

## VOLUNTEERS ...



Volunteers are:

- carefully selected for their personal suitability to the program
- the main representatives of the program in the community and in the schools
- the presenters of the program in the classroom
- the advocates for the program
- trained by CMHA/PEI before presenting the program in the classroom

## FOR MORE INFORMATION ...



Contact one of the Canadian Mental Health offices on Prince Edward Island if you would like:

- to know more about becoming an *I'm Thumbody* volunteer
- to have the *I'm Thumbody Program* presented in your school
- more information about the *I'm Thumbody Program*, or about other programs or services of CMHA/PEI

### CMHA/P.E.I. Division

178 Fitzroy Street  
P.O. Box 785  
Charlottetown, PE  
C1A 7L9  
**Phone:** (902) 566-3034  
**Fax:** (902) 566-4643  
**email:** [division@cmha.pe.ca](mailto:division@cmha.pe.ca)  
**Web Page:** [www.pei.cmha.ca](http://www.pei.cmha.ca)  
**facebook.com/CMHAPEIDivision**

### CMHA/Prince County

61 Duke Street  
Summerside, PE  
C1N 3R9  
**Phone:** (902) 436-7399  
**Fax:** (902) 436-2209

### CMHA/West Prince

1 College Street  
Alberton, PE  
C0B 1B0  
**Phone:** (902) 853-4180  
**Fax:** (902) 853-3877

## PARTNERS IN THE PROCESS ...



The *I'm Thumbody Program* depends on a partnership which requires close cooperation among all the players:

- the community
- parents
- children
- teachers
- volunteers



**“I am me! There’s not another person in the whole world exactly like me. I have my very own thumbprint. I AM SPECIAL.”**

## I'M THUMBODY

A program on self esteem for the elementary classroom.



**Canadian Mental Health Association**  
Prince Edward Island

## WHO WE ARE ...



*I'm Thumbody* is a program of the Canadian Mental Health Association/P.E.I. Division, a non-profit, mental health, agency promoting the mental health of all Islanders. We provide information, strategies, supports and services which allow people to manage and take positive charge of their lives to the best of their abilities.

CMHA/PEI has over 100 volunteers and more than 40 support staff to deliver our many programs and services.

## PURPOSE ...



The *I'm Thumbody Program* helps young people understand and learn about mental health and increases skills that promote personal development and successful relationships.

I'M THUMBODY IS A *SELF-ESTEEM PROGRAM FOR CHILDREN* WHICH:

- builds healthy self-concepts
- stimulates the development of self confidence
- instills the feeling of self-worth, individuality and responsibility
- develops an understanding of each person's unique skills and interests and the value of their differences, strengths and individuality
- enhances self-awareness

## I'M THUMBODY IS ...



- an early childhood mental health program targeted for use with Grade 3 students
- a program that is presented in the classroom by trained volunteers as part of the school experience
- a program that is presented in two one-hour sessions—the first session focuses on the awareness of the uniqueness of self and others and the second session focuses on the recognition and acceptance of feelings
- a program that provides materials to parents and teachers to assist them in reinforcing the development of self-esteem and good mental health in children
- a preventative program that is positive and rewarding
- a program that actively involves the community as sponsors, planners and doers



## I'M THUMBODY ...



- uses trained volunteers in the classroom to help children identify and talk about their feelings
- presents two one-hour classroom sessions to provide students with opportunities to explore their self-concept by participating in a range of activities including learning a theme song, viewing videos, having discussions and making their very own "thumbprint" button
- provides a binder of specially designed activities, a copy of the song tape and handouts to further educate, motivate and inspire parents, teachers and children to work on healthy self-concept development and explore key areas of the program in different ways

