

Say What?

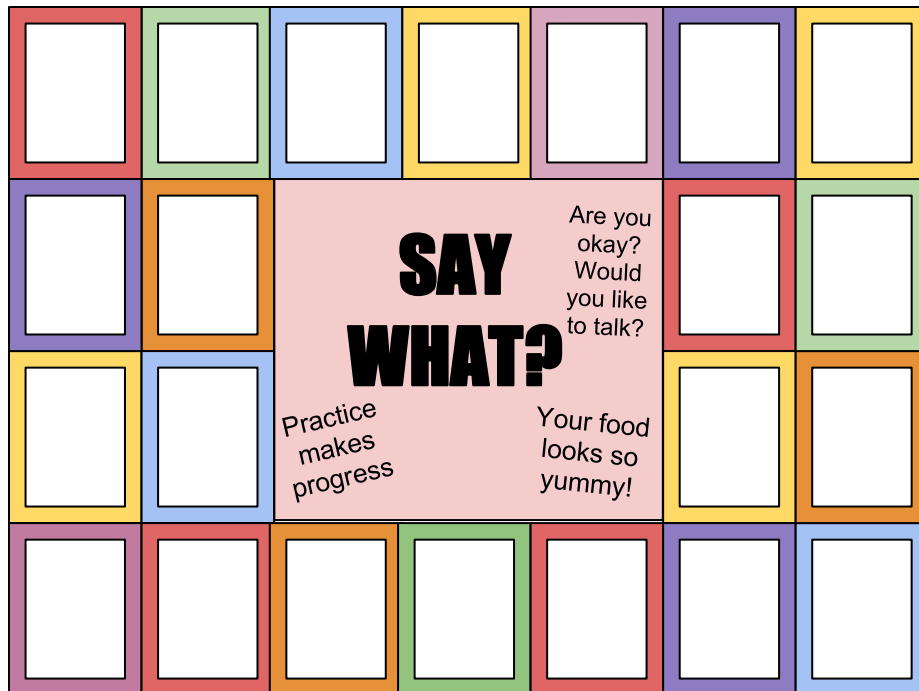
Monthly Campaign Bulletin Board

Theme:

This campaign is focused on how we communicate with others about health. This includes nutrition, mental well-being, and physical health. Students are encouraged to use kind and supportive words when communicating with friends, parents, or teachers about health, rather than making hurtful comments.

Bulletin Board Example:





Classroom Instructions:

1. Have a classroom discussion on the different ways health can be positively discussed. This includes:
 - Positively speaking about your physical abilities and others' abilities.
 - e.g., I am proud of how much I can do during gym class.
 - e.g., Hey, you're really good at ___ games!
 - Positively speaking about food and hunger with yourself and others.
 - e.g., My tummy feels full, I will leave these snacks for later when my tummy is hungry again.
 - e.g., I have never seen that type of food before. Could you tell me what it is?
 - Feeling comfortable about communicating how we feel.
 - e.g. Hey _____, I am feeling ___ today. Can we talk about it? (explain how they can talk to any trusted adult or peer).
 - e.g. Hey, I noticed you seem upset today. Do you want to talk about it?
2. Have a brainstorming session with your students of other ways they can speak kindly about health. Include some examples on your bulletin board "quilt block."
3. Then, have each teacher play this [Kahoot](#) with the students to get an understanding of their comfort level in communicating about health.

4. At the end of the month, you can ask each teacher to play another [Kahoot](#) to determine how the students' confidence has changed as they learned about using kind words when it comes to health.

Bulletin Board Instructions:

1. Print and cut out the “Say What?” text, and the examples of how to communicate kindly (*below*). Add these to the centre of your Kindness Quilt bulletin board.
2. Cut pieces of construction paper and regular printer paper in half. (OR, print and cut out the quilt blocks from the templates provided below. If choosing this option, place one quilt block in each staff member’s mailbox.)
3. Ask teachers to brainstorm examples with their students on how to kindly and respectfully communicate health and well-being with others after discussing examples in their classroom. (This could be done during step 2 in the classroom instructions which is followed by a Kahoot game to gauge how students feel about their ability to speak kindly).
4. Ask the teacher or students to write down examples on the regular printer paper.
5. Cut the edges of the regular printer paper using squiggly scissors. Glue the regular printer paper onto a piece of construction paper to complete the quilt block.
6. Then add the completed quilt blocks to the bulletin board to create a Kindness Quilt.

Bulletin board example statements:

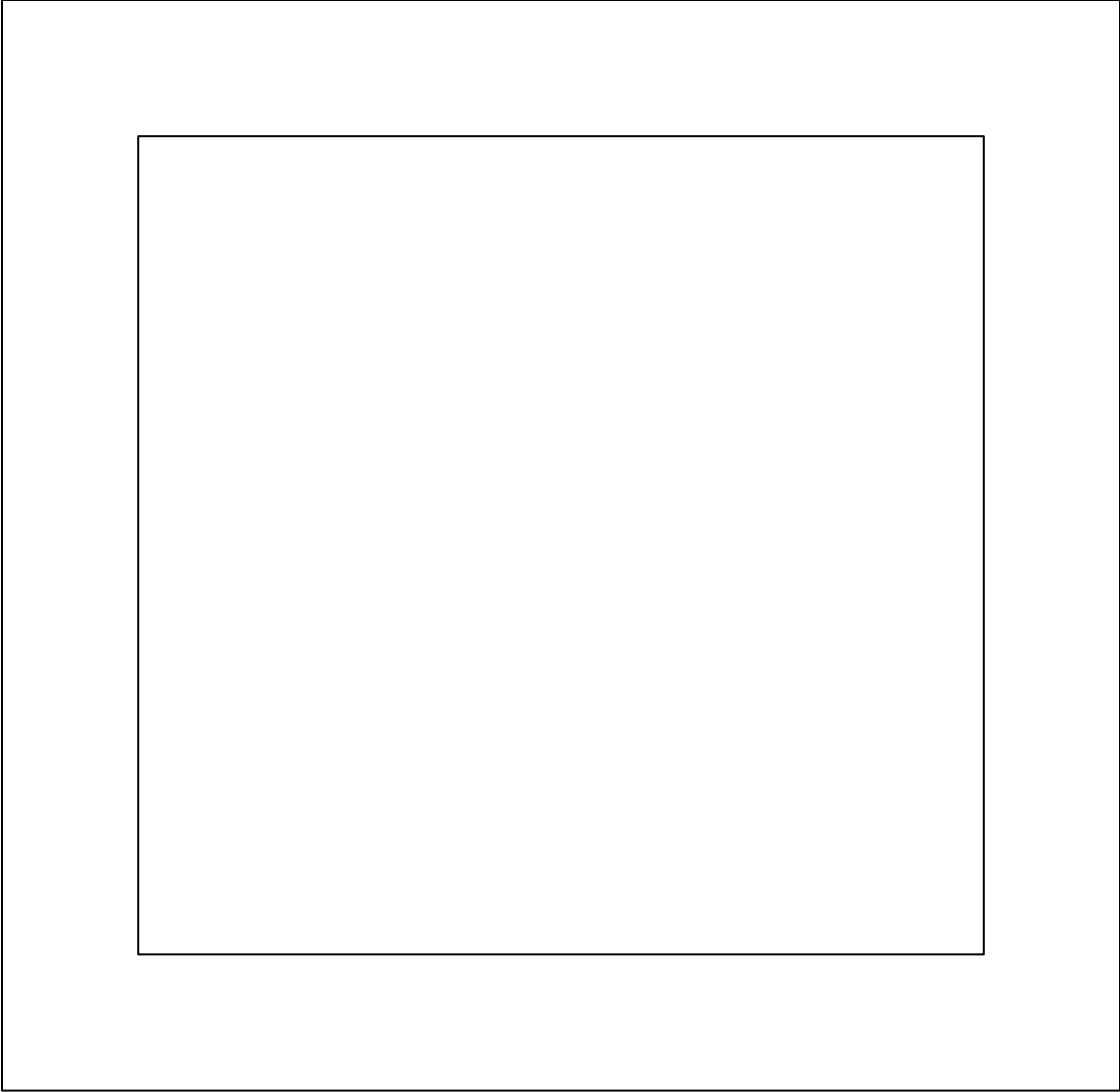
Practice makes progress!

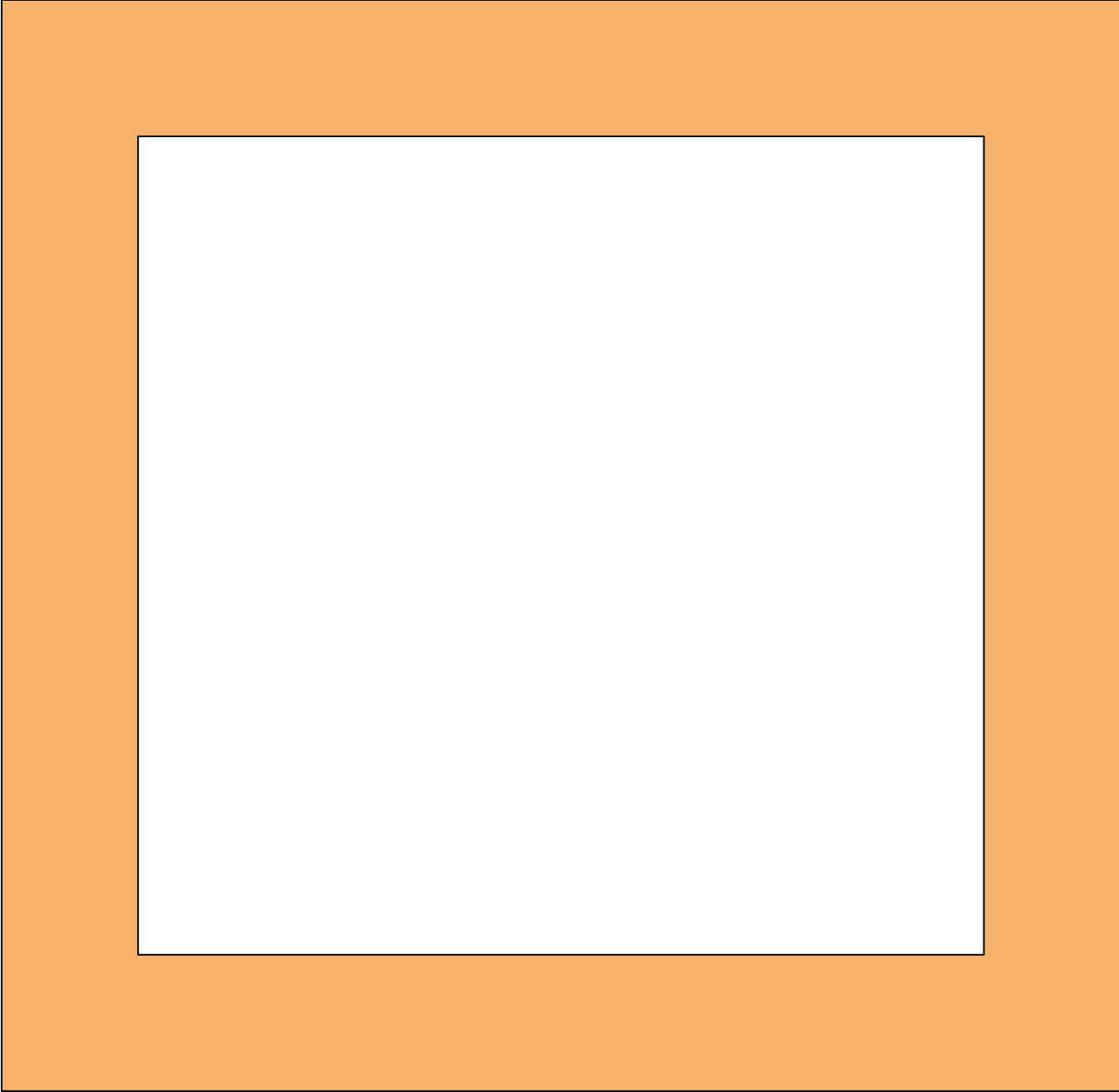
Are you okay? Would you like to
talk?

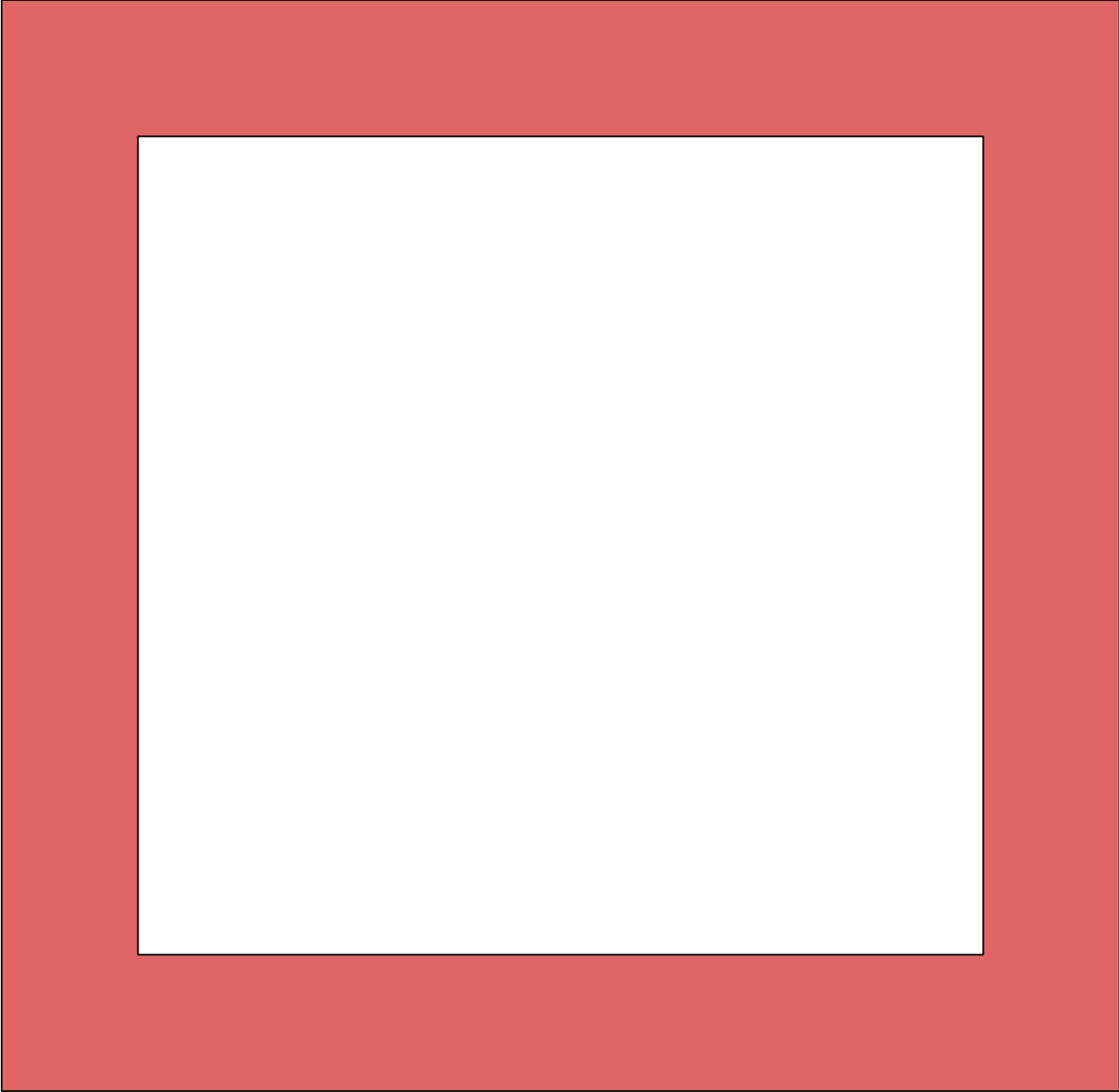
Your food looks really tasty!
What is it?

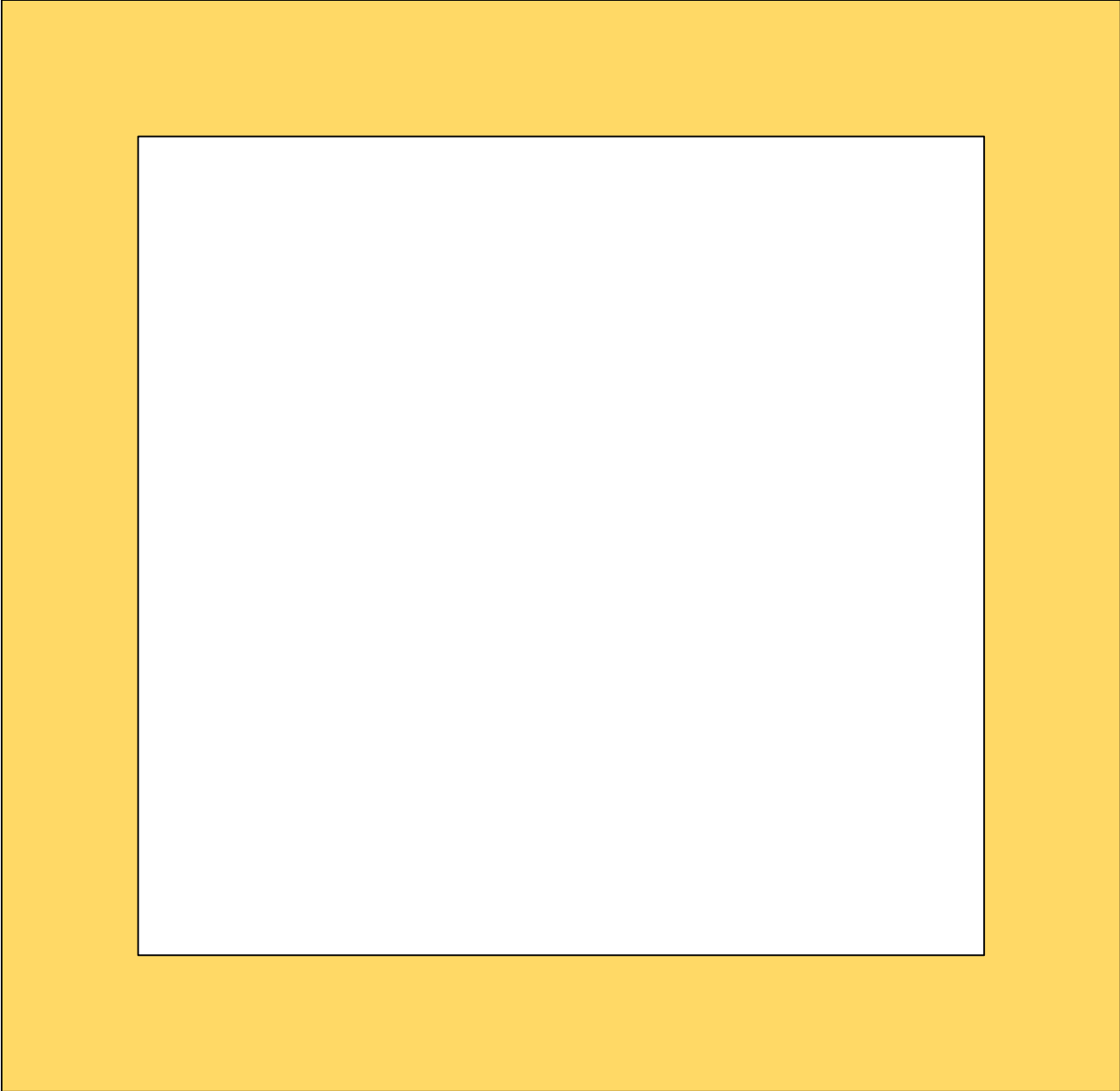
I am unique and that's a good thing!

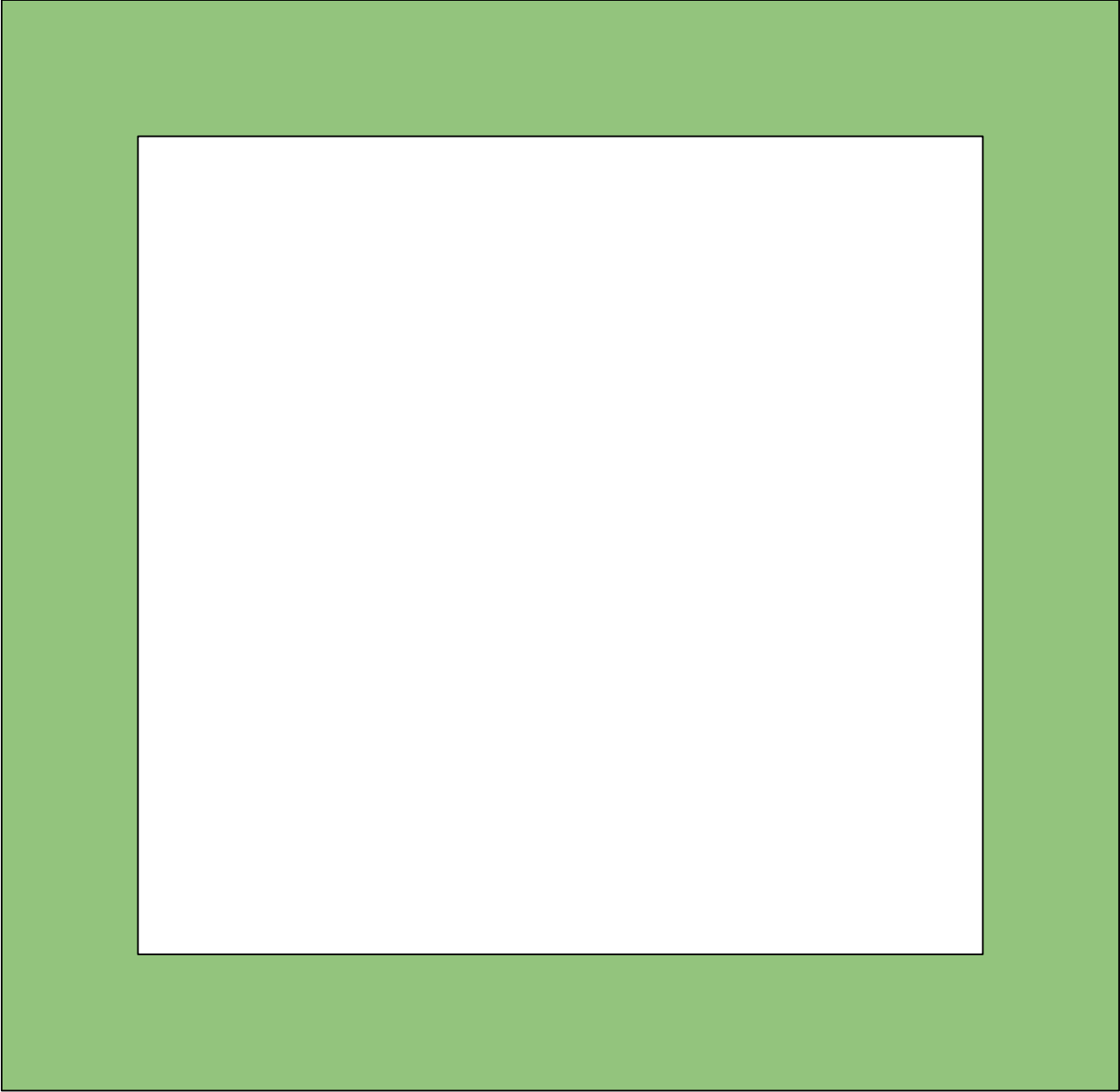
My body does a lot of different things, like giving me energy to play and helping me learn in class!

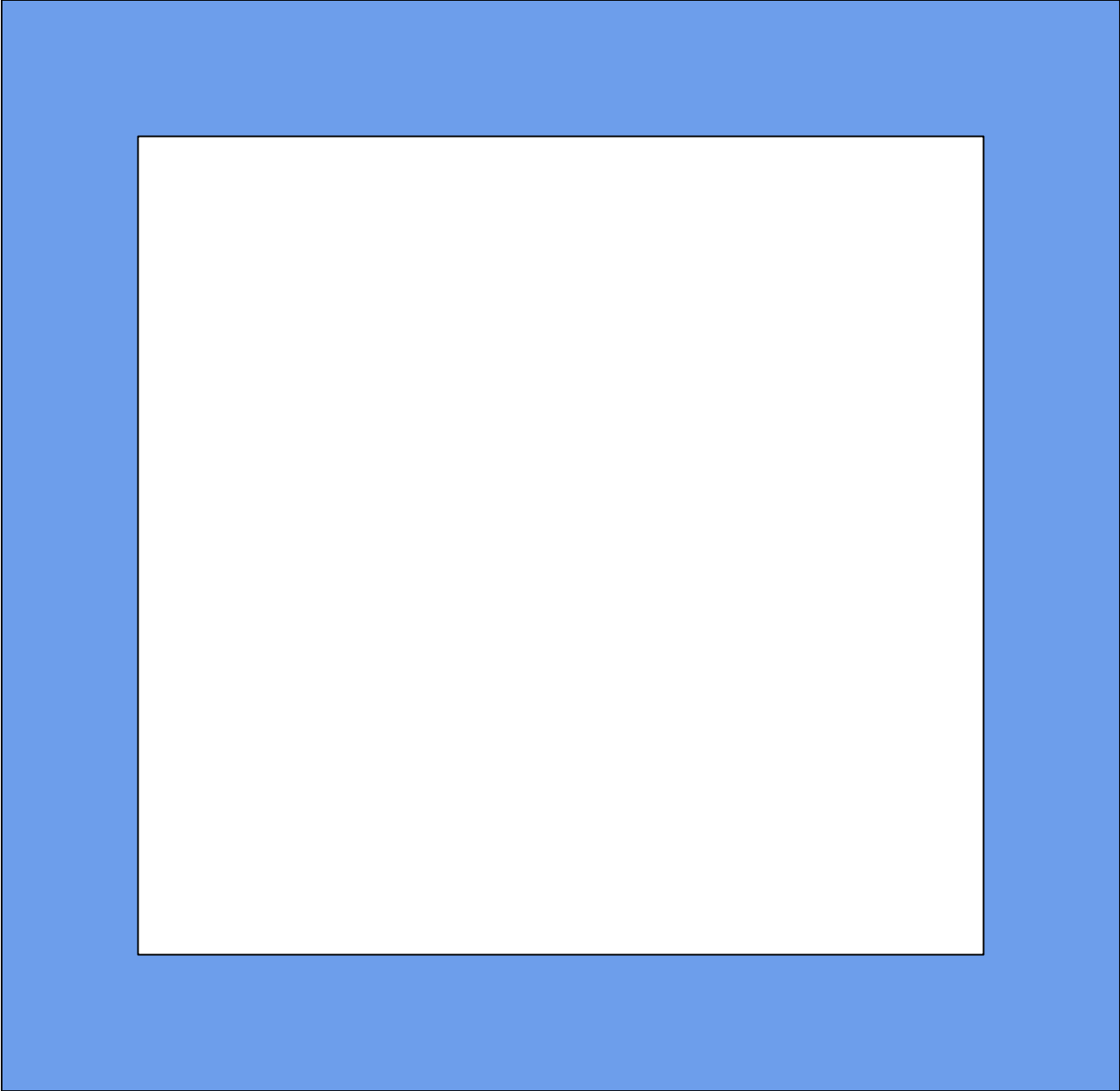


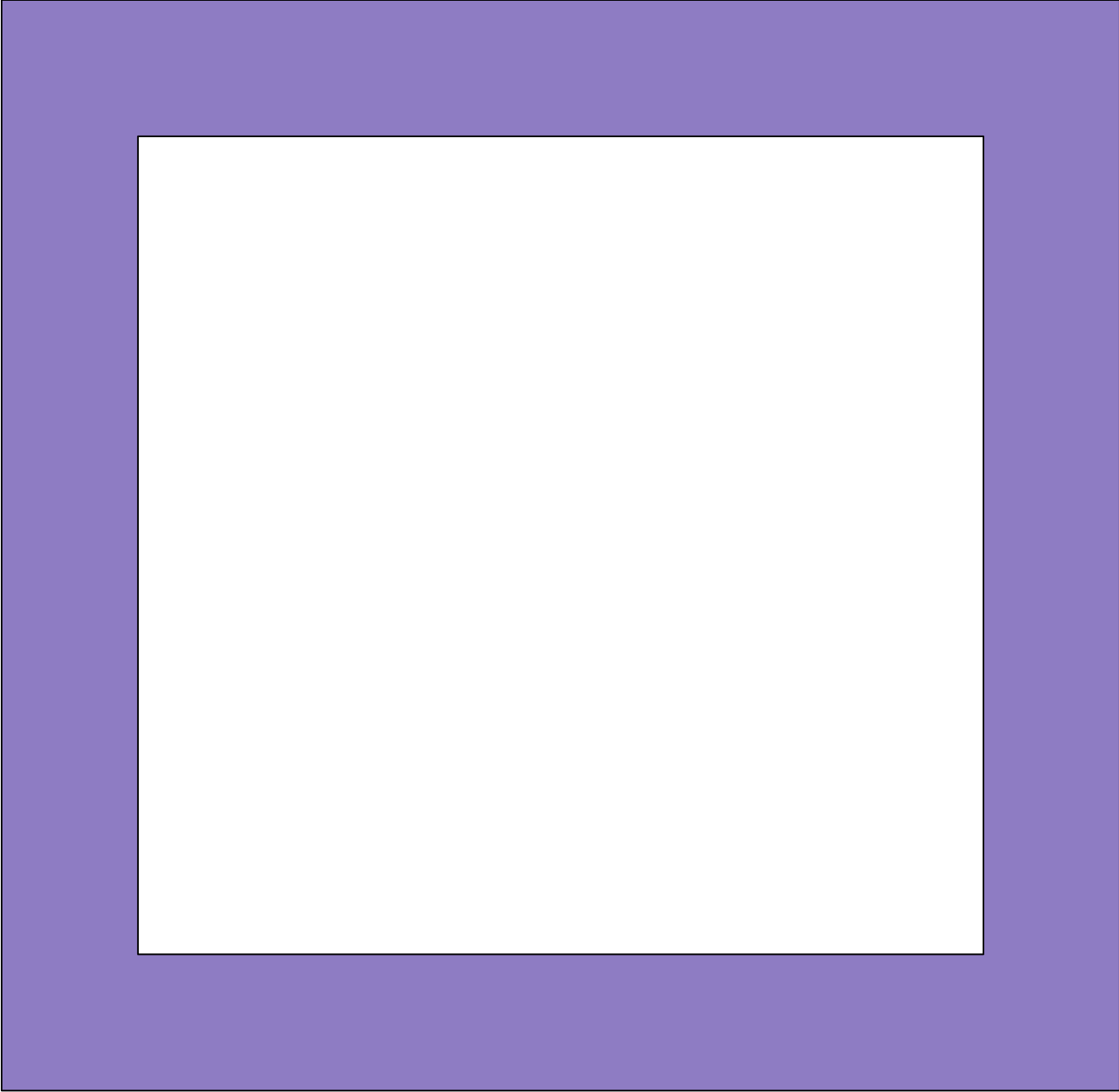


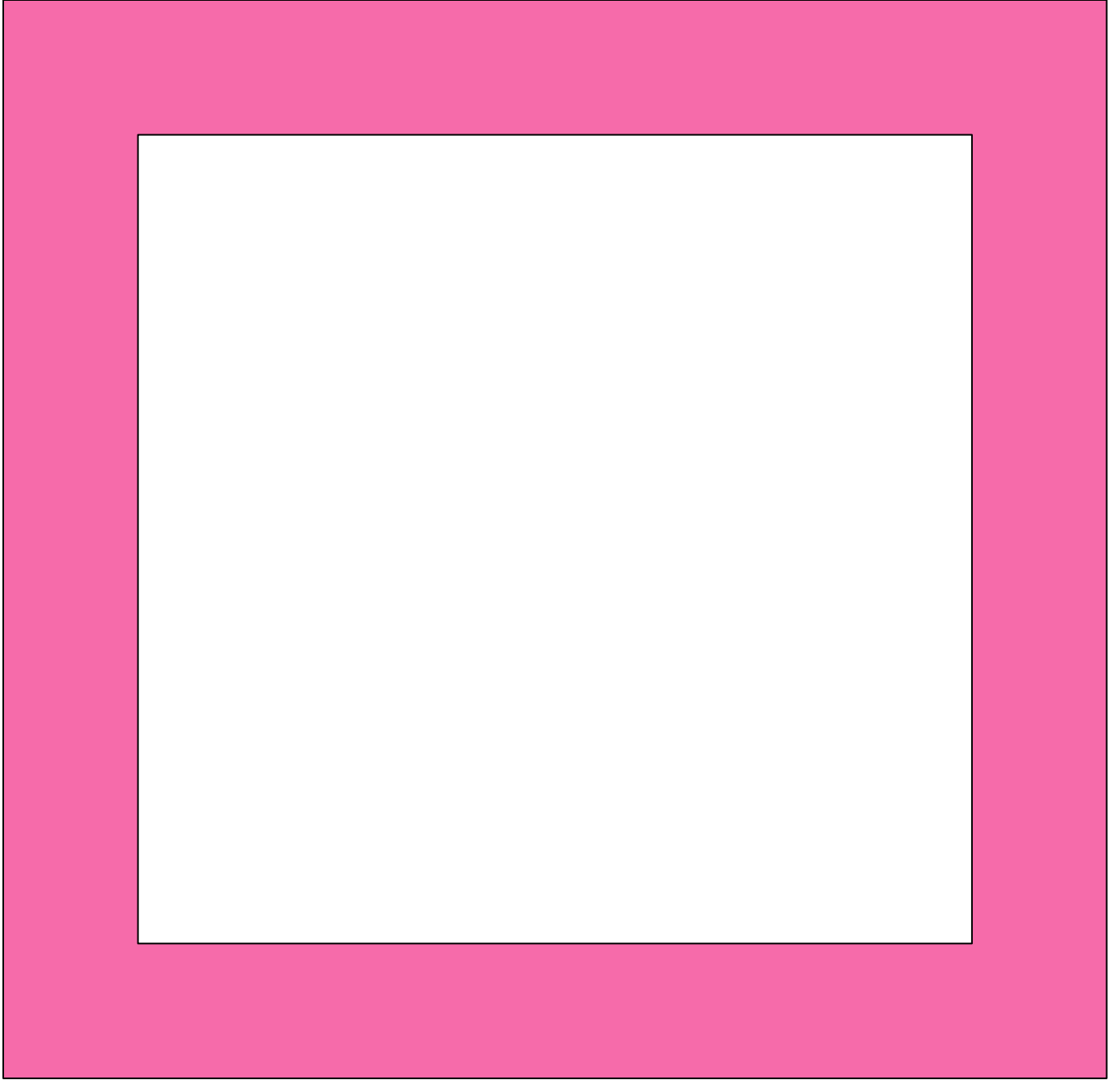












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