

Spreading Joy



School



Activity

PHE Curricular Competencies: Social and Community Health, Mental Well-being

Audience(s): Grades 4-12

Hyperlink: [Spreading Joy](#)

Description

High school students in Alberta collaborated with Ever Active Schools to create a hotline for seniors to call to receive jokes, positive messages and inspirational quotes.

DASH's Spreading Joy activity provides tips and suggestions for setting up an in-person joy booth at your school.

Objective(s)

The joy booth is intended to facilitate social connection between students, in a way that is inclusive to everyone –any student can visit the joy booth!

It is also a way for students (and staff) to have fun and promote positive mental health.

Curricular Connections

This resource connects to the following big ideas from the PHE curriculum:

Grades 4-5: Developing healthy relationships helps us feel connected, supported and valued.

This resource connects to the following curricular competencies from the PHE curriculum:

Grade 6-9: Explore/create strategies for promoting the health and well-being of the school and community

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com