the least about the *Sigmund's Guide to a Health Mind and Healthy Body Tool Kit*?

13. What would you change about the *Sigmund's Guide to a Health Mind and Healthy Body Tool Kit*?

14. Can you suggest other types of activities to include in the tool kit?

15. Other Comments:

Thank you for your feedback!

Please send completed forms to:

sigmundtoolkit@gmail.com

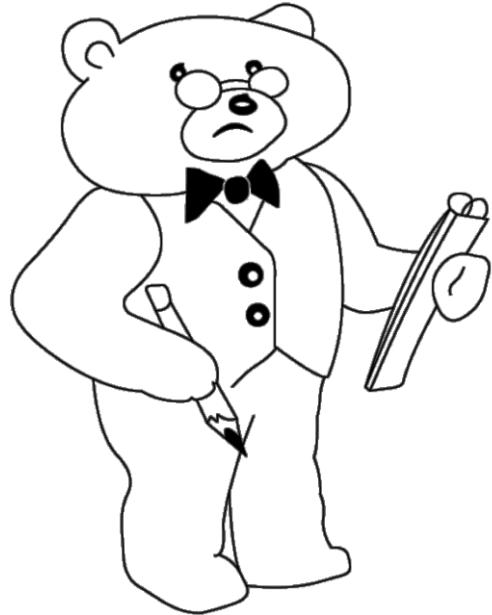
or

Community Mental Health Initiative Inc.
133 Riverside Drive, P.O. Box 2006
Corner Brook, NL A2H 6J8

APPENDIX B

Other Resources

- Eat Great and Participate (Printed Copy in Tool Kit)
- Canadian Physical Activity Guidelines/Canadian Sedentary Behaviour Guidelines (Printed Copies in Tool Kit)
- Addictions Prevention and Mental Health Promotion Resources .
www.westernhealth.nl.ca/mha or email mha@westernhealth.nl.ca



APPENDIX C

Grant Opportunities

- Community Addictions Prevention and Mental Health Promotion Fund
Guidelines and application can be found at: www.westernhealth.nl.ca/mha
- Mental Health & Addictions, Awareness Week Activity Grants
Please contact mha@westernhealth.nl.ca for application deadlines.
- Western Regional Wellness Coalition, School Grants & Community Grants
Guidelines and application can be found at:
www.westernwellnesscoalition.com/
- Provincial Health & Wellness Grant Program
Guidelines and application can be found at:
www.health.gov.nl.ca/health/wellnesshealthyliving/provincialwellness.html



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