

Simple learning activities to use as part of your everyday mental health practices at home and in the classroom.

## **Would You Rather?**

This game is designed to get students thinking about their preferences. You can create your own questions or use the ideas found in the chart below. Click below to download slides for this game that contain images:

**Google Slides** 

PowerPoint

Would you rather		
build with blocks inside	OR	jump rope outside?
sing along to your favourite song		dance?
snuggle with a stuffed animal		take a dog for a walk?
build a snowman		build a sandcastle?
climb on the playground equipment		swing on the swings?
read a book by yourself		play a card game with a friend?
draw a picture		have a bubble bath?
jump in a pile of Fall leaves		go swimming on a hot day?