

# Mindful Monday

## How are you doing?

- ▶ Feelings Check in
  - ▶ Give a thumbs up or thumbs down to check in with your child and yourself.
  - ▶ Can you name the emotion? It's ok to feel more than one at a time.

## Mindful Tasting

- ▶ Give everyone a chocolate chip, small square of chocolate, corn pop, raisin or any other small food item
- ▶ Take 2 or 3 deep cleansing breaths
- ▶ Look at the object, smell the object and feel the object
- ▶ Place the small item on your tongue. (Don't bite it!)
- ▶ Use your tongue to move it around in your mouth
- ▶ Pay attention to your senses
- ▶ How does the object feel in your mouth? How does it taste?
- ▶ After a few seconds you can eat the piece of food
- ▶ Reflect on how this experience made you feel. How does this differ from the way you usually eat?



### Things you will need:

1. Small piece of food, such as a chocolate chip
2. Calming music (optional)

# Tone it Down Tuesday

## Learning Goal

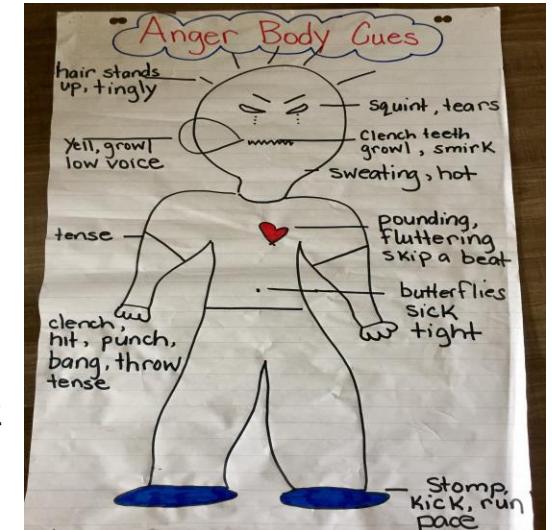
Feeling angry is ok! To keep situations from getting too big, we need to first recognize we are angry before it's too late! Let's explore what our body feels when we experience such a big emotion (warning signs)...

## Activity

- Watch the attached video (6 min.) to help you understand how emotions work within our brain.
- Let's talk about triggers! Discuss with your child (and you) the many things that might make us angry. It is best to record these answers and post them for everyone in the house to see. Knowing what triggers those around us can help us to be mindful of how our actions might affect others around us.
- Now let's look at our body. Look at the 'Anger Body Cue' chart. There are several examples of where in our body we can feel anger. Now it's your turn to label the body on where YOU feel your anger. Draw an outline of a person and start labelling! If you are unable to label with words, draw a picture (Ex.; butterflies, water drops for sweat)
- Talk with your loved ones and share your picture. Do you notice how people feel anger differently? Discuss.
- Next time you start to feel these Body Cues ... STOP, THINK and PLAN before it's too late. We will explore over the next couple of weeks how to manage and cope with this feeling.

## Things you will need:

Paper, writing tools,  
colouring tools



Video: [https://www.youtube.com/watch?time\\_continue=2&v=3bKuoH8CkFc&feature=emb\\_title](https://www.youtube.com/watch?time_continue=2&v=3bKuoH8CkFc&feature=emb_title)

Why do we lose  
**CONTROL**  
of our  
emotions?



# Wellness Wednesday

## Let's Move!

It's important to keep moving, even on days when we are stuck inside. There are some great videos available to keep us moving! Click on the link below the pictures to get started.

Have fun!

Ages 3-10



<https://www.youtube.com/watch?v=56Errt4cCXQ>

Ages 10-13



<https://www.youtube.com/watch?v=g3L556EpRuo>

# Thankful Thursday

## Two stars, one wish

Turn to someone in your home and take turns saying two things you are thankful to have, and one thing you wish you had

## Gratitude Tree

- Go for a walk with someone who lives with you (be mindful of physical distancing of others during this time)
- Collect some fallen twigs and enjoy the fresh air
- Find a jar at home, or anything to contain your tree (i.e. pringles container)
- Arrange the twigs in the container to present it as a mini tree
- Have your child cut some paper into small leaves, and punch a hole in one end (attach a small piece of string)
- Keep the leaves in a jar beside the tree along with a writing tool (i.e. marker, pen)
- Have your child write one thing he/she is grateful for on a leaf and hang it on a branch (one of your twigs). You can too!
- Congratulations, you have planted your own gratitude tree. You and your children can write a new message each day

## Things you will need:

1. small twigs/sticks
2. string/thread
3. paper
4. hole punch



# Feelings Friday

## Things you will need:

Paper, pencil, pencil crayons

### I Can Talk About My Feelings

Over the past few weeks you may have noticed that your feelings and your child's feelings have changed quite a bit from excitement for the March Break, to confusion about why we have to stay home, to worrying about staying safe and maybe even anger about having to be inside your house so much. All of this is normal and to be expected!

**Use the feelings chart and make your own with your child**

**Blue= Low & Slow**

**Green= Good to Go**

**Yellow= Slow Down and Take Caution**

**Red= Stop!**

Try adding more feelings words to your chart!

\* You can change/modify this activity by drawing or cutting out pictures from magazines and/or newspapers instead of using words.

Blue	Green	Yellow	Red
<ul style="list-style-type: none"><li>• Sad</li><li>• Tired</li><li>• Sick</li><li>• Bored</li></ul>	<ul style="list-style-type: none"><li>• Happy</li><li>• Ok</li><li>• Relaxed</li><li>• Focused</li><li>• Proud</li></ul>	<ul style="list-style-type: none"><li>• Worried</li><li>• Frustrated</li><li>• Confused</li><li>• Annoyed</li><li>• Silly</li><li>• Upset</li></ul>	<ul style="list-style-type: none"><li>• Mad</li><li>• Angry</li><li>• Terrified</li><li>• Mean</li><li>• Out of control</li></ul>