

GENWELL WEEKEND - SPRING EDITION

Classroom Toolkit

MAY 3-5, 2024

We need your help in building a more
connected Canada!

[CLICK HERE TO REGISTER FOR GENWELL WEEKEND](#)

genwell^o
CLASSROOM



The Power of Human Connection

Studies show that **social isolation, disconnection, and loneliness** have a bigger impact on your health than **smoking, obesity, and high blood pressure**.

Whereas social connection positively impacts your physical and mental health, with benefits such as:



Increased happiness



Reduced anxiety and depression



Strengthened immune system



Strengthened self-confidence



Greater resilience



Increased lifespan

GenWell Weekends are strategically selected weekends during the seasonal transition from winter-spring and summer-fall, when research suggests that people struggle and would benefit from the opportunity to reach out and get connected.



[Learn More about GenWell Weekend Here!](#)

Now that you know the facts, we hope that you feel even more inspired to [register your intention](#) to get connected on GenWell Weekend this **May 3rd- 5th**.



WHO CAN PARTICIPATE?

**EVERYONE CAN...
AND SHOULD!**

Hosted by GenWell, **Canada's Human Connection Movement**, who since 2016 has been on a mission to make the world a **happier** and **healthier** place one face-to-face connection at a time.

What Are We Asking?

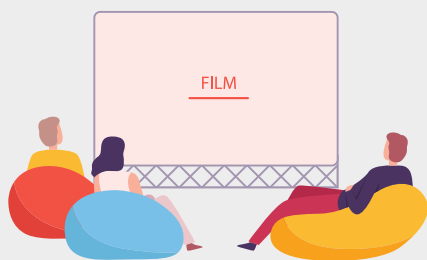
Twice a year (spring and fall), we invite Canadians to participate in GenWell Weekends from Friday - Sunday.

On Friday's we encourage you to connect with classmates and co-workers. On Saturday and Sunday, we want to inspire you to connect with family, friends, & neighbours.

GenWell Weekend is your excuse, permission slip, & reminder to **connect** with the people you've been meaning to reach out to, but haven't had the time to make it happen.



Ideas to Connect



Gather with friends and catch a movie



BBQ with colleagues or classmates



Visit a local restaurant with your classmates



Start a study group chat for your class



A walk with those you've been meaning to see



Picnic in a park with your whole class

Need more connection ideas?

[Click here for more](#)

Register your plans at
www.GenwellWeekend.org

Secondary School Curriculum Tip Sheet & Best Practices

GenWell curriculum writers help us develop some simple tools and suggestions that teachers can use to engage their students around GenWell Weekend and the Power of Human Connection for health, happiness, and educational success!

Check out our tools below.

[Human Bingo Card](#)

[Human Connection Time Tracker for Students](#)

[Role play suggestions and quick writes](#)

We are grateful to every teacher who sees the opportunity to leverage The GenWell Project and GenWell Weekend as an opportunity to start a conversation about the role that social health plays in improving mental and physical health of our young.

We have always been in this together, but we need each other more than ever and we can all play a part in building back a more connected Canada.

Got ideas or stories? Let us know!

How Can You Get Involved?

1) Make plans to get **connected face-to-face** with family, friends, neighbours, classmates or colleagues anytime between May 3-5 and **register your plans** at www.GenWellWeekend.org.

2) By registering your plans to get connected you are entered into the **GenWell Weekend Contest** for your chance to win a **Crank Coffee/Genwell prize pack** (Value: \$150).



3) **Follow us on social media** and share your support for GenWell Weekend with your community. Your post might be the exact inspiration someone needs to take action to build their social health. Tag us at **#GoFirst and #GenWellWeekend**.



[@genwellproject](https://www.instagram.com/genwellproject)



[@genwellproject](https://twitter.com/genwellproject)



[@thegenwellproject](https://www.facebook.com/thegenwellproject)



[@thegenwellproject](https://www.youtube.com/thegenwellproject)

4) Use our **leadership tools** to share invites, posters, & social media posts with your community.

5) **Challenge** your network and your community to register their intention to get connected on GenWell Weekend at www.GenWellWeekend.org

Leadership Tools

Here are some **helpful tools** to make your GenWell Weekend experience as amazing as possible.

Inspire others to get involved in the Human Connection Movement.

On social, don't forget to use the hashtags **#GoFirst** and **#GenWellWeekend**, tag us and those would benefit from hearing this message.

Click the links below:

[Suggested Copy](#)

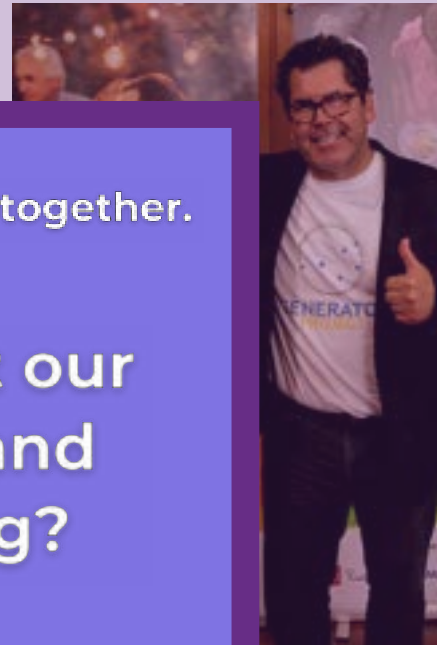
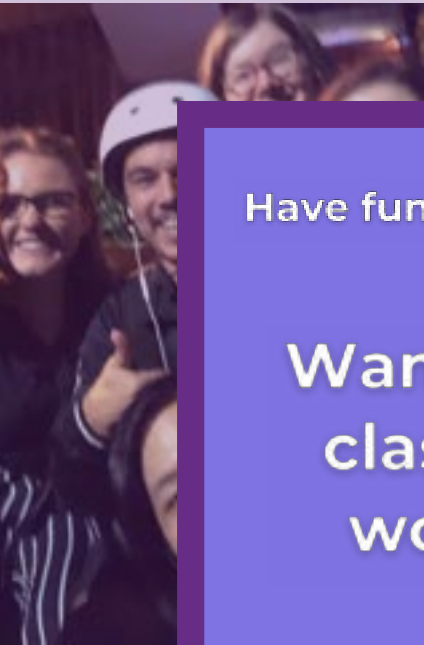
[Social media creative](#)

[Logos & Team Photos](#)

[Posters](#)

[Invitations](#)





Have fun. Get connected. We are in this together.

Want to learn more about our classroom, community, and workplace programming?

Visit GenWell.ca

