

Linking Resiliency and Recreation

@HIGHFIVE_Canada
#bestway2play



A Proactive Approach...



- What do you do to foster your own mental health?
 - Write as many things as you can think of on sticky notes and post on the Wellness Wall.

Wellness Wall



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What is HIGH FIVE®?



HIGH FIVE is Canada's only comprehensive quality assurance standard for children's recreation and sport.



Why Quality Matters?



- People are more likely to stay active for life if they have a positive experience in sport, recreation and physical activity as a child.
- Physical activity has benefits both physically and emotionally!

Principles and Design Guidelines



A Caring Adult



Friends



Play



Mastery



Participation



**Developmentally
Appropriate**



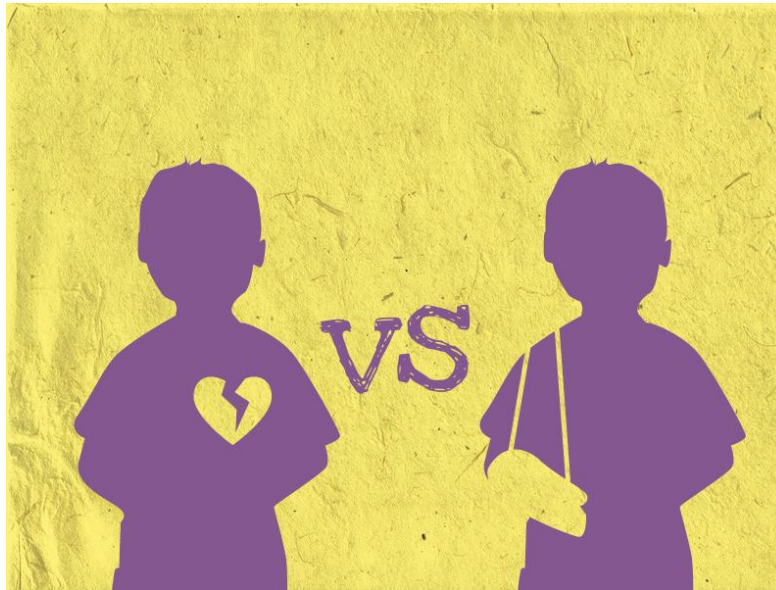
Safe



**Welcoming of
Diversity & Uniqueness**



Emotional Safety – The Need



- Ensuring mental health is just as important as ensuring physical health

Stress!



Let's take a look at what you and your organizations are already doing around mental health in the workplace.

Text Us and Participate – Reminders!



- Please turn ON your phones.
- If you do not have a texting plan, you may incur texting charges.
- If you do not have a phone or a texting plan, you can participate by hand.
- Your privacy is protected. You will not receive any spam or follow-up messages outside of this presentation.



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Staff Stress



Work Environment

- Address factors you can control – job responsibilities, morale, positive attitude
- Talk about support for factors you can't control – health/family issues

Self Care

- Take mental health days to recover just like sick days
- Find your Caring Adult



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Organizational Mental Health



Create Open and Supportive Environment

- Listen to concerns
- Take a non-judgemental stance
- Address stigma

Assist Staff in Finding Services

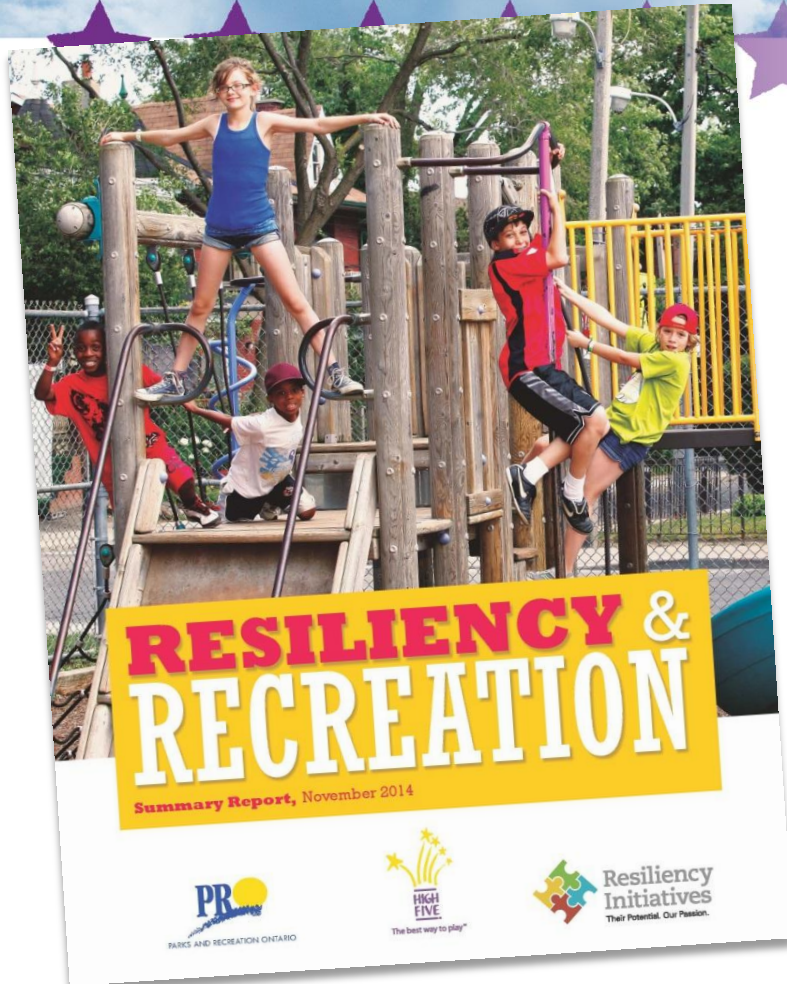
- Be flexible to allow for self-care
- Be A Caring Adult

It begins with YOU!



- Positive mental health cannot flourish in a negative environment!
- Think about what you can do immediately to foster positive mental health with staff and volunteers.

Resiliency and Recreation: Summary Report



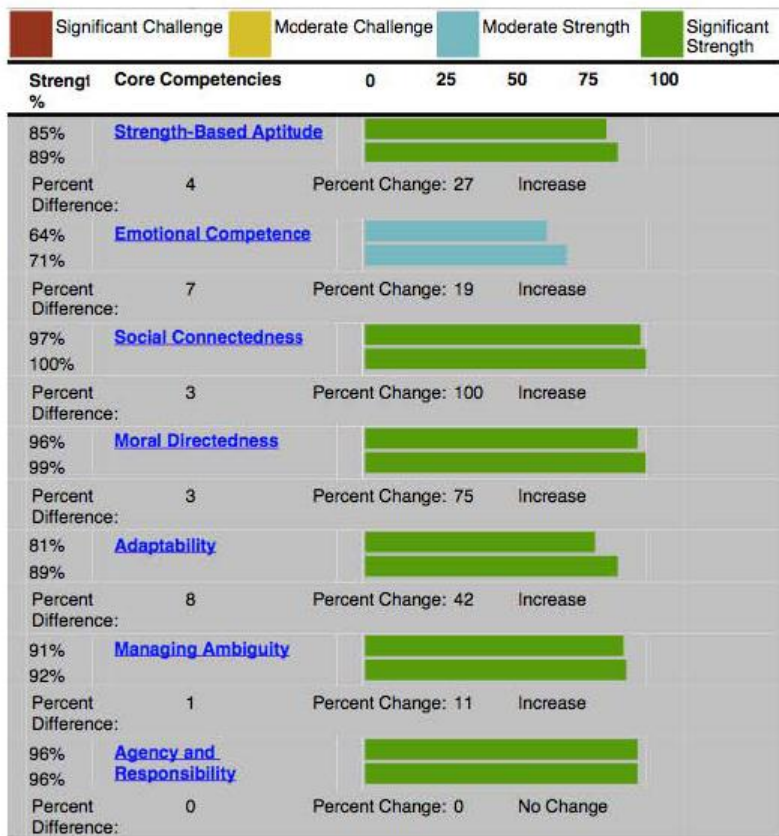
- New Study
- Looking at the link between resiliency in children to recreation

Studied Core Competencies



- Study assessed participants ages 6 to 12 in 23 recreation programs across Canada
- Pre and Post Questionnaires
- Looked at development over time

Comparative Report



Key Findings of Core Competencies:

- All traits improved from Pre to Post other than Agency and Responsibility which stayed the same.
- Work is most needed in Emotional Competence to strengthen empathy.
- Social Connectedness was the most significant strength of all traits.
- The most significant improvement in the traits was in Adaptability which helps children succeed regardless of circumstances.

Other Questions Asked Peers – Pre and Post session Results



PRE Questionnaire

Do you have any friends in the program?	Answer	Count	n=360 %
	Yes	297	83%
	No	63	18%

If you answered yes above, how many?	Answer	Count	n=297 %
	More than one	233	78%
	One	64	22%



Post Questionnaire













Do you have any friends in the program?	Answer	Count	n=242 %
	Yes	213	88%
	No	29	12%

Other Questions Asked

Role Modeling – Pre-session results



Are there caring, positive role models in your program, community, school or elsewhere, who you go to for support, guidance, encouragement and advice?	Answer	Count	n=376 %
	Yes	328	87%
	No	48	13%

If yes, who are they (please check all that apply):	Answer	Count	n=776 %
	Friend	210	27%
	Teacher	207	27%
	Other school staff person	91	12%
	Recreation leader/Instructor	91	12%
	Sports Coach	56	7%
	parents	51	7%
	Mentor	17	2%
	mom	13	2%
	mom and dad	11	1%
	family	9	1%
	parent	4	1%
	Mother	4	1%

Other Questions Asked

Role Modeling – Post-session Results



Are there caring, positive role models in your program, community, school or elsewhere, who you go to for support, guidance, encouragement and advice?	Answer	Count	n=242 %
	Yes	226	93%
	No	16	7%

If yes, who are they (please check all that apply):	Answer	Count	n=225 %
	Friend	143	64%
	Teacher	140	62%
	Recreation leader/Instructor	86	38%
	Sports Coach	73	32%
	Other school staff person	70	31%
	parents	31	14%
	Mentor	24	11%
	mom	11	5%
	mom and dad	9	4%
	Mother	5	2%

Key Findings in Socio-Demographic Data



Leader to Child relationship as well as the Child to Child relationships both grew from the Pre to the Post.

A Caring Adult and Friends are critical in ensuring positive experiences for children as well as helping to nurture core character traits that result in resiliency.

Results – Strong Trend



There is a link between
recreation and resiliency...

and it's connected to strong
relationships formed there!

Link to You!



You have the opportunity to intentionally foster resiliency in children by building core character traits.

Engagement through building Core Character Traits



- **Cooperative** – Able to get along with others
- **Ability to Cope** – Able to successfully manage stress
- **Adaptable** – Good problem solving skills, able to learn from mistakes
- **Sociable** – Acts appropriately and in a friendly way in social situations
- **Responsible** – Knows the difference between ‘right’ and ‘wrong’
- **Optimistic** – Has a positive view of the future
- **Confident** – Comfortably able to express emotions in positive way

Strategies to foster children's strengths



- Focus on self-regulation
- Practice strategies for managing stress
- Strengthen thinking skills
- Foster critical awareness
- Build confidence
- Nurture a positive outlook
- Give responsibilities
- Encourage participation
- Make it okay to ask for help
- Learn about mental health
- Address stigma

Strengthening Children's Mental Health



- New training developed with Canadian Mental Health Association Ontario
- Supporting staff in fostering positive mental health and resiliency
- Supporting children and parents to get extra help when needed

Strengthening Children's Mental Health



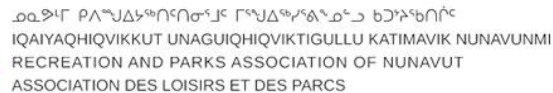
- Training available through HIGH FIVE Authorized Providers across Canada
- www.HIGHFIVE.org

Other Supports



HIGH FIVE Healthy Minds for Healthy Children

- Free online training module that follows front line leader/coaching courses (Principles of Healthy Child Development or HIGH FIVE Sport)
- Takes healthy child development to the next level
- Includes a downloadable resource for additional support



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HIGH FIVE Impact



- Reaching +1/2 million children annually
- 96,000 trained front line leaders
- 10,000 trained supervisors and managers
- 1300 Trainers
- 350 Registered Organizations
- 17 Accredited Organizations

Thanks for attending!



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