

Joyful June

Name: _____

How can we stay positive and mentally healthy when we need to be physically distant from others? Click to go to this website, and answer the questions.



1. What kind of document is this?

2. What is different than what we usually have in Canada?

3. Read the words at the bottom of the page: *30 actions to...*
What is the purpose of this calendar?

4. Look at the square for Monday, June 1. It says that even on difficult days, you can:

5. Today might be an easy day for you, or it might be a difficult day. Everybody has different situations. Can you write one thing that is difficult **for you** today?

6. If you **decide** to look for what's good, write 3 things that are good today:

Answers:

1. a calendar
2. The weeks begin with Monday instead of Sunday.
3. It suggests things we can do to help ourselves and each other.
4. Decide to look for what is good.

