

spend time with family, friends & pets



laugh



be active



talk



music



Taking Care of Our Mental Health



play

breathe



be mindful

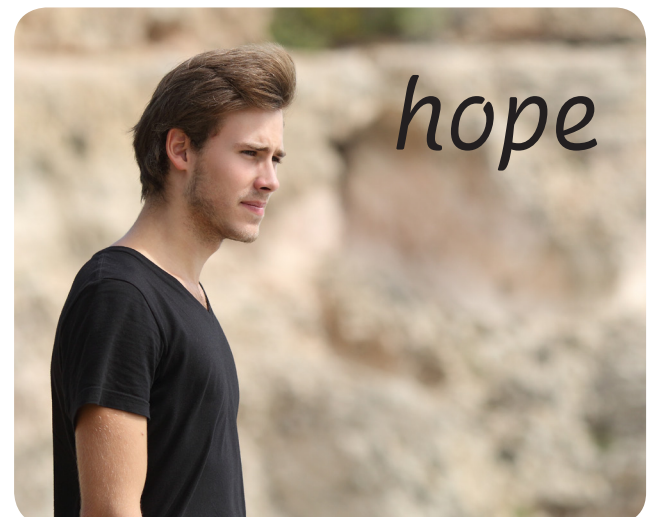


create



be grateful

think positive



hope



KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

#mindsmatter @kprdsb