

## Professional Activity Day

**Date:** June 28th, 2024

**Time:** AM and PM

**School Participating:** Burkevale Protestant Separate School

### Focus Activities:

- **Positive Motivation and Perseverance**
  - Expressing Gratitude - Positive Post-Its
  - <https://smho-smso.ca/emhc/positive-motivation-and-perseverance/practising-opti-mism/positive-post-its/>
  - Reframing - The Power of Yet
- **Calm Classrooms - Stress Management and Coping Strategies**
  - <https://smho-smso.ca/emhc/stress-management-and-coping/calm-classroom/>
  - Calming Spaces - Deep Breathing and Stretching
  - Inspiration From All - What Makes People Inspired?  
<https://smho-smso.ca/emhc/stress-management-and-coping/calm-classroom/inspiration-from-all/>

**Materials being covered:** Student Mental Health and Well-Being

**Presenters:** Julia McLaren, Wilson Cowan, Amelia Quantrill (Registered Psychotherapist)

**Resources Used:** School Mental Health Ontario, School Mental Health Ontario Educator Resource Guide