

Special Needs/ASD & Mental Health

The **BIG 5** steps to wellbeing were originally developed by the New Economics Foundation (NEF) in the UK and were aimed at improving the wellbeing of the entire population. The BIG 5 steps include: **Connect, Be Active, Keep Learning, Take Notice, and Give Back.**

When practiced regularly, the Big 5 are meant to improve one's sense of personal wellbeing and contribute to good mental health. The intention of this ongoing newsletter is to highlight tips and practices related to the Big 5 that can be easily incorporated into family life.

THIS WEEK'S BIG 5 THEME IS:

Keep Learning

For children and youth, ongoing learning plays a particularly important role in both social and cognitive development. Moreover, learning across the lifespan contributes to a greater overall sense of wellbeing, self-esteem, and self-efficacy. When you can, try to tackle something new or stretch your abilities. You're worth it!

What one way can you **Keep Learning** this week?



TIPS AND SUGGESTED ACTIVITIES FOR FAMILIES WITH A CHILD WITH AN AUTISM SPECTRUM DISORDER AND/OR INTELLECTUAL DISABILITY

TIP #1: Take A Virtual Field Trip

Although it is important to limit our outings and social gatherings at this time, you can still take a virtual field trip with your child. No permission slip required!

- Access live cams and videos of your favorite animals at the [San Diego Zoo](#).
- Learn about everything that happens on Canadian farms at [Farm Food 360°](#).
- Discover art, nature, history, and science at [Virtual Museum Canada](#).

TIP # 2: Explore Nature

Going outdoors provides more benefit than fresh air and sunshine. It is also the perfect setting to learn!

- **Collect items on a nature walk.** Look, touch, and smell. If you have a magnifying glass, bring it along to get a closer look. Make a craft with the items you collect.
- **Incorporate games on your nature walk.** Tell stories, sing, or play follow the leader. Listen for nature sounds and try to identify what animal or object is making the sound.

WANT TO LEARN MORE?

Access a number of free learning resources at [Scholastic Learn At Home](#)

Also, don't forget to check out the [PDSB Special Education Resource page](#) for more learn at home suggestions and support.